

SESSION 2: KEEP GROWING IN CHRIST

- **Welcome & Review Last Week's Homework/LIFE Starters: 15 minutes**
- **Session #2 Teaching: Growing in Christ: 10 minutes**

Being a great Mom starts with being a great follower of Jesus Christ. We can't give or teach what we don't have, so your ability to be a great Mom starts with growing in your relationship with Jesus Christ! When you accepted Jesus, did you sit at His feet for a while and revel in the awesomeness of this new, indescribable, unending, all healing, all powerful love you found in your Savior? I hope you did because that's exactly what you should have done. That's exactly where you belonged. That's exactly where He wanted you. I trust you enjoyed the knowledge of being His princess while you were being fed the spiritual milk of His love that you so desperately craved. Today, I hope you thrive in that knowledge while still being lavished with His love. In 1 Peter 2:2 you are told to "crave pure spiritual milk." First Corinthians 3:1-2 says you are given "milk, not solid food for you were not ready for it." Then in Hebrews 6:1-2 you are told to "leave the elementary teachings about Christ and go on to maturity." Ephesians 4:14-15 says to "no longer be infants...Instead,...in all things grow up into Him." Plain and simple, we're being called to grow up, and being a mom makes that even MORE APPARENT!

Christian moms are being called to step up to the plate and put that living, breathing Word of God we hold in our hands, into action, into our families. As a Christian women, we say we believe what is written in Gods book and we want to do His will, but when it comes right down to the nitty-gritty, we're often too proud to submit to God, our husbands or be a servant leader for our families. We'd rather shout our God's name from the rooftops, or start that new ministry, but, many times we can't even minister to the hearts of those in our very homes. As Christian moms, our first ministry is to our husband. Our children are a close second. If we can't humbly serve and minister to them first, then we have no business venturing on to other things. If you take the time to grow in Christ, you will have all the tools you need to be a **Proverbs 31** wife.

Here are some practical tips for mom's to grow spiritually

1. **Find your "Sweet Spot" time:** A major key to spiritual growth as a Christian woman is studying when you're at your best. Not a morning person? Try squeezing a few minutes of study into afternoon nap time, or right before bed. Make it happen when you are feeling your best (and least stressed). You'll be able to focus better and retain more of what you're studying.
2. **Listen to the Word:** Listening to the Bible as you go about your day is a great an efficient way to received God's Word. An especially good time to do this is in the car – you get into that trance/ meditative state while driving, but listening to the Bible is a perfect way to focus! Even if you don't have time to sit down and read, everybody has time to listen while they do everyday tasks. It's amazing how doing this transforms your mindset, and sometimes you'll notice things while listening that you would have skimmed over reading.
3. **Listen to songs of praise:** Songs of praise are so encouraging and uplifting, and adds a layer of learning that you don't get with typical music or radio. Every once in a while I get emotional while listening to these beautiful songs – many times the truths in them speak to my heart and convict me of something I need to change.
4. **Study the Bible with your husband:** It's easy for us as wives to fall into the same line of thinking if we don't have a lot of friends to discuss spiritual things with. Instead of feeling isolated, see if your husband is interested in studying the bible with you on a regular basis. What better support or accountability system could there be?

5. Post Scriptures around the house: Posting bible verses around your house is a great way to bolster your faith as a Christian woman. Every time you see your Scripture, take a moment to think about it and ways you can exhibit that trait in your life. You can handwrite verses and post them in high-traffic areas (your fridge, bathroom mirror, car) where you will see them often. Change out the verses each week for extra encouragement.

Small Group Discussion: 20 minutes

•Talk about how you are growing spiritually.

•Review the practical tips and discuss:

1. What are you already doing?

2. What can you do more of?

3. What is something you do that is not on the list?

•Relook at last week's LIFE Starter Journaling as a group and talk about your commitment to spend 30-minutes each day in the Bible. This commitment will be the first step toward spiritual growth that will make you a better mom from the inside out!

Small Group Wrap-Up: 10 minutes

•What were the biggest take-aways and personal commitment from your small group time?

•What is ONE thing that you will do different this week in order to make needed changes that came up in today's study?

Discuss This Week's Homework: 5 minutes

Focus on the LIFE Journaling Method and it will give you more insight to be a great mom!

•Pray about how to better grow spiritually!

SESSION #2

WK. 2 DEVO 1

Read Deuteronomy 6

Journal about your spiritual growth and how that can help your children grow also.

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

E = Engage God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

SESSION #2

WK. 2 DEVO 2

Read Colossians 1:1-14

The Bible makes it clear how truly important it is that we make it a point to grow in the spirit.

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SESSION #2

WK. 2 DEVO 3

Read Ephesians 2:1-10

Spiritual growth brings about God's fruit to all who seek it.

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SESSION #2

WK. 2 DEVO 4

Read 2 Timothy 3

The most effective way to grow spiritually is to consume the word of God.

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•Relook at Session #2 and be ready to talk to your group about the areas of growth you are committing to!