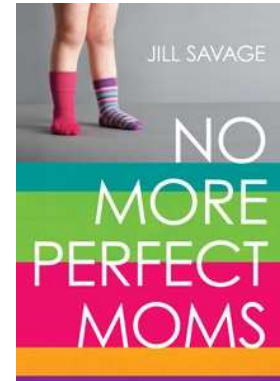


No More Perfect Moms Chapter 1 Discussion Questions



Dig Deep

- 1) What emotion can you relate to on page 21? Is there an emotion you are feeling that's not on the list?
- 2) Which statement on pages 22 and 23 can you relate to? Is there a statement you would add?
- 3) What do you think about the phrase, "never compare your insides to other women's outsides?" Can you think of a time you've done that recently?
- 4) Have you ever considered how Facebook allows you to compare your "behind the scenes reels" to other moms' "highlight reels?" What are some ways you and I could be a change agent to stopping that kind of comparison?
- 5) What is one thing you highlighted/noted as you read? Why did it strike you as important?

Apply

Identify one place where you tend to unfairly compare yourself to other moms. Some places to consider might include church, moms group, grocery store, your child's school, Facebook, mommy blogs, looking at magazines, etc. Ask God to help you identify when you are unconsciously making comparisons. When you realize what you are doing, thank God for showing you your unconscious thoughts. Then thank Him for making you the unique mom that you are.

Pray

God, we don't realize how often we look at others and compare ourselves. We confess that when we compare sometimes we come out better than other moms and sometimes we see ourselves worse than other moms. The truth is all that comparison wastes our time and energy. Help us to know we're not alone in our struggles to feel normal and help us to embrace our imperfect, but very real, life. In Jesus Name. Amen.