

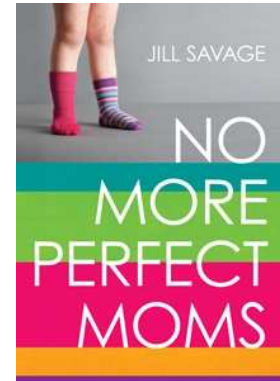
No More Perfect Moms

Chapter 2 Discussion Questions

The Antidote

Dig Deep

- 1) Where do you struggle with pride the most - in your marriage or in your parenting? Why?
- 2) Is it harder for you to be honest with yourself or honest with others? Why?
- 3) Does social media cause you to feel insecure or less confident in your abilities? What is the biggest culprit: Facebook, Twitter, or Pinterest?
- 4) Can you identify a time when you jumped to conclusions and unfairly judged another mom like Emily's story on page 38?
- 5) Can you share a time where you changed your expectations (of yourself, your spouse, or your kids) to better match reality? What results did you experience?
- 6) What is one thing you highlighted/noted as you read? Why did it strike you as important?



Apply

- 1) Of the four antidotes explored in this chapter, which one do you struggle with the most? Share your answer with the group. Then brainstorm one practical way you can “take off” the old self and “put on” the new self. Ask God to show you where you can practice your new way of thinking. If you’d like, write Ephesians 4:22-24 on an index card and place it somewhere where you can see it each day, “You were taught...to put off your old self, which is being corrupted by its deceitful desire...and to put on the new self, created to be like God...”
- 2) If you’d like to make a formal commitment to stop judging yourself and other moms, sign the commitment at www.KnockItOffMoms.com. Join the movement to stop the mommy wars!

Pray

God, we know that we're not perfect, but we do want to allow you to perfect us and make us more like you. Show us what antidotes need to be applied to eradicate the Perfection Infection from our lives. Thank you for leading and guiding us. Thank you for the Bible that shows us the way. Help us to re-engage with our family with grace for their imperfections. In Jesus Name. Amen.