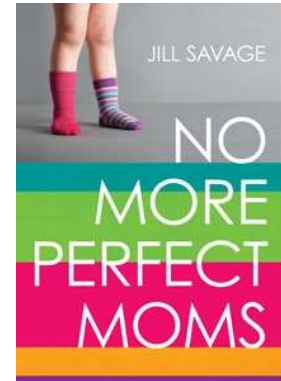


No More Perfect Moms

Chapter 4 Discussion Questions

No More Perfect Bodies



Dig Deep

- 1) Of all the “imperfect body” issues the author mentions at the beginning of this chapter, what can you relate to? Would you add anything she doesn’t mention?
- 2) When it comes to your body, what do you need to do more intentionally: Move it? Rest it? Hydrate it? Feed it? Brainstorm some practical ways you can make that happen.
- 3) Can you relate to any of “acts of the flesh” the author talks about in the first paragraph on page 80? What would you like to “take off”? What would you “put on” in its place?
- 4) What is one thing you highlighted/noted as you read? Why did it strike you as important?

Apply

Identify one Antidote practical strategy shared on pages 82-84 that you will put into practice this week.

Pray

Lord, thank you for the bodies you’ve given us. We confess that we’ve not always appreciated it fully. Help us to value the thousands of working parts in our body that we rarely, if ever, think about: capillaries, organs, blood cells, muscles, ligaments, tendons, joints, and more. We want to see ourselves through your eyes. Help us to care for our physical body, but tend to the issues of our heart. In Jesus’ Name. Amen.