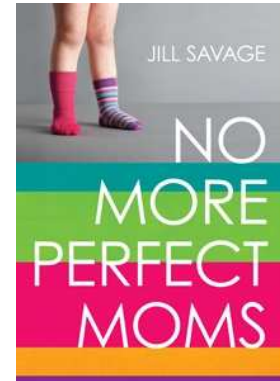


# No More Perfect Moms

## Chapter 6 Discussion Questions

### No More Perfect Friends



#### Dig Deep

- 1) Are you more often a “Here I Am” or “There You Are” person? Why?
- 2) Have you ever had friendship disappointments or “mean girl” experiences?
- 3) Can you identify the women in your mothering community? Who comprises your community? If not, how can you build your mothering community? Is a moms group an option for you?
- 4) How is your friendship bank? Do you need to make some investments?
- 5) What is one thing you highlighted/noted as you read this chapter? Why did it strike you as important?

#### Apply (choose one or all)

- 1) Identify one Antidote practical strategy shared on pages 115-120 that you will put into practice this week.
- 2) Send a card or a note to a friend. Express your appreciation for the friendship and share words of encouragement with her.
- 3) Set up a coffee date with a friend you haven't spent time with in a while.

#### Pray

*Lord, we know that you have not designed us to do life alone. You've created us for community. Show us how to fit friendship into mothering. Help us to each find our mothering community. If there are issues in our heart that keep friends at arm's length, bring healing to our hearts. More than anything, help us to see you as a Friend who Understands. In Jesus' Name. Amen.*