

“Four Action Steps to Help Mothers Feel Seen”

(Inspired by Corey Tate of *Igniter Blog*)

Mother’s Day 2023

Pastor Paul Bartelme

New Vintage Church, West Allis

To NOT “feel seen” can be _____... because it involves feeling unappreciated and misunderstood.

- On the other hand, to feel seen is this state where one is fully recognized, validated, and supported. *This is a _____ and _____ state to be in!*

Thinking of this in the light of Mother’s Day... encourages us all to make sure that our moms feel seen, amen?! *That said, I have four action steps that will help all types of mothers feel seen.*

1. **Remind every type of mother of her _____ (Matt 10:29-31; Gen 1:26-27).** Which one of the six mothers below can you relate to the most? (This is applicable to both moms and those who have/had moms or mom-figures.) Circle that one and maybe jot down a few notes too.

Eve – A biological mother ... **Sarah** – The one God promised would be a mother ... **Leah** – The rejected mother ... **Jochebed** – The sacrificial mother ... **Naomi** – The nonbiological mother and the spiritual mother ... **Mary** – The mother who was misunderstood by her husband and others

2. _____ **and appreciate the unnoticed things that a mother does (Col 3:15).** If you had to guess a number of how many times your mom picked up your dirty laundry + packed your lunch for school and made you dinner + put a band aid and a kiss on a busted knee... *what would that number be?* ____

3. **Remind her that she doesn’t need to be _____ (2 Cor 12:9).** Chances are good that your mom has felt overwhelmed, beat herself up for not feeling like she’s doing good enough, questioned her decisions, and felt defeated.

a. Scale of 1-5, how good will it feel to let your mom know that you love her? ____/5. How good will *she* feel? ____/5.

4. **Remind her that she is capable, strong, and _____ (Deut 31:8; Isa 43:4).** The journey of motherhood looks different for everyone. Does one of the following examples pertain to you? If yes, circle the example. If no, then write down what *your* journey is like.

a. Your children are still at home, you’re an empty nester, you outlived a child, you had a child you could never hold, you raised your children on your own, you became a mom to someone who needed one... _____

With that being said... Mother’s Day is a day of celebration for many, but it is also a day of heartbreak and sadness for many others. Both for the children whose mom has passed away or wasn’t around, and for the mom who has endured miscarriages or the loss of a child early in life, or struggling with being an “empty nester,” for them, Mother’s Day may be a day they dread.

New Vintage Church is a church that desires to care for those who mourn on this day. If you need prayer, a caring shoulder to cry on, a compassionate ear to vent your frustrations, or anything else, please reach out. We are here for you.

Finally... Identify one of the four above action steps that your mom or mom-figure would be most blessed by. How specifically will you follow through with that action step? _____ *Let’s make sure our moms “feel seen” today* ☺

TURN OVER FOR THE GOING DEEPER QUESTIONS

Go through this note sheet and discuss with your growth group and/or family and friends.
Don't forget to look up all of the supporting verses and to pray together as well.

1. To "feel seen" is a basic fundamental human need. When this need is not met, one can feel unappreciated. If you'd like, please share your personal thoughts on this. By doing so, you could be a source of encouragement to others in the group. _____
 - a. To feel seen by someone means that you feel supported by them. What are some examples of how you can support your mom, or another family member or friend? _____

2. As a mom or mom figure, you are just as important as the moms in the Bible! You are fulfilling a vital role in God's universal rescue plan for humanity.
 - a. God loves us beyond what we can fathom, which makes mothers more important to Him than we can fathom.
 - b. How specifically can you help your mother feel important? _____

3. Each household member could ensure that they acknowledge and appreciate all that moms do. But how? What are some creative ways that this could be accomplished? _____

4. It's commonplace that moms feel like they are not doing good enough, feeling defeated and discouraged. Why is that? (I think it would be beneficial to flesh this out.) _____ Please share the surrounding circumstances that would cause you to feel that way. _____
 - a. The Lord desires victory over feeling defeated and discouraged. Setting aside the pat solutions, like reading your Bible more and praying more, what solution could you give to have victory in these areas? _____

5. Regarding the 4th action step, sometimes moms don't act in a praiseworthy fashion. That would not be the time, of course, to be ill-affected by that, but rather, to lift her up! To remind her that, indeed, she IS praiseworthy. Then, see how she steps into that positional truth.
 - a. Please share, on a personal level, how you can relate to this, either as a mom or as a son/daughter of a mom. _____
 - b. If you're a mom or mom figure, what is your journey like? Please share with the group. _____

6. Is Mother's Day a day of heartbreak and sadness for you? If yes, then how can your church family members assist? _____

7. Which of the four action steps did you identify that your mom or mom figure would be most blessed by? ____ How specifically will you follow through with that action step? _____