

## ENDORSEMENTS

The teaching aspect of this mentoring experience is based on the modeling of BIBLICAL PRINCIPLES with minimal lecture. While other mentoring programs exist, Moms & Beyond is unique because of its two fold purpose: 1) teaching older women how to use their life experiences to coach women younger than themselves and then 2) casting a vision to those younger women of all they and their homes can be. In this day and age our homes can be a refuge from the chaos and stress of the world. They can also be a "light house" in a dark world. Through mentoring relationships and biblical teaching, Moms & Beyond encourages women to be intentional about all that happens in and through their lives and homes.

Laurie Keyes Founder

"Moms & Beyond is more than a bible study; it is a mentoring experience designed to give women the opportunity to learn from each other. I didn't have to be perfect or have all the answers in order to be a Mentor Mom. I have been involved in this group for several years and view it to be an encouraging atmosphere for women experiencing various seasons of their lives. Above all, Moms & Beyond reminds me that God wants me to make Him the heart of my home."

Mentor Mom

"What a blessing Moms & Beyond has been to me! It gives an opportunity for moms, both younger and older, to be together and develop friendships. The worship time always takes us into the presence of the Lord. Studying the devotional sheets at home prepares my heart for the topic. I appreciate the small group time as well.

I have been encouraged in my roles as a woman, wife, mother, homemaker, community member, and a child of God. I have been refreshed, nurtured and spiritually challenged. Moms & Beyond has helped me to see what a critical role I play in the home."

Moms & Beyond Participant

# Moms & Beyond

## (A Mentoring Experience)

### How to "get ready" each week!

Each lesson has been developed and prepared to help you grow in one of the following areas: your role as a woman; as a wife; as a mother; as a homemaker; in your community and in your relationship with God.

Because we learn best when challenged to think and be involved, the lesson sheets are for you to prepare your heart and mind for that week's topic. And you decide just how little or how much time that you need to spend in preparation.

Our speakers have given each lesson the following components to make it flexible and easy to "get ready" each week:

- ♥ A title and brief explanation to give you an overview of what will be shared that day.
- ♥ Three to five scriptures to ponder and one key scripture to memorize ahead of time.
- ♥ Questions for you to contemplate and answer for possible discussion in small group.
- ♥ Recommended reading for you to study the subject further.

Not only are you provided a little something to whet your appetite, but as you look up the scriptures, looking for gems: a word or a phrase or something that is connected to the topic, it may take you down a little study trail. And then as you cross-reference the verses, you might just think of something else that can get you going on a real study during the week. And you don't have to set your own study aside to do this.

So, look up the scriptures, read, meditate and come prepared to actively listen, because foundation to everything that's going to happen in your life through Moms & Beyond this year is the Word of God impacting it.

## LARGE GROUP TEACHING

The teaching each week will be done by the Teaching Mentor/s or occasionally by a guest speaker. It will always fall into one of the six categories covered by Moms & Beyond:

1. Role as a Woman
2. Role as a Wife
3. Role as a Mother
4. Role as a Homemaker
5. Role in your Community
6. Role as a Child of God

The goal of each lesson is to give simple, Biblically sound "food for thought" on one of these topics. The teacher should be open and transparent about her own life as she teaches so the women get to know her and are encouraged by her journey with God, not her perfection. It is not so much the content for knowledge but how that content can be made effective in their lives that should be emphasized. The women should be encouraged toward their full potential as women, wives, and mothers. As you share successes and failures in your own life the women are drawn in and encouraged that they, too, can grow. We always want to be pointing the woman to their own personal relationship with God, His grace, and His ability to equip us for our journey.

When the women go into their small groups they can discuss the lesson with their mentor and the others in their group seeking application to their own lives.

## Teaching Topic Ideas

### 1. Role as a Woman

- Stages of a woman's life
- The friendships of women
- Caring for your body
- Watching your words
- Learning to listen
- Keeping your life balanced

### 2. Role as Wife

- Seasons of marriage
- Love languages
- How males and females differ
- Being a helper/completer
- Communication/conflict resolution
- Importance of your sexual relationship

### 3. Role as a Mother

- Children – God's gift
- Learning to let go
- Discipline
- Each child is unique
- Practical parenting skills
- Playing with your child

### 4. Role as a Homemaker

- How to enjoy being a hostess
- Time management
- Money management
- Organizational skills
- Creating a warm atmosphere

### 5. Role in Your Community

- Friendship evangelism ideas
- Serving your neighbors
- Being salt and light
- Reaching the hurting

## **6. Role as a Child of God**

- Abiding in the vine
- The Spirit filled life
- Enriching your personal devotions
- Keeping a balanced life
- Prayer and spiritual warfare
- Holiness in an unholy world
- Forgiveness

## Weekly Lesson Guides

In order for the woman to come prepared each week, a lesson guide was created for her to complete. She is able to look up verses, ask herself questions related to the topic, can pray for God's work in her life in this area, can hide God's word in her heart through a scripture to memorize, and pursue further study on the topic if she so desires. She may also personalize it by using the form as a place to journal.

While it is strongly suggested that each woman complete the Lesson Guide, if she has not been able to she will still be able to participate in discussion based on what is presented during the teaching time.

The Lesson Guide includes:

- The title of the teaching
- The category (i.e. Role as a Wife)
- A quote that captures their interest
- Verses to Read (4 to 5)
- Verse to Memorize
- Questions to Contemplate (2-3)

See sample on following page.

## AN ADOPTED CHILD OF GOD

Role as a Child of God

*I will not leave you as orphans. I will come to you.*

*Jesus (John 14:18)*

From where did my feelings of alienation from God come? They did not appear overnight, but instead were the result of many years of being exposed to messages of condemnation and guilt. No one had ever fully explained to me the core concept of the Christian faith, the message that God loves us, searches after us, and longs for us to be whole. I heard bits and pieces of this gospel, but never enough to fill my heart. In its absence I created my own theology, a patchwork quilt made up of false images of God.

James Bryan Smith, EMBRACING THE LOVE OF GOD

### Verses to Read:

John 3:16, 17

II Peter 1:3

Ephesians 1:19, 20

Galatians 5:22

### Scripture to Memorize:

John 14:18

### Questions to Contemplate:

1. What was Jesus' most singular purpose in coming to Earth?
2. What does that mean for you?
3. Have you truly experienced God's love in your life? Explain

## KEEPERS AT HOME

The term "Keepers at Home" comes from a phrase found in Titus 2:5 "...Then they can train the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind..." (NIV) The Message version reads, "...By looking at them, the younger women will know how to love their husbands and children, be virtuous and pure, keep a good house, be good wives."

Moms and Beyond has designated the term "Keepers at Home" to encapsulate a woman's role within the home. **This is a key component of Moms and Beyond.** Here she can purposefully refresh her family members before they are released daily into a needy world. The atmosphere that she sets greatly contributes to the tone of the home. Moms & Beyond seeks to cast a vision to its participants of how important setting that atmosphere can be, and it helps women develop the homemaking skills necessary.

To accomplish these ends, three strategies are undertaken:

1. Each week "Practical Matters" are shared with the women. These are 5 minutes of practical household tips which will hopefully make household chores go more smoothly (i.e. how to get stains out of laundry). One individual can commit to researching and communicating these hints, or the responsibility can be shared by many.
2. Once a semester "Keepers at Home Workshops" are held (in place of the regular teaching/small group time) focusing on specific homemaking topics. Women sign up for whichever workshop appeals to them. These are practical, hands on workshops to teach skills which many women today do not have that would help them make their home a warm, inviting place to be.

Keepers at Home workshop ideas:

- Easy window coverings
  - Pie baking 101
  - Refinishing furniture
  - Setting a beautiful table
  - Home organization ideas
  - Meal planning
  - Putting Christ in your Christmas
  - Hostessing with ease
  - Preparing your first turkey
3. Annually, typically on a Sunday afternoon in the first semester, we have a "Tea and Tours" event. The Mentor Mom or Assistant has their group to their home for tea and fellowship for an hour. The women get to know their mentor better after being in her home, seeing her children's pictures on the



wall, etc. Then the women tour other homes to get ideas and a vision they can implement within their own home. The "tour homes" vary greatly in cost and decorating style to give many different ideas to the women. The focus is on getting practical ideas for making your own home a haven for your family.

Sample brochure included.

## **Keepers at Home Workshops**

**March 5, 2002**

### **Basic Gardening**

Over the past 4 years I have learned a lot about trying to turn bare dirt into an attractive flower and vegetable garden. Come and learn some of what I've discovered along the way, for instance, how to improve your soil, how to choose plants that do well in this area, and how to economically start many vegetables and flowers from seed.

### **How to Survive and Thrive Grocery Shopping**

Join us in exchanging practical ideas of menu planning and shopping in regards to efficiency, nutrition and saving money.

### **The Hyperventilating Hostess**

Learn to change your hospitality focus from hyperventilation to enjoyment. What is the difference between entertaining to warm hospitality? This workshop will teach you how to enjoy having guests in your home, easy preparation & schedules, menus, recipes and lots of other practical ideas.

### **Easter Celebration and Food Ideas**

Come catch "a vision" for some Easter Entertaining. I will be sharing some fun easy food ideas and creative ways to invite your neighbors, family or friends into your home. We will cover turkey, gravy, use of leftovers, and Easter breakfast ideas.

### **Cooking with Whole Wheat**

Fiber- a big word in nutrition today. Learn why it is important to the health of your family and how whole wheat can provide one source of fiber in your meals.

### **It's Time to Get Organized!!!!**

Does the very topic make you want to scream or better yet hide? Are you overwhelmed by the challenges of keeping your house organized, raising children, and staying on top of all your daily tasks? Have you found things in your pantry that expired in 1995? Take heart! You too can become more organized. Come armed with pen paper and a goal.

### **Table Settings with a Flare**

Delight your family and guests with beautiful table settings that carry out your special occasion theme, i.e. baby shower, bridal shower, children's party, Easter dinner and a casual brunch. Menu and invitation ideas included.

### **Fundamental Window Treatments**

Are you looking for simple, inexpensive, yet creative ways to dress up your windows? Then this session is for you. You'll even go away with some no-sew ideas.

### **Spice up Your Time with your Children**

We're challenged to live "on purpose" with our families but some days seem to fly by without a plan. We'll look at a number of ways to spend our time wisely. Your children will look forward to fun times with you.

## SEASONS OF MARRIAGE

### Role as a Wife

*You and your spouse are artists bringing to the canvas of each other's life the potential that God has placed there.*

*H. Norman Wright, QUIET TIMES FOR COUPLES*

God's intention is for our spouses to be our allies -intimate friends, lovers, warriors in the spiritual war against the forces of the evil one. We are to draw strength, nourishment, and courage to fight well from that one person who most deeply supports and joins us in the war - our soul mates. Husbands and wives are intimate allies.

Dan Allender & Tremper Longman, INTIMATE ALLIES

#### Verses to Read:

Phillipians 2:3,4

Phillipians 2:13

Ephesians 5:1

Ephesians 5:21-22

Ephesians 5:25,33

#### Questions to Contemplate:

1. What prevents you from seeing your husband as your ally in the storms of life?
2. What about your husband makes you grateful? How is he like Christ? How has his place in your life made you better?

## LEARNING TO LET GO

### Role as a Mother

*A parent must respect the spiritual person of his child,  
and approach it with reverence.*

*George H. MacDonald*

"Being a mother is a lot like teaching a child to ride a bicycle. You have to know when to hold on and when to let go. If you lack this courage to let go, you'll get very tired of running along beside."

McConnell, THOUGHTS ON MOTHERHOOD

#### Verses to Read:

Proverbs 3:5,6

Hebrews 11:1

Romans 15:13

Matthew 11:28,29

Luke 2:52

#### Questions to Contemplate:

1. How can you encourage and reward the growing independence of your child(ren)?
2. As the individuality of your child(ren) presents itself, what will keep you from trying to control and manipulate the personality to suit yourself? It is your God given responsibility to shape the character of the child, but what is your response to the "personhood" of your child?