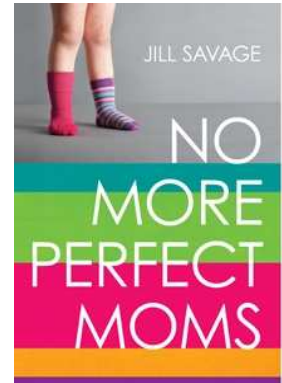


No More Perfect Moms Leader Introduction & Guide



Dear Leader,

Hearts at Home (www.HeartsatHome.org) is an organization built upon the premise that mothers mother better when they're not alone. Because of that, most of our printed resources are designed to be used either individually or as a group study. If you choose to read this book along with other moms, your discussions will help you process what you read and find application to your own lives.

Whether you are a group of two or a hundred and two, the free online videos will launch the topic of the week and the discussion questions for each chapter will guide your conversation following the video. Our hope is that we will give you the tools to lead a successful dialogue as your group reads this book together. If you don't know where to start, we've given you a template with which to work. If you are an experienced leader, the discussion questions can serve to enhance your own ideas.

Encourage each mom to have her own copy of the book. As she reads, ask her to highlight or underline sentences or sections that made a difference in her thinking. (You'll be asking her to share some of those each week!) If she prefers not to mark up her book, she can take notes in a notebook as she reads.

Regardless of whether you meet in a living room or a church building, the most important aspect of gathering together is intentionally building relationships. You'll notice that each week has a consistent format for discussion. Each section serves a purpose in relationship building. Let's take a quick look at the four suggested elements in each week's discussion:

Video (6-10 minutes)

If you are comfortable doing so, open each gathering with prayer. Commit your time to the Lord and ask Him to lead your conversation. If you aren't comfortable praying aloud you can ask someone else in the group to pray or you can allow God to use this as an opportunity to stretch and grow you!

When a group first gets together each week it is beneficial to start out with a video. Each video is available for free online at www.NoMorePerfectMoms.com and is designed to focus everyone in on the topic at hand. The videos are 6-10 minutes in length; just enough time to introduce the topic and add some additional perspective to each chapter.

Dig Deep (20-45 minutes)

These questions are designed to facilitate discussion. The best groups are not led by leaders who like to hear themselves talk, but rather by leaders who like to hear others talk. There's nothing for you to "teach," that's what the book is for. Your job is to ask questions that help to drive the discussion and life application deeper. You'll also want to lead by example in answering the questions yourself.

If you are leading the discussion, you'll want to familiarize yourself ahead of time with the questions. As you read the chapter yourself, jot down additional questions you might present to the group. Make sure you pray for the women in your group and for God's guidance as you lead the discussion.

During the group's discussion time your job will be to draw out the women. Inevitably, you will have some women who talk easily in a group and others who rarely share. One of your jobs as the leader is to draw out the quieter woman. Don't be afraid to ask her some questions specifically to help her join the discussion. If a group member wants to monopolize conversation, keep the discussion moving by calling on other women immediately when you pose a question. If the group occasionally gets off the subject, simply pull the focus back to the original question posed to get back on track.

Apply

The "Apply" section is designed for personal reflection and then for goal setting. This helps the reader take all the information they've read and determine what one "nugget" they are going to own. This is the application to daily life that moves us to action. This part of the discussion will take anywhere from 5-15 minutes to complete. If you want to hold one another accountable to make the changes God is impressing upon you as you read together, this is where that will happen, as well.

Pray

You can choose to have one person close in prayer or have a group prayer time. Either will work just fine. Depending on a person's understanding and experience with prayer, prayer can be both exciting and intimidating. If the moms in your group are comfortable praying together, take some time at the end of your group to pray together about the things you have learned. As the leader, take the responsibility of closing out the prayer time when the group is finished praying or when the clock requires that you end your time together.

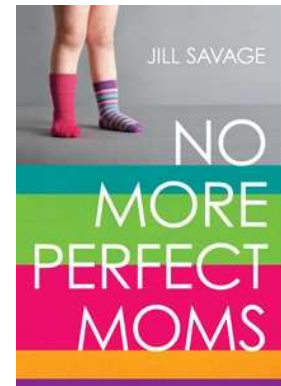
If your group is not comfortable praying together, then close the group in prayer yourself or ask another member of the group who is comfortable praying aloud to do so. Pray whatever God lays on your heart to pray. Remember, there is no right or wrong when it comes to prayer, you simply talk to God as you would talk to a friend. If you feel more comfortable, you can pray the prayer at the end of each chapter.

Remember, in the same way that there are no more perfect moms, there are also no perfect leaders. Don't put unneeded pressure on yourself to be the perfect leader. It's far more important that you are an honest, authentic leader. Relax, trust God to lead you, share honestly, laugh, and have a good time discussing the book together.

So what are you waiting for? Gather some moms and enjoy discussing the book together! Your conversation will be rich, your friendships strengthened, and your desire to embrace your real life will be ignited.

Suggested Reading and Discussion Plans

You can divide up the chapters and discussions in any way that works for your group. We offer two suggested reading plans below for you to consider using depending on the length of time you desire for your group to meet. The 10 week study allows for a little more focus on each chapter and could likely be completed in a 60-90 minute meeting, while the 7 week study doubles up on videos and chapters most weeks and would best be accomplished in a two-hour meeting time.



Suggested Plan for 10 week study of *No More Perfect Moms* (NMPM)

- Ask the group to read only the Introduction before your first meeting.
- Week 1: Watch Video 1/ Discuss “Get to Know You” Questions/ Assign Ch 1 and 2 to read
- Week 2: Watch Video 2/ Discuss Ch 1 & 2 Questions/ Assign Ch 3 to read
- Week 3: Watch Video 3/ Discuss Ch 3 Questions/ Assign Ch 4 to read
- Week 4: Watch Video 4/ Discuss Ch 4 Questions/ Assign Ch 5 to read
- Week 5: Watch Video 5/ Discuss Ch 5 Questions/ Assign Ch 6 to read
- Week 6: Watch Video 6/ Discuss Ch 6 Questions/ Assign Ch 7 to read
- Week 7: Watch Video 7/ Discuss Ch 7 Questions/ Assign Ch 8 & 9 to read
- Week 8: Watch Video 8/ Discuss Ch 8 & 9 Questions/ Assign Ch 10 to read
- Week 9: Watch Video 9/ Discuss Ch 10 Questions/ Optional: Plan your No More Perfect Moms Party
- Week 10: No More Perfect Moms Party

Suggested Plan for 7 week study of *No More Perfect Moms* (NMPM)

- Ask the group to read only the Introduction before your first meeting.
- Week 1: Watch Videos 1 / Discuss “Get to Know You” Questions/ Assign Ch 1 & 2 to read
- Week 2: Watch Video 2/ Discuss Chapter 1 & 2 Questions/ Assign Ch 3 & 4 to read
- Week 3: Watch Video 3/ Discuss Ch 3 Questions/ Watch Video 4/ Discuss Ch 4 Questions/Assign Ch 5 & 6 to read
- Week 4: Watch Video 5/ Discuss Ch 5 Questions/ Watch Video 6/ Discuss Ch 6 Questions/ Assign Ch 7 to read
- Week 5: Watch Video 7/ Discuss Ch 7 Questions/ Assign Ch 8 & 9 to read
- Week 6: Watch Video 8/ Discuss Ch 8 & 9 Questions/ Assign Ch 10 to read/ Optional: Plan your NMPM Party
- Week 7: Watch Video 9/ Discuss Ch 10 Questions/ No More Perfect Moms Party

“Get To Know You” Questions for Week One (or anytime during the study)

Tell us about your family.

What did you do BK—Before Kids?

What is your story? (can include growing up, marriage, career, spiritual journey, etc)

When is your birthday? If you could choose to spend your birthday any way you wanted to, what would you do?

What do you love most about being a mom?

What do you love least about being a mom?

What was your relationship like with your own mother?

If you had to describe yourself in just three words, what would those words be?

Share each of your kids names and choose one word to describe them.

What do you hope to gain from this study?

