

WEEK 1

# *Founding your Life on God's Word*



*Mothers have questions. We want to know how to be a great mother, how to have a successful marriage, and how to have a fulfilling life.*

*Where do we go to find answers to our questions about being a woman, wife, and mother? How can we find a source of truth that isn't going to change with the pervading political climate or social reform? I believe there is a place for mothers to find absolute truth. This week, we'll discover a fountain of wisdom that is pure...*





## *Video Listening Guide*

Genesis 1:1-3

And God \_\_\_\_\_; we have a \_\_\_\_\_ God.

When God speaks \_\_\_\_\_ and \_\_\_\_\_.

He is speaking to you \_\_\_\_\_.

The primary way God speaks is through \_\_\_\_\_.

Genesis 2:7

“Breath of Life” in Hebrew means \_\_\_\_\_ like a woman in labor.

Notes:

## *Prayer Requests*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

# Drinking in Life



BEGIN WITH PRAYER



*Lord, I come to You to worship You for You are great and greatly to be praised. I open my heart to You, Lord. Please teach me from Your Word. In Jesus' name I pray. Amen.*

One of our friends recently had a scuba-diving accident. In the middle of the dive, his face mask air supply failed, and he reached out in the dark waters to his buddy to share his air supply. His buddy's emergency air regulator failed, so his friend let him breathe from his own primary air source. The first two gulps were not air, but sea water. The regulator was upside down! They tried again, and again the regulator was upside down, so he breathed in more sea water. He was starting to drown, and was blacking out, when a strong arm grabbed him and shoved the regulator into his mouth right side up. Clean air finally began filling his lungs. Diving is a trust-building sport! Without the strong arm around him, and his friend's life-giving air source available, our friend would have died that day.

While motherhood is one of the greatest blessings you could have, it can also be challenging. Sometimes it even feels like you're drowning. I would imagine that from time to time you feel overwhelmed by the daunting task of being a godly woman, wife, and mother. Whether your children are preschoolers, teenagers, or grown adults, you probably feel "Mother Unwise" sometimes. God knows how we feel and He has provided a life source right here on earth for us. The Bible is full of good news for us and will help us to keep our heads above water.

Like the diver needed the regulator to breathe life into his body, Ephesians 1:3 tells us how God breathes spiritual life into us. Ephesians 1:3 also tells us we have every "spiritual blessing" in Christ to do the things God has called us to do. The word translated "spiritual" is the Greek word, "pneumatikos,"<sup>1</sup> from "pneuma"<sup>2</sup> meaning "breathe or blow." God not only breathed life into Adam, He is now breathing into you the breath of spiritual life. He holds you in His everlasting arms while He fills your spiritual lungs with His life. He is speaking to you in a way you can hear Him and understand Him. He most often will speak to you through His Word so that you will be rooted and grounded with a firm foundation.

## FIRMLY PLANTED

Read Psalm 1:1-3. Write out verses 2 and 3.

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Day 1



MEMORY VERSE

*SHE SPEAKS  
WITH WISDOM,  
AND FAITHFUL  
INSTRUCTION IS ON  
HER TONGUE.  
PROVERBS 31:26*





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When I first became a mom, I went to the public library close to our home to diligently search the shelves for books on mothering. Although I was a Christian, and had many Bibles gathering dust on my shelves at home, I wanted to know what the latest parenting guru had to say. I took notes in notebooks and tried to memorize all their tips. That study was very unsatisfying. Intellectually it seemed right, but when I tried the tips at home over the next two to three years, my mothering only became more frustrating. You see, the “experts” didn’t agree! I needed a source that would be consistently true and give me an anchor.

### THE “NOT TO DO” LIST

Look back at Psalms 1:1. It tells us what the “blessed” man (or woman) does not do. Name three things not to do:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

To “walk in the counsel of the wicked” means to follow worldly ways. Which of the following would be examples of walking in the counsel of the ungodly?

- \_\_\_\_\_ Calling a psychic hotline for advice
- \_\_\_\_\_ Going to a Bible study
- \_\_\_\_\_ Receiving and following counsel from a godless psychologist
- \_\_\_\_\_ Reading and planning your day by your horoscope

To “stand” in the path of sinners means to “to take one’s stand, be in a standing attitude, to remain, continue, abide.”<sup>3</sup> In the “path” means, “habit, way, course of life, of moral character.”<sup>4</sup> “Sinners”<sup>5</sup> means exactly what you think it means...someone who is rebellious against God. So standing in the path of sinners is to habitually choose a pathway of rebellion.

Can you identify a pattern of behavior in your life where you remain or continue in a pattern of behavior that you know is wrong?

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The idea of sitting in the seat of mockers refers to remaining or sitting down to approve that which is offensive to God. Which TV programs, current movies, or magazines might be classified as “mocking” God?



Walking, sitting, and standing are activities we do all day long. How do these ways, patterns, or worldly influences impact your role as a godly woman, wife, or mother?

When I tried to find answers to my big questions about parenting from unwise sources, I experienced the frustration that type of worldly counsel can bring.

### GOD’S WORD GIVES LIFE

Re-read Psalm 1:2. What two words are used to describe what the Psalmist did with God’s Word?

1. \_\_\_\_\_
2. \_\_\_\_\_

We are to delight in and meditate on God’s Word. Let me give you an example of “delighting.” Think about your favorite dessert. When you allow yourself to have some, you savor every bite. The “law of the Lord,” or the Bible, is like that—it is the yummiest, most delicious delicacy for someone who wants to walk in the place of peace, hope, and blessing. God’s Word is our favorite, most delectable meal of the day. Psalm 34:8 says, “*O taste and see that the Lord is good.*”

Re-read Psalm 1:3.

Describe the tree.

\_\_\_\_\_

What does this verse say about the fruit of the tree?

\_\_\_\_\_

What about the leaf?

\_\_\_\_\_

What does the water represent in this verse?

\_\_\_\_\_



The Bible promises that when I plant myself in the study of Scripture, drawing life from it to nourish my heart, mind, and spirit, I will begin to bear fruit.

The fruit of the Spirit is described in Galatians 5:22-23. Draw or sketch a healthy tree and within the leaves list all the spiritual attributes described in these verses.

You want to be a mother bearing the fruit of the Spirit for your husband, children, and the people around you. You want to be a woman who is consistently loving, joyous even in hard times, and peaceful in the middle of chaos. You want to be patient, gentle, kind, good, and faithful. And oh, how we need self-control!

Is this impossible? Yes, in your own strength, using your own intelligence and will power, it is impossible to be that kind of woman. But thankfully, we don't have to operate in our own power. As we draw life and wisdom from Christ through His Word, we can bear such fruit. As you continue to read and study the Bible, finding out what God's Word has to say about situations you find yourself in today, and applying it to your life, you'll see yourself exhibiting more and more of these godly characteristics.

☉ Would you like for your children to have a mother who is stable and fixed like a tree planted by streams of water? Then according to our study today, what do you need to do?

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Read I Corinthians 1:27-30.

Does God only choose the wise and strong to carry out His plan?

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☉ Whom does God strengthen to do His assignments?

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God has chosen you—even with all your inadequacies—so He might display His wisdom, His righteousness, His sanctification, and His redemption through you. This course in mothering will not teach you “Ten Steps to Becoming the Perfect Mother,” but prayerfully it will lead you to recognize that God will supply the wisdom, discernment, and insights you need if you will only surrender to Him. Jesus is calling you to **TOTAL SURRENDER AND ABSOLUTE ABANDONMENT** to His life flowing through you. Will you come to Him? Will you join us for eight weeks allowing Him to work on you and in you?

*Lord, I want to be planted in Your soil so I can stand firmly planted for my children. Take my roots deep into Your Word that I may draw up the wisdom I need. You are my God and I draw life from You. I choose to turn away from relying on myself or the world's advice. I come to You with an open heart. In Jesus' name. Amen.*

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☉ MOTHERING TIP ☉

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Write out Bible verses on little notes and stick them to the mirror and television. Choose uplifting and encouraging verses. You might start with verses from Psalms 1, Psalms 23, and Ephesians 1.

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Day 2



MEMORY VERSE

SHE SPEAKS  
WITH WISDOM,  
AND FAITHFUL  
INSTRUCTION IS ON  
HER TONGUE.  
PROVERBS 31:26



A Rock



BEGIN WITH PRAYER



I praise You Lord, for You are worthy of praise. I thank You for Your wonderful love. Lord, I open my heart to all You want to reveal to me today. In Jesus' name. Amen.

SHAKY GROUND

Like some of you, I was reared in a Christian home. My family not only went to church, we opened the doors for everyone to enter and locked them back when everyone left. I was born on a Sunday and was in the church nursery two weeks later! But all that church attendance didn't totally prepare me for family life. I had a lot more to learn about putting all my trust in God's actual words.

Read Matthew 7:24-25.

Copy verse 24 here.

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☉ What two things are we to do with God's Word?

1. \_\_\_\_\_
2. \_\_\_\_\_

If we do that, we will be compared to... \_\_\_\_\_

According to Matthew 7:24, how can you build your family on a solid rock?

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Re-read Matthew 7:25.

Jesus did not ever promise us a trouble-free life as Christians. In fact, He knows there will be difficulties!

- ☉ In your life, the rain, floods and winds represent:
- \_\_\_\_\_ difficulties with your husband
  - \_\_\_\_\_ trouble with your ex-husband, the father of your children
  - \_\_\_\_\_ financial stress
  - \_\_\_\_\_ problems with a child
  - \_\_\_\_\_ too much work; not enough time and energy
  - \_\_\_\_\_ moving to a new location
  - \_\_\_\_\_ other \_\_\_\_\_
  - \_\_\_\_\_ all of the above



Why did the house in verse 25 remain?

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### MY ROCK

Read II Samuel 22:2, 3, 32, 33, 47. (If you have time, read the whole chapter.)

Write out verse 47.

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Who is the Rock on whom we can build our lives?

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Now read Matthew 7:26-27. Notice that the foolish man Jesus described heard His words but didn't act on them. Stop for just a moment and ask Jesus this question: "Lord, have You said something to me that I heard but did not act upon?"

### LISTENING TO GOD

Hearing from God takes spiritual discipline. These are some of the basic elements involved in the process:

- Take a few minutes of silence to listen. Become like a little child. When we come before our Father sincerely in openness and trust, He will respond. If we ask for instruction, He will give it. Wait before Him until you hear your Shepherd's voice.
- Write down what you believe you are hearing from God. Journaling is important because, believe it or not, you may forget what God tells you! You also need a record of God's work in your life.
- Discuss what God has said to you with your husband, if you are married, or with



your father, pastor, *Wisdom for Mothers* mentor, or other godly persons in your life. This step is very important. If your husband, mentor, pastor, or friend isn't sure you perceive correctly what God is communicating to you, pray together about the matter for a few days. Listen to godly counsel and listen to your husband, even if he is not a Christian. God gives wisdom to husbands for their wives and wisdom to other godly authorities for single women. If the message is from God, there will be agreement from all of your godly counselors and your authorities.

- Any message from the Lord will completely agree with Scripture. In fact, as you read the Bible, it will underline everything God is telling you in your time of listening prayer.

Often Christians are afraid to approach God in listening prayer. We're afraid to respond to God's voice because we feel we may have been mistaken in what we "heard." Or we may be afraid we may do something wild, foolish or wrong, thinking we were following God. None of us want that.

So what is it like to hear from God? I can give you my personal experience.

When I hear from God, it is usually something like this. Sometimes while I'm praying, thoughts flood my mind that are healing, bring order, and wholeness. Thoughts that were not there only moments before. Sometimes I am suddenly convicted of sin that needs confessing and wrongs that need righting. Sometimes He sends thoughts to my mind as I "hear" Him speaking something specific to me.

But sometimes when I ask God to speak, there is silence. I feel like saying, "Is anybody up there?" This is never the response from Him that I want, but it is in these times that I am learning that God is moving and working "behind the scenes." Either I'm not ready to hear what He has to say or circumstances are not fully ready and the timing isn't right for me to know. I'm learning to get very still before Him, focus only on His face, and wait. In due time, He will speak. And when He does, it is usually something so wonderful and of such major importance that it astounds me.

*Lord, I want to learn to hear Your voice. You are the Shepherd and I am Your lamb. Call me by name and speak to me. I am Your servant and I am listening. In Jesus' name I make this prayer. Amen.*

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— ❧ MOTHERING TIP ❧ —

Your job as a mother is to be a trainer, not an entertainer! Your child's character development is more important than his comfort!

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# A Lamp



BEGIN WITH PRAYER



Day 3



MEMORY VERSE

*SHE SPEAKS  
WITH WISDOM,  
AND FAITHFUL  
INSTRUCTION IS ON  
HER TONGUE.  
PROVERBS 31:26*



*Abba Father, instruct me and give me wisdom as I drink in Your Word today. Shine the light on the truth You desire to reveal today. I pray this in Your name. Amen.*

Today we are going to read Psalm 119. It is long, containing 176 verses! Don't worry about reading the whole chapter if you are short on time today. (If you do have extra time, you might skim the whole chapter before you begin answering the questions.) We've made it easy for you to see the heart of this beautiful chapter of the Bible that describes God's Word. Just fill in the matching exercise below.

Match the verses from Psalm 119 to the attributes of God's Word:

VERSES:

- A. 24, 105, 130
- B. 142, 151, 160a
- C. 152, 160b
- D. 28, 50, 93
- E. 89
- F. 98, 99, 100
- G. 86, 140

ATTRIBUTES:

- \_\_\_ Gives wisdom
- \_\_\_ Is everlasting
- \_\_\_ Gives direction and counsel
- \_\_\_ Gives strength and comfort
- \_\_\_ Is pure and faithful
- \_\_\_ Is truth
- \_\_\_ Is forever settled in heaven

The Psalmist made some decisions about God's Word. Read the following verses from Psalm 119 in your Bible. Circle the key word that is common to each set of verses. What was the decision the Psalmist made in each of these verses?

Verses 8, 22, 44, 57, 146:

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Verse 11:

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Verses 15, 23, 27, 48, 78, 97, 148:

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Verses 16, 24, 35, 47, 70, 92, 143, 174:

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Verses 127, 140, 159, 163, 167:

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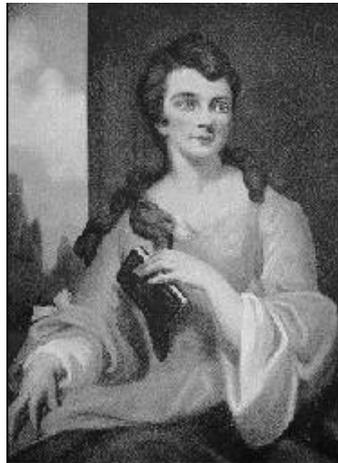


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❧ MOTHERING TIP ❧

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Suzanna Wesley, mother of John and Charles Wesley, had 19 children. Ten of them lived to adulthood. She found an unusual way to be alone with God each day. She would flip her apron up over her head and the children knew not to bother her because she was praying. She prayed each day for one hour, and she also committed to spending time with each child for spiritual training for one hour each week.



Used with permission from John Wesley Holiness of Heart and Life



Her son, John Wesley, is the founder of the Methodist Church, and Charles wrote many beautiful hymns we still sing.

Here are the sixteen rules Suzanna established over 200 years ago for rearing children:

1. Eating between meals is not allowed.
2. As children, they are to be in bed by 8 pm.
3. They are required to take medicine without complaining.
4. They are to subdue their self-will so that they might be open to God's salvation.
5. Teach a child to pray as soon as he can speak.
6. Require all to be still during Family Worship.
7. Give them nothing they cry for, and only that which they ask for politely.
8. To prevent lying, punish no fault which is first confessed and repented.
9. Never allow a sinful act to go unpunished.
10. Never punish a child twice for a single offense.
11. Commend and reward good behavior.
12. Any attempt to please, even if poorly performed, should be commended.
13. Preserve property rights, even in smallest matters.
14. Strictly observe all promises.
15. Require no daughter to work before she can read well.
16. Teach children to reverence God.

Day 4



# A Sword



BEGIN WITH PRAYER



Begin today by reading Psalm 119:129-131 back to God as a prayer. Personalize it and let these powerful verses become your own heart's cry to God today.



## MEMORY VERSE

SHE SPEAKS  
WITH WISDOM,  
AND FAITHFUL  
INSTRUCTION IS ON  
HER TONGUE.  
PROVERBS 31:26



## THE SPOKEN WORD

Read Psalms 33:6, 9; Psalms 148:1-5; and Hebrews 11:3.

☉ What did the spoken word of the Lord accomplish according to these verses?

## THE CREATIVE WORD

We know from Genesis 1:1 that God created the world. But how did He do it? God's Word is very clear on that subject. He literally spoke words and material things came into existence! Over and over in Genesis 1 we find the words, "Then God said ...." God's Word is so powerful that when He speaks, a universe can be created! His Word is so creative, it formed a world out of a formless deep darkness. Now if His Word is that powerful and creative, what can it do for you?

☉ In what area of your life do you need God's powerful, creative Word?

Ask our talking God to speak His words into your personal "deep darkness." Read Psalm 119:145-148 to God as a prayer. Think about committing yourself to wait on God's powerful, creative word for your situation.

Read Hebrews 4:12. It tells us that God's Word (the Bible) is:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

and that it pierces between

1. \_\_\_\_\_ and \_\_\_\_\_,
2. \_\_\_\_\_ and \_\_\_\_\_,

and it is able to judge the \_\_\_\_\_ and \_\_\_\_\_  
of the heart.



God's Word is alive. It is active. It is not a dead, dusty old book. The words on the printed pages in your Bible are not just characters. They have been set down to express the very thoughts of God in a very personal letter to you. It is always working: creating, refining, changing, and purifying hearts that are exposed to it.

Sometimes I come to God's Word when I don't understand what's wrong. I'm not sure if I've committed a sin or made a mistake, but I just know that I'm in turmoil. God's Word can sort out all those things I don't understand. Like a surgeon's scalpel on my heart, it removes the confusion, exposes the root of the problem, and while sometimes the process is painful, it brings healing to my heart.

*Jesus, I thank You that Your Word is alive. As I read and study it, I pray it will reach down into my heart and change me. Purify me with Your Word. I pray this in Jesus' name. Amen.*

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❧ MOTHERING TIP ❧

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As your child leaves for school each day, speak a word of blessing to him. Quote Numbers 6:24-26 to him. You might tell him how much you love him or that you will be praying for him that day. (By the way, your children will never outgrow this. I still love to hear these words from my own mother.)

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Day 5



MEMORY VERSE

SHE SPEAKS  
WITH WISDOM,  
AND FAITHFUL  
INSTRUCTION IS ON  
HER TONGUE.  
PROVERBS 31:26



## A Word



BEGIN WITH PRAYER



Begin your time of study today with a praise song to God. Try singing, "Shout to the Lord," "Father, I Adore You," "I Love You, Lord," "My Jesus, I Love Thee," or "Jesus Loves Me." Take a moment to worship.

### THE LIVING WORD

Have you ever wished God would just come down out of heaven and sit down and talk with you face to face?

Copy John 1:1 and 14a.

How did God's Word become a living being?

What is Jesus' title in these verses? [If you have a Strong's Concordance or Lexical Aids to the New Testament, look up "Word" and write the Greek word and definition beside Jesus' title.]

Why do you think God wanted His Word to become alive?

God clothed His Word in flesh. Jesus was the actual Word of God walking around in skin so that we would not only have the written Word, but a living, breathing, human form of God's Word that men could see and hear and touch. Jesus came to the earth to die for our sins. He also came to communicate.

Paul Harvey tells the story every Christmas about the farmer who wouldn't go to church with his family. One Christmas Eve, after his family left for the church service, he settled down by the fire with the newspaper and some coffee. Soon he heard a loud banging against the windowpane.

He discovered a bird trying to fly in where there was light, only to be stopped by the glass window. It was a desperately cold night and the bird continued to fly right at the closed window. The man went outside in the cold and mercifully opened the barn door for the poor creature. But the bird was frightened of him and would not go into the warm barn.

The man thought, “If only I could communicate in bird language with that bird! I wish I could tell him I’m only trying to rescue him. He’s so foolish staying out in the bitter cold, when he could be saved from death inside.” Suddenly, the light dawned on the man. He saw himself as God was seeing him: a poor creature refusing salvation. He fell to his knees in the snow.



Just like that man wanting to speak in the bird’s language, God is speaking to us through His written Word and through His living Word—Jesus.

Read Revelation 19:11-16 from your Bible.

This passage is a description of Jesus’ second coming. What is His name according to verse 13?

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What comes from His mouth?

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### A CUSTOMIZED MESSAGE

The Bible is a supernatural book. When you read it, you will find that it will speak to your current situation. Jesus, the living Word of God, takes the active, written Word of God and personalizes it to you the moment you are reading. This is how the Bible transforms you from the inside out.

Read II Timothy 3:16-17.

What does this passage reveal that the Bible will do for you?

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Verse 16 tells us how God was involved with the origination of Scripture. What word (or words) does your translation of the Bible use to describe God’s involvement?

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Now go back and look at II Timothy 3:15, the verse preceding the ones we just read.

What does this reveal that the Bible will do for you?

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What truth do you see in this verse for your children and your training of them?

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Read Deuteronomy 8:3.

“Man \_\_\_\_\_ by bread alone, but  
\_\_\_\_\_.”

☉ What does this passage reveal that the Bible will do for you?

\_\_\_\_\_

Read James 1:22-24.

☉ Summarize the message of these verses in your own words.

\_\_\_\_\_

\_\_\_\_\_

Why did we spend our first week of Bible study on the foundation of your life? What did it have to do with being a good mom? Let me give you an example.

When my girls were toddlers, I struggled each day to know what to do. I was basing all my decisions about disciplining them on the books I was reading in that public library! I was also being reinforced in those beliefs from afternoon TV shows and the latest monthly parenting magazines. I was founding my life on sand instead of rock. And we were sinking fast!

When I changed the basis for finding truth to the Word of God, it was amazing how life for us took on a sense of order and peace we had not dreamed possible. Did we now live a perfect life? No, absolutely not. We were then, and are now, a normal family with normal family challenges. But we have found that having a solid foundation of truth as the rock underneath us has made life so much better.

On what set of beliefs will you base all your decisions? What you believe will determine the course of your life. On what will you found your life?

*Father, give me a hunger and thirst for Your Word. Then feed me until I am satisfied. Teach me what it means not to live by bread alone but by every word that comes from Your mouth. I open my heart wide and I ask You to feed me the Bread of Life. I pray this in Your precious name. Amen.*

————— ❧ MOTHERING TIP ❧ —————

Pray for your son and daughter (and sons-in-law and daughters-in-law and grandchildren) today. Pray that God’s Word will be a lamp to their feet and a light to their way.

\_\_\_\_\_