



SPEAK KINDNESS

MAKE IT AWKWARD

Surrender Your Stress

Barb Roose / barbroose.com

As mothers, we encounter stress in many areas of our lives. Barb Roose, author and speaker, gives us a universal tool that can help us surrender our stress and find the peace we wish we had.

LEADER TIP

Physical activity helps reduce stress. Since the topic of anxiety can feel heavy for a lot of moms, use this meeting plan as an opportunity to not only be vulnerable with each other but also to incorporate some fun and movement.

WELCOME ACTIVITY: WHICH IS MORE STRESSFUL?

A spin on "Would You Rather?": Have moms vote between two daily scenarios based on which is more stressful for them. Examples: choosing what's for dinner or choosing what to wear; waking up at 3 a.m. with a sick child or going to the grocery store with ALL of the children?

MEETING ACTIVITY: BALLOON OLYMPICS

Break into tables or teams and compete in balloon-themed relays.

Knee Relay: Moms must hop to the finish line with a balloon held between their knees before passing the balloon to the next player in line.

Spoon Relay: Moms hold the balloon between two plastic spoons and walk to the finish line without dropping it. If the balloon drops, the player must pick it up and continue. The next player takes over after receiving the spoons.

Over-Under Relay: Moms stand in a line and pass the balloon to the player behind them, alternating between passing it over their head and under their legs. The team finishes when the last player in line receives the balloon.

Supplies Needed:

- Balloons, plastic spoons

CONNECT QUESTIONS

- What physical symptoms do you experience when you are stressed?
- Which of the four stress-starters Barb talks about do you react to most often?
 - Unexpected
 - Uncertain
 - Uncontrollable
 - Uncomfortable
- Where in your life can you apply the prayer, "God, I can't. But You can. I will let You."

EXTRAS

- *Hands Down, Hands Up Prayer*
- *"Which is More Stressful?" Questions*

ASKING FOR HELP

Devotional

Kirby Rader / www.faithandfields.com

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”

— Galatians 6:2, NIV

God does have a sense of humor, doesn’t He? It makes me smile to look back at times in my life when I know He wrote the chapter just to prove I needed more than my own two hands! None are quite so obvious as having three babies at the same time. Yes, triplets!

Those first two years, I carried three kids a lot — and, yes, sometimes all at once — to their cribs, to the recliner, to their table to eat, outside to play, to and from the car. It was a big, wiggly job.

And I’ve always liked to go after most things in life like I do carrying those three babies around — by myself, relying on my own strength, without the burden of needing anybody else.

I don’t know if I asked for help much when I was little. As a teenager and young adult, I tried to do a whole lot on my own. Needing help felt weak.

Having triplets, and then four under the age of 4, made it glaringly obvious that I had an issue with pride.

I would have rather made healthy and beautiful meals daily, had a perfectly clean and tidy home, and been well rested in fresh clothes with my hair washed every day. But in those days with little to no sleep, wonderful people brought us yummy food and stayed to play despite the mess — our kitchen sink full of dishes, a trash can full of diapers and floors covered in toys.

Do you know what I found? The only one going in and out of our door that expected me to have it all together was me!

During those early times with new babies, God taught me to reach out. Even when I wasn’t quite sure I needed the help, I would still ask. And now that the girls are a little older and their needs continue to change — and in some ways get bigger (emotions anyone?) — I’m glad that God already has me warmed up in this exercise!

I still need to remind myself of this sometimes, but I now know that asking for help and relying on others is not a sign of personal weakness. Needing others, or even just feeling brave enough to ask for help, has opened my heart to new memories and relationships.



QUESTIONS

- *What do you need to ask for help with these days?*
- *Why does it feel brave to reach out for help when you’re feeling vulnerable?*

HANDS DOWN PRAYER

Start with your palms facing down, signifying release.

God, before I engage with my loved ones, I give over my frustration, disappointment, anxiety or fear about _____. I release my desire to control their actions and attempt to force a specific outcome. I give all of this to You. Amen.

HANDS UP PRAYER

Flip your palms up, signifying openness.

God, as I prepare to reunite and interact with my loved ones, give me Your peace, patience and love so that I can give it to the ones I love. Amen.

God, I can't. But You can. I will let You.

*For though we live in the world, we do not wage war as the world does.
The weapons we fight with are not the weapons of the world.
On the contrary, they have divine power to demolish strongholds.*

2 Corinthians 10: 3-4, NIV

WHICH IS MORE STRESSFUL?

*Choosing what is for dinner **OR** choosing what to wear*

*Going to the grocery store with no list **OR** with all of your children*

*Having the laundry pile up for a week **OR** the dishes pile up for a week*

*Running out of milk **OR** running out of toilet paper*

*Speaking in front of a lecture hall **OR** training for a marathon*

*Waking up at 3 a.m. with a sick child **OR** waking up sick yourself*

*Shopping for new bras **OR** shopping for jeans*

*Planning a child's birthday party **OR** planning your own birthday party*

*A child vomiting in the car **OR** in a public place*

*Sharpie on the walls **OR** on the furniture*

*A child with lice **OR** a child with the stomach flu*

