



Becoming a Confident Mom

Week 10: *How can I be happy?* Psalm 1

Big Idea: Happy is the woman who is _____.

I. Happiness is _____.

Psalm 1:1, "How happy is the one"

II. Happiness is NOT found in the _____.

(world: the system of beliefs and values apart from the instruction of the Lord)

III. Happiness is found in the _____.

"Reading reaps the wheat, meditation threshes it, grinds it, and makes it into bread. Reading is like the ox feeding: meditation is it digesting when chewing the cud. It is not merely reading that does us good, but the soul inwardly feeding on it, and digesting it."

Charles Spurgeon

A. Delight, _____

B. Meditate, _____

IV. Happiness found in the Word produces _____.

"Thou hast made us for thyself, O Lord, and our heart is restless until it finds its rest in thee." Augustine of Hippo

V. Happiness is a _____.

· Do listen to the advice of the Word and _____.

· Do look for paths of righteousness and _____.

· Do pledge allegiance to God and _____.

Romans 15:13, "May the God of hope fill you with all joy and peace as you believe in Him so that you may overflow with hope by the power of the Holy Spirit."

MomQ Challenge:

Begin a daily rhythm of reflection by getting a Bible, journal, and pen then taking 15-20 minutes a day to read the Word. Begin with the book of John if you do not know where to start.

- 1) **Pray** (30 seconds) Relax. Begin with prayer. Psalm 119:18, "Open my eyes that I may see wonderful things in your law."
- 2) **Read** (5-10 minutes) Start at the beginning of a book and read for 5-10 minutes depending on how the sections are broken up. Look for a natural break in the text. A chapter a day is a good start but may not always make sense so be flexible. Read the section in its entirety over and over until something pops out at you like a key verse, a repeated word or phrase, a theme, a particular saying, a question, etc.
- 4) **Meditate and Journal** (5 Minutes) Meditate on what sticks out. Ponder it, digest it, and picture it. Start journaling. Write down your observations and reflections. If you are stuck, ask... Who? What? Where? Why? When? How?
- 5) **Pray** (5 Minutes) Pray. Ask God to reveal how you can apply His Word in your life today. Journal so you can remember what God is showing you.
- 6) **Repeat daily.**

Small Group Questions:

- 1) Come up with five questions for the mentor panel next week.
- 2) What makes you happy? Share a time you felt really joyful and full of delight.
- 3) What makes your kids happy? Have you experienced them expressing pure joy? How did that feel for you to watch them at that moment?
- 4) Have you put worldly happiness above God's priorities in your home? Share an example.
- 5) Share how you prioritize God's Word in your life on a daily basis. If you are struggling to establish a rhythm of reflection, be honest with the group so they can encourage you.
- 6) How are you teaching your children the importance of God's word in their lives on a daily basis?