



TAKING  
*Motherhood*  
TO HEARTS

A  
MOM  
HEART  
MINISTRY  
RESOURCE

*a guide to* **STARTING,**  
**LEADING, and TENDING**  
*your* **MOM HEART GROUP**

**SALLY** *and* **CLAY CLARKSON**

# Mom Heart Group Leader Guide



Starting, Leading, and Tending  
Your Mom Heart Group



Created and published by  
**Whole Heart Ministries**  
Monument, CO

**Mom Heart Group Leader Guide**  
Published by Whole Heart Press  
A division of Whole Heart Ministries  
P.O. Box 3445, Monument, CO 80132  
WholeHeart.org · MomHeart.org

© 2014 Whole Heart Ministries  
ISBN: 978-1-888692-27-3

First Edition: June 2014

Unless otherwise indicated, all Scripture verses are taken from the New American Standard Bible,® @ 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission. ([www.Lockman.org](http://www.Lockman.org))

Scripture quotations marked NIV are taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®. NIV®. Copyright 1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan. All rights reserved. ([www.Zondervan.com](http://www.Zondervan.com)).

**ALL RIGHTS RESERVED**

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, digital, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior and express written permission of the publisher.

**Mom Heart Ministry**

is a motherhood initiative of Whole Heart Ministries, a Christian home and parenting ministry dedicated since 1994 to encouraging and equipping Christian parents to raise wholehearted Christian children.

# CONTENTS

## Welcome to Mom Heart!

### Section 1: The Movement

<b>SEEING THE “BIG PICTURE” OF MOM HEART</b> .....	<b>6</b>
Where Do You Fit in the Picture of Mom Heart? .....	7
Picturing the Possibilities of a Mom Heart Group .....	8
Mom Heart Keeps the Picture in Focus.....	11

### Section 2: The Members

<b>STARTING YOUR MOM HEART GROUP</b> .....	<b>12</b>
Pray: Ask God for Help .....	13
Purpose: Clarify Your Vision .....	14
Plan: Create Your Ministry Map .....	15
Partner: Enlist an Ally.....	17
Promote: Spread the Word .....	18
HINTS: Owning Your Leadership .....	20

### Section 3: The Meeting

<b>SERVING YOUR MOM HEART GROUP</b> .....	<b>21</b>
Be Prepared: Honor Your Group with Readiness .....	22
Be Hospitable: Serve Your Group with Enthusiasm.....	23
Be Encouraging: Influence Your Group with Godliness .....	25
Be Protective: Cover Your Group with Security.....	26
Be Loving: Infuse Your Group with Grace.....	27
HINTS: Getting Together Purposefully .....	29

### Section 4: The Ministry

<b>NURTURING YOUR MOM HEART GROUP</b> .....	<b>30</b>
M: Meet Purposefully with Each Mother .....	31
O: Offer Thoughtful Biblical Encouragement .....	32
M: Make Meaningful Prayer a Priority .....	34
HINTS: Making Spiritual Friendships.....	36

## CONTENTS

### Section 5: The Model

<b>LEADING YOUR MOM HEART GROUP</b> .....	<b>37</b>
H: Hear the Spirit.....	39
E: Engage the Word .....	41
A: Affirm the Truth .....	43
R: Respond to God .....	45
T: Take It to Heart.....	47
HINTS: Getting Your Group Talking .....	49

### Section 6: The Mission

<b>GROWING YOUR MOM HEART GROUP</b> .....	<b>51</b>
G: Go—Initiate .....	52
R: Reach—Invite .....	52
O: Others—Include .....	52
U: Uniting in—Inspire .....	53
P: Purpose—Influence.....	53
HINTS: Thinking About Growing .....	54

### Section 7: The Mothers

<b>FEEDING YOUR MOM HEART GROUP</b> .....	<b>55</b>
Grace: Nourished by Prayer and People .....	56
Truth: Nourished by the Word and Words .....	56
HINTS: Giving from a Full Spirit .....	58

### Section 8: The Materials

<b>TENDING YOUR MOM HEART GROUP</b> .....	<b>59</b>
Mom Heart Guiding Documents .....	64
<i>Mom Heart Vision and Values Covenant</i> .....	66
<i>Mom Heart Statement of Beliefs</i> .....	67
Mom Heart Group Resources.....	68
<i>Mom Heart Group Planning Sheet</i> .....	69
<i>Mom Heart Group Lesson Planner</i> .....	70
<i>Mom Heart Group Member Info Sheet</i> .....	72

## A Note from Sally Clarkson

### WELCOME TO MOM HEART!

Dear Sweet Mom,

Thank you for your interest in ministering to mothers. My own mom heart beats with a passion to encourage mothers and to help them rediscover God's heart for motherhood. This *Mom Heart Group Leader Guide*, along with your Bible and our other materials and resources, will help you start, lead, and tend a Mom Heart group of your own in your community or church.

Time is precious, especially for moms. If you give a few hours of your week to something, you want it to be purposeful and meaningful. The heart of our ministry is to encourage, equip, and enable you as a mother with a heart for ministry. We'll help you have an effective ministry that "redeems the time" for God.

All of my Mom Heart leaders are praying for you. We are working on ways to stay connected with you to support you in your ministry. You are not alone. You are part of a growing movement of small groups for moms after God's heart that I believe His Spirit is raising up "for such a time as this."

I hope you will join me, and so many other mothers already involved, as we step out in faith to build a community of Mom Heart moms all over the world. Help us restore moms' hearts to God's heart for motherhood "that the generation to come might know, even the children yet to be born" (Psalm 78:6).

In His Heart,

*Sally*









By nature and by nurture, mothers are inextricably part of that discipleship process. God’s design for home and family places them at the center of influence in their children’s lives. Mothers are, in many ways, the heart of parenting.

Our vision for Mom Heart Ministry is to restore moms’ hearts to God’s heart for motherhood. We want to offer God’s grace and truth from His Word that will set them free, not weigh them down. We want moms to live by faith, not by formula. We want to strengthen moms who are after God’s heart—to help them disciple their children to become wholehearted followers of Jesus Christ, and to reach out to other mothers to impact the next generation for Him.

**Picturing the Possibilities of a Mom Heart Group**

Christian ministry is not a complicated idea. The meaning of the word in the New Testament is simply “service.” Ministry is simply how we serve God, and serve others (John 12:26; Matthew 22:34-40). There are two broad types of ministry in the New Testament: church ministry and personal ministry.

Church ministry is how God’s people come together as Christ’s body to worship Him, teach and preach the Word of God, and equip one another for service. Personal ministry is how each spiritually-gifted individual serves God and His kingdom to build up the body of Christ and spread the gospel. Paul says we are all “ambassadors for Christ” (2 Corinthians 5:20), and that God is making His appeal to others through us, on behalf of Christ, that they be reconciled to God.

If the idea of “reconciliation” sounds like something that is above your spiritual pay grade, try substituting the phrase “coming home.” Reconciliation is simply showing others the way to come home to where God always intended them to be. A Mom Heart group is one way you can be an ambassador for Christ by showing other moms how to come home to God’s heart for motherhood.

Your Mom Heart group could be part of a church ministry, or it could be a personal ministry you offer in your community. You don’t need any special gifting or training; you simply need the willingness

*NOTES*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



- As a support group for homeschooling mothers
- As a support group for public schooling mothers
- As a group to support missionary mothers
- As a group to minister to pregnant unmarried girls
- As a group to pray for mothers around the world
- As a mothers of prodigals support group
- As a support group for mothers of teens
- As a mother-daughter motherhood study group
- As a support group for minority moms
- As a mothers of mothers support group

Our heart and vision is to trust the Spirit of God to create a movement of Mom Heart groups all around the world that is reaching and reconciling women to the Creator and to His design for mothers. Movement is the operative word of our vision—we have no desire to create, command, and control a Mom Heart organization, but rather to facilitate and shepherd a Mom Heart movement led by the Holy Spirit. Our role is to feed that movement to keep it growing.

A healthy movement requires two key elements: a mission, and a message. It needs a shared vision and a common set of core beliefs. That's why we ask every Mom Heart group leader to understand and agree with the Mom Heart Vision and Values Covenant (Section 8). We want to allow freedom for every Mom Heart group to be unique in its local expression, and yet also insure that it will be consistent with other Mom Heart groups around the world.

We trust the Holy Spirit to protect the vision and values of Mom Heart Ministry, and we trust Mom Heart group leaders to creatively express them through their own unique gifts, skills, ministry burdens, training, and circumstances. Our hope and prayer is that this leader guide will encourage, equip, and enable you, by faith, to start, lead, and tend a Mom Heart group in your part of God's world.

*NOTES*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## Section 2: The Members

### STARTING YOUR MOM HEART GROUP

---

**T**he hardest part of doing anything worth doing is the starting. Taking that first step takes a lot of effort and energy. In physics, that idea is expressed as inertia—the tendency of a physical object to resist acceleration. In other words, left on their own, things tend to stay as they are. Unless something moves them, they don't move.

It's easy to see how this principle from physical life illustrates a similar reality in our spiritual life. We can experience spiritual inertia. If we are resistant to change—if fear, lack of confidence, insecurity, or any number of conflicting feelings keep us from moving forward—we will resist taking a first step of faith. We need some outside force to move us so we'll get moving.

But God is inertia-adverse. If you are reasonably mature, ready and willing to lead a group, but resisting the idea, you need to know that God is ready to help you move. He is ready to encourage and strengthen you to take that step of faith.

To start something new, you must overcome spiritual inertia. Something has to move you to get moving. You've probably heard it many times before, but it is true: God can't steer a parked car. If you are hesitating to take that first step of faith, know first of all that God is ready to step into your life to help. He knows you, believes in you, and wants you to lead this group, so you can trust Him to help. He won't step in until you step out in faith, but when you decide to shift out of Park and put your life in Forward, He will begin to steer. His Spirit will begin to direct you forward.

And just a reminder: The size of your group does not matter to God. He is looking for faithfulness. Every mom in your group will be special to God, whether there are two, twenty, or two hundred. Whether they are there for fellowship, for encouragement, or to learn

NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

for the first time what God says about mothering, they will be there because *God* wants them to be there. And you will be there because He wants *you* to be there for them, leading those women in seeking after God’s heart as mothers.

If you are ready to step out in faith to start a Mom Heart group, there are some first steps you can take to get moving: Pray, Purpose, Plan, Partner, and Promote. If you’re overcoming spiritual inertia, consider these a one-step-at-a-time way forward. These few small steps will add up to one big step of faith.

### **PRAY: Ask God for Help**

The first step in starting a group is to pray. You need to invite God into the process, seeking His direction and trusting Him to help you be a faithful servant to the moms He will bring to you. Here are just a few areas of prayer to consider:

- **For wisdom and discernment** — A Mom Heart group is a spiritual ministry, so your first impulse should be to pray. Don’t try to start God’s work without your work of prayer. Ask God for wisdom and discernment as you prepare to take a step of faith with Him. Ask for the power of the Holy Spirit in your life and in the lives of those who join you. Before you start working on a “To Do” list, set aside a morning to read Scripture, meditate on it, and listen to what God is saying to you about ministering to moms.
- **For God to provide members** — Ask God to show you who to invite to your group. Pray about mothers in your neighborhood and church who might need a group with other moms. Make a list of the women God puts on your heart, and pray for each of them regularly. If your vision and burden is for a larger group of women, or even for a ministry of multiple groups, pray for wisdom, resources, partners, facility, and whatever else will be needed. Always keep in mind, though, that you’re praying for and about people, not just about a class or a program. Moms are the heartbeat of Mom Heart.

*NOTES*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Writing a purpose statement can be a very positive and motivating exercise. Take some time to craft a statement that expresses what is really on your heart to do. Here are a few examples you can use to get you started on your own purpose or vision statement:

- *The mission of this Mom Heart at Home group is to encourage, equip, and enable one another in the Lord as mothers after God’s heart.*
- *We will meet as a Mom Heart group to give one another help and hope as mothers as we follow God’s call to raise godly children for His glory.*
- *The Castle Pines Mom Heart Group exists to encourage and strengthen young mothers through studying the Word of God, discussion, accountability, and fellowship.*
- *The purpose of the Grace Church Mom Heart ministry is to restore moms’ hearts to God’s heart for motherhood through mutual teaching, sharing, helping, and outreach.*
- *The One Heart Mom Heart Group is a safe shelter for single mothers to talk, share, learn, help, and grow as moms without partners in raising godly children.*

**PLAN: Create Your Ministry Map**

Once your purpose statement is finalized, then you need to make a plan for how to accomplish that purpose. Moses was getting swamped by responsibilities of leading Israel until his father-in-law Jethro came up with a better plan. Nehemiah’s well-crafted plan won Israel’s release from Babylon to go back and rebuild Jerusalem. Plans accomplish purposes, but a good plan will be more than just a “Get It Done” list. It is a map that expresses clearly and concisely where you want to go and how you intend to get there. A thoughtful plan is an itinerary for the journey that you are about to begin, and a script to use for inviting others to join you. Plan to make a good plan.

NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



- **Define the Membership** — Make a list of prospective group members. Will you focus on a certain life-stage of motherhood (new moms, moms of preschoolers, moms of teens, single moms, military moms, etc.), or will your group be open to all ages and stages of mothers? However you decide to define your membership will also affect the dynamic of the group.
- **Determine the Size** — There is a certain amount of uncertainty when you first start a group. If you want it to be a home group, you will need to limit your membership size, which will limit response. A larger group will require larger facility space, more leadership, and additional resources. Know what your comfort level is for the size of your group.
- **Decide the Details** — Determine what a prospective member will need to know, such as day, meeting time, length of the meeting, frequency of meetings, location, size of group, and the material you plan to study. Anticipate questions and be ready to describe your group: “We’ll meet each week for Bible study and fellowship at my house from ten o’clock until noon. We want to encourage each other as moms.”
- **Consider Distractions** — Anticipate issues and consider how to prevent unnecessary distractions. Will your group be open, or by invitation only? Will it be a continuing group, or new after each book or semester? Can prospective new members join in the middle of a study? Will you offer childcare and, if you do, will there be a cost?
- **Create a Calendar** — Create a projected calendar of meetings for the entire book or Bible study, with chapter to read and discuss, materials and supplies needed, possible volunteers needed, and expectations of the group such as reading a chapter or doing a study before the group. A calendar will help to engender confidence in you as a leader, and give the group as a whole a sense of direction and unity.

*NOTES*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





















## Be Protective: Cover Your Group with Security

Have you ever had a confidence broken? A secret revealed by a friend? A fear or failure shared privately exposed publicly? A past deed you have tried to forget revived? Your reputation stained by malicious gossip? Your behavior or values demeaned by a critic? If you have, then you know what it feels like to have your private life violated. The embarrassment, anger, or fear passes, but the inevitable end result is distrust, withdrawal, and self-protection. When safety leaves, so does the person. When a group is not safe, it will not thrive, and may not survive.

One of your highest priorities as a Mom Heart group leader is to assure every mom that she is in a safe and secure group. She needs to have confidence that anything she shares with the group, other than illegal or harmful behavior, will be held in strict confidence by the others. Foster an environment where everyone feels comfortable, respected, and honored. As a leader, you will create the tone that will make them feel safe to share and learn together.

We reject legalism in any form. However, we do uphold three guiding “laws” that we expect each Mom Heart group to accept and enforce. These are not unbiblical laws of belief or behavior that will separate and judge; rather, they are biblical laws of relationship that will protect and guide. The purpose of each “shalt not” below is to help you cultivate and maintain the safety and security of your group:

- **Thou Shalt Not Betray** — Betrayal of any kind—of a trust, confidence, secret, fear, or past sin—creates an atmosphere of distrust in a group. Establish a clear standard of group loyalty and confidentiality early, remind members of it regularly, and intervene immediately if you hear anything that could threaten it. It is up to you to protect the covenant of mutual trust that grows out of sharing personal needs and struggles. Betrayal wounds hearts, and will severely, if not irreparably, damage your group. You are protecting not only the moms’ hearts in your group, but also the integrity of your Mom Heart group.

*NOTES*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



As a group leader, you “infuse your group with grace” when your discussions and teaching bring spiritual delight to your moms—spirits are lifted, burdens are eased, and faith is affirmed. Rather than guilt, condemnation, or shame, moms will find the grace that Jesus offers through His Spirit—love, hope, mercy, forgiveness, freedom, help, encouragement, edification, gentleness, patience, longsuffering, and joy in the Lord.

In his letter to the Galatians, Paul made clear that those who taught a Christianity of keeping laws and rules were living by the flesh (sin), not by the Spirit. “It was for freedom that Christ set us free [from slavery to law]” (5:1), and that freedom is found only in living by the Spirit—by the law of love that He has written on our hearts, not by the old Law of external rules and regulations. Grace sets us free to set others free to live in the Spirit by the law of love that Christ taught (John 15:12-17). Grace brings freedom.

Most Christians rightly teach that we are no longer to live by the demands of the Jewish Law, but too many then turn around and preach that we need to live by Christian laws—rules that will, they claim, make us acceptable to God. “Real” Christians need to believe or behave according to their way in order to be acceptable to God, and to them. Rather than creating true unity in the Spirit, their “Christian law” only creates barriers to fellowship through disunity, guilt, and condemnation. But that is not the teaching of Christ or the apostles. And it should never be the teaching of a Mom Heart group.

Infusing your group with grace does not mean that sin is glossed over or overlooked. John said, “For the Law was given through Moses; grace and truth were realized through Jesus Christ” (John 1:17). Truth is always just as much a part of being Christ to others as is grace, and they are found in perfect balance in Christ. As those called to be like Christ, we are to offer truth balanced with grace. If you study God’s truth in your group in an atmosphere of grace, you will bring delight to your moms’ hearts.



*NOTES*

A vertical rectangular box containing 20 horizontal lines for taking notes.





## M — Meet Purposefully with Each Mother

Make it a goal to meet with each mom in your Mom Heart group at least one time during a season of study, more if possible. Purpose in your heart ahead of time to make your meeting a meaningful time of biblical fellowship, or *koinonia*. In the New Testament, that word signifies a “communion of intimate participation” between followers of Jesus (Acts 2:42-47). Paul thanks God and prays for the Philippian church that brings him joy because of their “participation [*koinonia*] in the gospel” with him. He affirms his affection for them, confirms his confidence in God’s work in their lives, and shares his expectation of their continued growth and obedience (Philippians 1:3-11). Following the pattern in Paul’s words—affirmation, confirmation, expectation—suggests a simple, three-part model for how to make every meeting with your moms a time of purposeful fellowship.

We all love getting together socially with a special friend for no other reason than just to relax. We all need a respite now and then for refreshment and enjoyment. However, if you want a time together to be about true biblical fellowship, you will need to be intentional and purposeful about it. It may start out as a casual time of getting to know one another, or even as a serious time to guide and counsel on topics or issues too sensitive for the larger group setting. However, regardless of whatever reason brings you together, you can always turn any meeting into a time of spiritual nurturing.

Only one thing will prevent this kind of nurturing ministry from happening—failure to initiate. If you don’t initiate, then you won’t participate. Implicit in the concept of *koinonia* fellowship is reaching out to those with whom you share the life of God. In an increasingly fragmented and impersonal world, the art of initiating purposefully into another person’s life is being lost in the flood of digital, social, and spiritual substitutes. As a Mom Heart leader, you can have a true spiritual impact on the moms in your group, but only if you choose to initiate and meet with them. Here are some tips for meeting:

### NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



- Initiate and work out a time with the mom that will be convenient for both of you. Get each mom on your calendar early in the season of your group. Be sure to ask about child care.
- Select a familiar meeting place such as your home, a favorite coffee spot, or a park. Wherever you choose, be sure it allows for private, intimate, and uninterrupted conversation.
- Have a personal ACE message (Affirmation, Confirmation, Expectation) ready in your mind, or even on a note in your Bible. Just taking some time to thoughtfully prepare those statements will create a sense of purpose and meaning in your mind for the meeting.
- Call or send a personal email reminder the day before your meeting expressing how much you look forward to the time. Share a meaningful Scripture or quote.
- Offer to pick up the mom and drive to the meeting location. The drive can provide time for small talk so you can move on to more important conversation when you meet.

## **O — Offer Thoughtfully Biblical Encouragement**

When Jewish Christians in the early church were forced to leave Jerusalem because of the persecution, they were scattered to distant locations where they no longer had familiar people and places to count on for spiritual security. They were far from home and on their own. So listen to what the writer of Hebrews told them: “And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching” (Hebrews 10:24-25, NIV). We, too, are far from home and on our own. Your role as a Mom Heart leader is to offer the love and encouragement that your moms need as they are looking for spiritual security in their journey through life as a mother. You can do that best by encouraging them from God’s Word.

*NOTES*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



- If you have personal counsel or advice to offer, anchor it in biblical truth or wisdom.
- After your meeting, send a note of encouragement to that mom with selected scriptures that you discussed.

## **M — Make Meaningful Prayer a Priority**

“Rejoice always; pray without ceasing; in everything give thanks; for this is God’s will for you in Christ Jesus” (1 Thessalonians 5:16-18). Paul was not saying that prayer is the *only* thing you should do; rather, he was saying that prayer should be a part of *everything* you do. Worship, intercession, thanksgiving, submission—these all are aspects of a healthy prayer life. Prayer is an ongoing conversation with God. When you meet with a mom and encourage her from God’s Word, the natural and normal response to hearing from God should be to talk to God.

Remember that you are offering spiritual nurture to the mom you are meeting with, feeding her from the life of Christ in your own heart. In case you missed it, this MOM acrostic has spelled out three channels of what could be called “means of grace.” You are nurturing a mom by opening windows of God’s grace into her heart through fellowship (God speaking to and through you), God’s Word (God speaking to you), and prayer (you speaking to God). When those windows are opened, God’s grace, the gift of his favor and blessing, can flow into an open heart. By doing those three very simple things, you are bringing life-giving grace into that mom’s mind and heart.

All three of the above ways to nurture are important, but prayer is the key to this triad of nurturing grace—it is what turns your focus and attention from yourself onto the living God. When you pray, you are acknowledging by faith that “he who comes to God must believe that He is and that He is a rewarder of those who seek Him” (Hebrews 11:6). Here are some suggestions for how to make prayer a natural and meaningful part of your MOM time.

*NOTES*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

- Don't force prayer into your time together, but be sensitive to appropriate times to stop and pray about an issue, or to close your time together with a short prayer. If a natural time to pray doesn't happen, simply ask, "How can I be praying for you," and assure her you'll pray later.
- Be aware of your environment. If you're in a small coffee shop with others in close proximity, pray when you get to your car. Even mature believers can feel self-conscious praying in public where others can watch and listen.
- Be aware of the mom for whom you are praying. If you sense or discern that there is any discomfort with praying in public, then don't. She is the priority, not the need to make prayer happen. Ask how you can pray for her later.
- Be discerning about what kind of prayer will be appropriate, whether it should be short or can be longer, and how personal you should be in your prayer. If a matter seems sensitive, just ask, "Do you mind if I pray about that?"
- If you aren't able to pray together in person, call the mom and pray on the phone with her. If you're both comfortable with tech and connectivity, you can pray together on a video call by Skype or FaceTime.
- Pray regularly for each of the moms in your group in your own personal prayer times. Send them a text or email to let them know that you've prayed for them.
- Keep a written or digital record of special prayer requests by each mom, or specific needs for which you have prayed. Ask each mom privately how God has responded. This record of prayers should be private, secured, and not shared publicly. Unless you have her permission, it should remain only between you and the other mom.



*NOTES*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## HINTS: The Ministry

### Making Spiritual Friendships

- ⇒ **Gifts:** A thoughtful gift can be a powerful way to express love and friendship. It can be as simple as some flowers, or something very personalized or meaningful. A special teacup can create a bond; a framed calligraphy Bible verse can encourage in a hard time; a figurine can express symbolic meaning or commemorate an event. Be creative.
- ⇒ **Books:** A book specifically chosen and given at the right time can be both a meaningful and a helpful gift. Inscribe it with a personal note and a relevant scripture.
- ⇒ **Photos:** Photographs are visually captured memories. A fun or memorable photo turned into a print and specially framed can become a treasured gift. Use a no-bleed fine point Sharpie to record the place and date on the back.
- ⇒ **Music:** Music is personal. When you give a mom a music CD that reflects her personal musical tastes, it is a way of affirming who she is, and appreciating what she likes.
- ⇒ **Potlucks:** “Go into all the world and have potlucks.” There was always a bit of truth in that humorous commentary on small church mission. Meals are important in Scripture, and important in our lives. Eating together is a biblically-affirmed fellowship experience. Thank God it is! Plan potlucks, picnics, repasts, progressive dinners, and other food-centered events into your group calendar.
- ⇒ **Holidays:** Reserve a spot on your group calendar early in the season for holiday get-togethers. Holiday events are great times to get the husbands involved. Have a dessert night and carol-sing at Christmas; plan a Valentine Day potluck with a rom-com movie; have a spring fling in the park with a picnic and family fun day.

*NOTES*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



many years a common small group Bible study and discussion model has been the “Hook, Book, Look, Took” approach popularized by Dr. Larry Richards—gain attention, talk about the passage, apply it personally, express it in life. That pattern has been imitated by many other teachers.

For Mom Heart groups, we have created our own model using the acrostic HEART. It follows roughly the same pattern as other models, except that it uses the priorities of inductive Bible study as guides for study—invitation, observation, interpretation, application, and supplication. If you’re not familiar with the terms, “deductive” Bible study starts with a topic and studies Scripture to explain it; “inductive” Bible study starts with a passage and studies the Scripture to learn what it has to say. The HEART outline is modeled after an inductive study because we want each Mom Heart group to start with the Word to discover what God has to say through it. It is a model that begins with “hear” because it is about listening for God’s voice. The purpose of the HEART model is to insure that your group does not miss the “heart” of their time studying the Word together.

The HEART model is described in more detail in the following pages. We believe it is a unique design that can help you create a rich and meaningful small group experience. You’re free to use other models in creating your own lesson plan, but we encourage all of our Mom Heart group leaders to use the HEART model. Below are the five priorities of a HEART-shaped Mom Heart group meeting. The remainder of this chapter explains in detail how to use the model.

- **H** — Hear the Spirit (Invitation)
- **E** — Engage the Word (Observation)
- **A** — Affirm the Truth (Interpretation)
- **R** — Respond to God (Application)
- **T** — Take It to Heart (Supplication)



*NOTES*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## H — HEAR THE SPIRIT

**Purpose:** To introduce the topic of the day’s lesson with a nonthreatening discussion that generates interest, involvement, and interaction among group members, and sets the spirit for the lesson.

**Activity:** Invitation — What is the Bible talking about?

**Time:** 10-15 minutes

**Planning:** Invitation gets everyone on the same page. Create several discussion questions that will introduce the topic. Run them by family and friends to see if they are clear and understandable.

### Leading:

The “Hear the Spirit” introduction is essentially a brief time of purposefully directed discussion. It sets the tone of the meeting, raises interest level in the topic, and allows everyone time to “warm up” to interacting as a group on deeper issues. You are not trying to elicit answers to questions, but to stimulate fun, meaningful, personal, or interesting discussion that is relevant to the topic. The goal is not to inform, but to engage everyone’s participation in the discussion.

You may be tempted to think that this initial part of the HEART outline is not part of a “real” Bible study. You might convince yourself to pass over it quickly, or even just skip it, because “we have so much to cover today.” Resist that thinking. In the same way that Jesus often took time to do some talking before telling (such as with the woman at the well), this time can be critical to setting the spirit of the rest of the meeting. The invitation is not just an “ice breaker” but a strategic part of the lesson that will help to connect and unify your group emotionally and spiritually. If you take this first step seriously, it will help your moms begin interacting personally and get them all headed in the same direction for the Bible study part of the lesson.

*NOTES*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## Tips for Guiding “Hear the Spirit”

- Ask a general question about a common topic of interest, not a specific question about a biblical text you’ll be studying and discussing. The former is open and inviting (everyone can have an opinion); the latter can be perceived as closed and threatening (no one wants to risk having the wrong answer).
- Create a discussion question that relates generally to the study, but that is broad enough that everyone can comment on it with an opinion or insight. Often, a lighter or even humorous question will generate easy discussion. It also helps to set up the question with some relevant personal comments or a story that will stimulate interest.
- As an example, if you were discussing John 1:1 (“In the beginning was the Word, and the Word was with God, and the Word was God”), you might ask your group: “What would your biographer write for an opening sentence in the book about your life?” or “What are three words that describe who you really are?” or “What ‘in the beginning’ word or term best describes each of your children?” or “What would it be like to be so close to someone that you are like one person?”
- In lieu of a general question, you can also read and discuss an interesting quote from someone historical or current, from a literary figure or author, from current news or commentary, or from a popular blog. You can also be really creative in this part of your meeting time: hold up an intriguing picture or a photograph, show a movie clip or an online video, play part of a song, or read an interesting poem and discuss it. Anything is an option if it leads you into the topic for the lesson.

### NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



### Tips for Guiding “Engage the Word”

- If you are using a book or other resource that already provides directed discussion questions for the chapter or lesson, be sure you have done them yourself the week before, and reviewed the questions prior to your group meeting. Write down your own personal observations about the Bible passages being studied, and then begin to create some group questions based on your own insights.
- Leading an effective Mom Heart group requires more than just reading questions and then waiting impatiently for answers, or worse, providing the answers yourself. You are not there to emcee a two-way Q&A time (you ask; they answer), but rather to stimulate a lively conversation among the group members. You are a facilitator, which means you are there to listen, draw out, engage, acknowledge, encourage, affirm, and direct. That’s the real challenge and joy of being the leader of a Bible study or discussion group—leading others into a rich and meaningful conversation about God and His truth.
- You do not need to be a Bible scholar to lead a Mom Heart group discussion. However, the more you take time to study and review the passages of a lesson prior to your group, the easier and more effective it will be for you to lead a satisfying discussion. Build a small library of proven Bible study tools that will help you gain more insight into the passages of the lesson—a concordance for the Bible version you use; a Bible handbook or encyclopedia; a word study resource; a study Bible; and a topical Bible. You can also take advantage of free online Bible study websites, or Bible study software for your computer.

*NOTES*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## A — AFFIRM THE TRUTH

**Purpose:** To engage the group to synthesize one “big idea” that will express the content and the intent of the passages and material that have been studied and discussed in that day’s lesson.

**Activity:** Interpretation — What does the Bible mean?

**Time:** 10-15 minutes

**Planning:** Interpretation is the “heart” of an inductive Bible study. Do your own interpretation first, then consult concordances, commentaries, and other helps to have a firm grasp on the material.

### Leading:

The “Affirm the Truth” part of your meeting time is the next step of inductive Bible study—interpretation. In this step, you are helping your group extract the true meaning (God’s intent) from the scriptures they have observed and discussed. It is part of the process that will move biblical truth from the head (intellectual) into the heart (personal). Interpretation is determining just what a passage means—what does God want you to know, to be, to do, or to believe about His truth. As you begin to answer any or all of those questions, you will be interpreting the author’s content and intent.

Observation is mostly about information, but interpretation is about revelation. Interpretation is the step that makes us responsible for a response to what God has revealed. It is where we define what God’s intent is in what He has said. At this point, you want your group to think about all the passages they have discussed and to summarize in one sentence the gist of God’s heart or intent. One way to do that is to write a “Big Idea” sentence together. There are instructions on the next page for how to do that, or you can just come up with your own approach. The main thing is to summarize what you have discussed in one clear and concise statement.

*NOTES*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Tips for Guiding “Affirm the Truth”

- Be sure you take time prior to your group meeting to synthesize what you studied in the lesson into a summary statement of your own. It is not so you can tell the group what *you* think the study is all about, but so you can lead them to create *their own* “big idea” statement. Your knowledge of the lesson will enable you to direct them as they summarize the most important truths from the passages discussed into a statement.
- Don’t linger too long on minutiae, but help the group quickly identify the most salient truths learned in that day’s lesson and craft them into a single “big idea” sentence. It will help to have one of the members writing as the other members talk so you can be free to lead the discussion. The final sentence should be clear and concise so that it is a memorable “take home” thought that cogently summarizes what was learned that day.
- If you need a model for how to write a formal “Big Idea” statement, it’s not hard to learn. It is simply a complete sentence with a subject and a complement. The subject expresses “What did the lesson talk about?” and the complement expresses “What did the lesson say about what was talked about?” The subject is not a single word such as discipleship, but rather the opening clause of a sentence: “Discipleship is an intentional relationship...” The complement completes the subject’s thought. “Discipleship is an intentional relationship that requires training, instruction, and modeling.”
- There is no right or wrong way for this summarization exercise, so your group can be as flexible and creative as they want to be in crafting a “big idea” statement. If they seem hung up on the formal “Big Idea” form, just encourage them to put that aside and to write their own one sentence summary statement however they want to express it. The process is far more important than the form.

*NOTES*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



### Tips for Guiding “Respond to God”

- Use this step to bring the Bible study and discussion part of your group meeting to a natural ending point, and to create a brief but natural transition to the final part of the meeting time.
- Encourage everyone in the group to silently contemplate and reflect on the lesson you have just studied. Repeat the “big idea” summary statement just created. Give them just a few minutes (3-4) to write down their thoughts about what the Spirit of God might be saying to them personally. There’s no form or format to the personal response. Explain that what they are writing is like a short personal journal entry.
- Some moms may not be accustomed to this kind of reflective response to Scripture, or may even be a bit resistant to going beyond just agreeing with the statement. You can “prime the well” for everyone in the group by offering a bit of your own testimony as to what the Spirit says to you about the lesson. Keep it brief, succinct, and personal (i.e., don’t start teaching or preaching about it). You’re providing a model and example of how to hear God’s Word and respond personally to it.
- Because this is a critical step in the HEART process, be sure you have pens and paper available so everyone can write down what they are thinking. Some may want to simply think about it, but encourage everyone to commit their thoughts to paper. There is a head and heart connection that happens in brain chemistry when mental words are written out. Writing can help to internalize a lesson.

*NOTES*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# T — TAKE IT TO HEART

**Purpose:** To share and discuss personal responses to the lesson, and to pray together as a group about living out the truths learned in this lesson, and about needs of the group members.

**Activity:** Supplication — What does the Bible mean to us?

**Time:** 10-15 minutes

**Planning:** Supplication is the conclusion of your group study. Prepare beforehand a list of suggested prayers related to the study that you can offer during this time for prayer responses and requests.

## Leading:

The “Take It to Heart” conclusion of your meeting time is for the purpose of responding to God in prayer as a group. It is the idea that God has been speaking to you through the study of His Word, and now you will speak to Him in prayer. Though often overlooked, prayer is the first and most important application you can make about any study of the Word—to talk with God about what He is saying to you. In many ways, this final step is the real personal “application” for adults—not just something to do, but going to God and talking to Him about what He has said in His Word.

We sometimes trivialize the idea of application by trying to create artificial tasks or actions that we think will please God, meet His standards, or gain His approval. But God is not primarily concerned with these often superficial “sacrifices” of obedience. The offering He really desires from us is a “contrite heart” (Psalm 51:16-17). This step of supplication is simply opening our hearts to God—taking our needs, desires, failures, and hurts to Him and humbly asking Him to respond. This final part of your meeting is a time to pray to God as a group for one another, and for your group. It is a time to speak to God about what God has spoken to you.

*NOTES*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---











group. If you are growing in Christ, then you have truth and grace to offer other mothers who are thirsty. When you do that as a group, united in purpose and motivated by love for Christ and others, you will show the world that you are His disciples. Here’s an acrostic that summarizes this kind of vision for your GROUP:

**G**o **R**each **O**thers **U**niting in **P**urpose.

**G — Go: Initiate**

Don’t wait for moms to approach you! Prayerfully consider moms you know who may be interested in your group, or need to be in a Mom Heart group, and then take the initiative to go and seek them out. Depending on the size and nature of your group, you can invite them to join your group, or even start a new one for them. You may be motivated, and even gifted, to minister to mothers, but it won’t happen until you go, until you initiate.

**R — Reach: Invite**

Some women won’t respond to a general announcement about a group. Perhaps they feel they’re too busy, or they’re insecure about responding to a stranger, or they just don’t want to risk rejection, or they don’t feel worthy to be in the group. Whatever the reason, when you reach out personally, it tells them you’re interested in them and that they’re welcome in your group. Sometimes all someone needs is to be asked!

**O — Others: Include**

There can be an appropriate time for an exclusive group—if you’re limited on size; if it’s a special needs group; when you are building strategically into the lives of a few committed women; or many other special situations. However, always keep in mind that God’s kingdom is inclusive—it is offered to all who will come to Christ. Being biblically inclusive as a group means always looking out for others who need to be included, to invite them in or to help them find a group.

*NOTES*

Horizontal lines for taking notes.



## HINTS: The Mission

### Thinking About Growing

- ⇒ **Initiate:** Women attending your Mom Heart group will likely represent a variety of cultural backgrounds from within your community. Sometimes, you may need to wear your “brave face” to initiate conversations with moms in many settings—swim lessons, soccer practice, on Facebook, at church, and even when buying curriculum. Just step out in faith.
- ⇒ **Invite:** The women who become a part of your group will probably mention how grateful they are that you stepped out of your comfort zone to initiate a conversation and invite them to your group. Not many others will. Just ask.
- ⇒ **Include:** Be aware of women who might be marginalized or minimalized and reach out to include them in your group. Look for “mom hearts” that need to be encouraged and helped. You will be touching the life of a woman who is giving life to the next generation.
- ⇒ **Inspire:** With no support from culture, or even from churches at times, many Christian moms have lost their heart for biblical motherhood. You have the opportunity to inspire them with hope that God’s design for motherhood is a divine calling with eternal purpose and spiritual blessing.
- ⇒ **Influence:** Many women are gifted and motivated, but not so many possess spiritual confidence or feel the personal freedom as a woman to exercise the gifts of influence they have from God. If you are that mom, know that it’s OK for you to own your own influence, and to exercise that influence by faith with God’s direction. After all, it’s His influence.

*NOTES*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---







In the same way you learn from God by reading and studying His Word on your own, you also learn from others who feed on God’s Word and share what they learn in messages and books. Their words can inspire, instruct, explain, explicate, and expand on the truths of God’s Word in ways you might miss. When you listen to or read the words of others who study and think deeply about God’s Word, you are nourished by the overflow of their maturity, wisdom, and insight—your mind is shaped by their words. So, feed on God’s truth in the messages, books, and writings of other godly believers you respect and trust.



You cannot offer living water to the mothers in your group if your own spiritual well is not filled up. Feed on God’s grace and truth so you will be able to feed others from His grace and truth.

The prophet Jeremiah witnessed God’s judgment on Judah and Jerusalem in 586 B.C.. Those left behind had reason to feel hopeless, yet in the aftermath of the defeat and destruction, Jeremiah could still declare to the people of Israel: “This I recall to my mind, therefore I have hope. The LORD’S lovingkindnesses indeed never cease, for His compassions never fail. They are new every morning; Great is Your faithfulness. ‘The LORD is my portion,’ says my soul, ‘Therefore I have hope in Him’” (Lamentations 3:21-224).

There are many reasons that moms can come to your Mom Heart group feeling defeated, depressed, and without hope. Life can be hard, and hope can be fleeting. But you have the opportunity to be a Jeremiah to your moms, to declare God’s love, faithfulness, and mercy, and to remind them that our hope is in Christ and in the faithfulness of God. That word of hope must come from a heart that, like Jeremiah’s, has recalled to mind, every morning, the blessings and provisions of God. The grace and truth that you bring to your moms’ hearts will give them the hope they need to be faithful.



*NOTES*

Horizontal lines for taking notes.







- *10 Gifts of Truth*, Clay Clarkson — Biblical and practical insights for Christian parents on ten key biblical truths your children need to understand before they leave home. (TBD)
- *Heartfelt Discipline*, Clay Clarkson — A deeply biblical examination of childhood discipline with a new “path of life” model for leading your children to walk with God.
- *Our 24 Family Ways*, Clay Clarkson — A family discipleship and devotional guide based on 24 expressions of biblical family values, with 120 devotions and much more.
- *Educating the WholeHearted Child*, Clay Clarkson (with Sally Clarkson) — If you lead a Mom Heart group for homeschooling moms, this 384-page book is full of useful material.

### E-books

- Most of our print books are also available as ebooks.
- Check MomHeart.com regularly for new ebook releases.

### Media

- **Mom Heart Beats video** — Short (8-12 minutes) video introductions to selected books by Sally, with personal comments and insights about each chapter. (Mom Heart, YouTube)
- **Mom Heart Conference audio** — Sally’s messages, and others, from WholeHearted Mother and Mom Heart Conferences, 1998-present. (WholeHeart.org)
- **WholeHearted Child Home Education Workshop audio** — Sally’s original homeschooling workshop audio from 1996 and 1997. (WholeHeart.org)
- **WholeHearted Learning Webinar audio** — Clay and Sally on their homeschooling model on the 20th anniversary of *Educating the WholeHearted Child*. (WholeHeart.org, 09/2014)

NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

- **Mom Heart Webinar videos** — Video recordings of Sally’s live webinars on a variety of topics for Christian women, mothers., and families. (MomHeart.com, SallyClarkson.com)
- **Whole Heart Webinar videos** — Video recordings of Christian home and parenting webinars with Sally, Clay, Sarah, and others. (WholeHeart.org)
- **Mom Heart Group Leader Training audio/video** — Audio and video recordings of Sally and others training Mom Heart group leaders. (MomHeart.com)

### Online

- **Mom Heart Online (momheart.com)** — Articles, audio, and video designed to encourage you as a mother, and to equip you to start, lead, and tend a Mom Heart group.
- **Sally Clarkson Blog (sallyclarkson.com)** — Sally’s personal blog for Christian women and mothers since 2007. Inspirational, biblical, and insightful posts by Sally.
- **Mom Heart Conference (momheartconference.com)** — Since 1998, an annual hotel weekend getaway for Christian moms with Sally. January and February in selected states.
- **Whole Heart Online (wholeheart.org)** — Whole Heart Online provides information about Whole Heart Ministries, books and resources, and other helps for Christian families.

### Social Media

- Sally is connected through Facebook, Twitter, Pinterest, and YouTube through several pages and channels.

*NOTES*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Mom Heart Ministry

### GUIDING DOCUMENTS

---

Every movement of God is like a train. In order for it to move it must have two things: (1) it needs fuel for its engine, and (2) it needs tracks to run on. For Mom Heart, vision is the fuel, and values are the tracks. Vision is the end one believes a movement can achieve—to change hearts, minds, wills, ways, motives. Values are the means one believes will achieve the ends—beliefs, convictions, data, plans, actions. When the engine is fired up with the fuel of vision, and the wheels are running along the tracks of values, there is a movement. Every Christian movement is defined by its vision and values.

Mom Heart is a movement of God. Rather than trying to build an organization, our goal is to build a movement of mothers who are ministering to other mothers. Our role is not to organize and control, but to encourage, equip, and enable mothers to “restore moms’ hearts to God’s heart for motherhood.” To keep the Mom Heart movement from losing steam or going off the rails, though, it is critical that everyone who wants to be a Mom Heart group leader should understand, share, and wholeheartedly affirm the vision and values that define this movement. We all need to have the same destination in view (our vision) and be on the same path to get there (our values). That is the purpose of this *Mom Heart Group Leader Manual* and the two documents that follow.

#### What Is a “Vision and Values Covenant”?

The term “covenant” may sound a little official or serious to you, but it is really just a promise—a mutual agreement made between two parties. In our case, our covenant is a personal promise, made between you and us, to preserve and promote the vision and values that define Mom Heart Ministry. It is not a law, or an enforceable document of some kind, but simply a mutual pact made between us as mom-hearted mothers. Our hope is that each group, whether here in the states or around the world, that takes the name Mom Heart will, at its heart, be known for certain qualities. Agreeing to adhere to our vision and values in this covenant will help insure that we are all on the same tracks.

And, no, we do not require you to sign a document and send it in to prove your loyalty. We trust the Holy Spirit, not rules and laws, to build this movement. Rather, all we ask is that you carefully and prayerfully read the “Mom Heart Vision and Values Covenant” and decide if what we are trying to build is something you can wholeheartedly support. Think of the covenant as a self-evaluation tool—listen to the Spirit in your own heart, and discern if God is directing you to become a Mom Heart group leader. You will know. We hope he is. We would love to encourage, equip, and enable you to join us in this movement of “coming home to God’s heart for motherhood.” If you are all aboard on this train, then God can you use to change the world, one mom at a time.



## What Is a “Statement of Faith”?

The popular proverb asserts, “If you don’t stand for something you’ll fall for anything.” Although it is doubtful the language of the early church would have produced a similarly pithy and clever maxim, there is no doubt they adhered to the same belief. The earliest creeds were written by church councils to express the fundamental beliefs of the new Christian religion and church, often in response to false teachers and competing belief systems. The Apostles’ Creed has evolved over time, but it is a succinct statement of beliefs from the early church. The Nicene Creed is attributed to the Council of Nicaea in 325, and was revised in 381 by the Council of Constantinople. It is, in various forms, the most common creedal expression of the Christian faith in use today. It is the standard for Christian orthodoxy.

The Protestant Reformation, begun in 1517, generated countless confessions, canons, consensuses, declarations, articles, and all variety of statements to define the beliefs and practices of the re-formed church that had separated itself from Catholicism. With the rapid spread of denominationalism, every subsequent expression of the church needed its own Statement of Faith to differentiate itself from all the other expressions of the church. Today, a typical Statement of Faith generally will serve two distinct purposes: (1) to show alignment with the orthodox beliefs and doctrine common to all Christians, and (2) to show alignment with the theological beliefs and doctrine specific to a Christian denomination, movement, or system. In the denominational era, it’s less about standing for something so you don’t fall into error, and more about, “You can’t tell the players without a scorecard.”

## Why Does Mom Heart Need These Documents?

Mom Heart Ministry is not a church or a theological school. It is a parachurch movement. That simply means we come “alongside” (*para*) the church to help. A parachurch organization is typically independent from the church so it can serve across denominational lines. The modern parachurch movement began in the early 1950s with the growth of Evangelicalism, and is now a major component of American Christianity. Most parachurch organizations have a Statement of Faith for the same reason as a church—to help those coming to it know where it fits in the broad field of beliefs and practices.

Mom Heart Ministry has a Statement of Faith for two reasons: (1) to align ourselves with historic Christian belief, and (2) to provide boundaries for moms who want to call their group a “Mom Heart” group. We want the words Mom Heart to mean some very specific things, but we also want them to not mean some other things. Our Statement of Faith is a general expression of beliefs because we want to include mothers in as many church and theological traditions as we possibly can. However, because it is a summary statement of faith, it is vulnerable to group leaders and members who would want to fill in the doctrinal gaps with their own theological beliefs. Our Vision and Values Covenant is our attempt to prevent that from happening. The two documents together express the beliefs and practices that define Mom Heart Ministry. If you want to start or be a Mom Heart group, we simply ask that you can affirm and embrace the things that make us Mom Heart, as expressed in these documents.

# Mom Heart Ministry

## VISION AND VALUES COVENANT

---

### OUR VISION

Mom Heart Ministry is a Christian movement and informal network of small groups for mothers that seeks to restore moms' hearts to God's heart for motherhood. We believe God's eternal purpose for mothers was evident at creation in His design for marriage and the family. Our vision is to encourage, equip, and enable mothers to start, lead, and tend Mom Heart groups around the world.

### OUR VALUES

**We value GOD'S WORD, not opinions.** — A Mom Heart leader keeps group discussion grounded in what the Bible says, in historical and biblical context, to us today. She does not allow herself or others to promote or defend outside "experts" or personal opinions that can displace the work of the Spirit.

**We value CHRIST, not theologies.** — A Mom Heart leader keeps group discussion focused ultimately on the person and work of Christ. She does not allow herself or others to promote or defend systematic theologies, personal dogmas, church traditions, or controversial views that create conflict or discord.

**We value LOVE, not expectations.** — A Mom Heart leader keeps group discussion focused on expressing love and acceptance of one another. She does not allow herself or others to add extra-biblical expectations or conditions to the love and forgiveness of Christ offered unconditionally in His gospel.

**We value GRACE, not laws.** — A Mom Heart leader keeps group attitudes focused on our grace and freedom in Christ. She does not allow herself or others to express Christian laws and rules that create a burden of guilt by requiring works or specific beliefs of any kind in return for God's favor or blessing.

**We value SPIRIT, not control.** — A Mom Heart leader keeps group life and activities focused on listening and responding to the Holy Spirit's direction. She does not allow herself or others to exercise formal control that is more concerned about form than function, at the expense of the Holy Spirit's leading.

**We value PEOPLE, not tasks.** — A Mom Heart leader keeps group life and activities focused on the needs of people made in God's image and loved by Him. She does not allow herself or others to let the accomplishing of tasks and projects distract from or displace a sensitivity to the people being served.

**We value MINISTRY, not exclusion.** — A Mom Heart leader keeps group life and activities focused on loving and serving others inside and outside the group. She does not allow herself or others to become comfortable, complacent, and cliquish, but looks for ways to reach out, serve, and include others.

*I will affirm and embrace the Vision and Values of Mom Heart Ministry. Date: \_\_\_\_\_*

# Mom Heart Ministry

## STATEMENT OF FAITH

---

### WHAT MOM HEART BELIEVES

Mom Heart Ministry is a small groups and teaching initiative of Whole Heart Ministries, a nonprofit (501c3) Christian organization. Whole Heart Ministries “Statement of Essential Beliefs” (available on WholeHeart.org) is a detailed explanation of the doctrinal beliefs that shape this ministry of teaching and service. The condensed “Mom Heart Statement of Faith” that follows is a more concise statement of the core beliefs that define and direct Whole Heart Ministries and the Mom Heart Ministry initiative.

### MOM HEART STATEMENT OF FAITH

**WORD:** We affirm the entire Bible, both the Old and New Testaments as they have been faithfully transmitted and accurately translated, as God’s complete, true, and trustworthy Word—His finished and inspired revelation to His people, our sole authority in all matters of revealed spiritual truth and biblical history, and our trustworthy guide in all matters of salvation, life, faith, and godliness.

**TRUTH:** We affirm the essential doctrines of God’s Word recognized and accepted as the historic and orthodox Christian faith, and the centrality of the person and work of Jesus Christ to that faith—His divine-human nature, virgin birth, sinless life, attesting miracles, atoning death, bodily resurrection, ascension into heaven, present spiritual kingdom rule and reign, and future return in glory.

**MARRIAGE:** We affirm the biblical design for marriage as one man and one woman, united spiritually and physically for life, becoming as one for the purposes of fulfilling God’s creation mandate to bear children and to subdue and rule over creation, and for presenting to the world a living picture of the relationship of Christ and His church by serving God together with mutual love and respect.

**FAMILY:** We affirm the biblical design for the family, blessed by God “in the beginning,” for passing faith from one generation to the next, for training and instructing children in the Lord who will honor their parents and fear and follow God, for affirming that every child is a blessing and gift of God to be welcomed and desired, and for picturing the nature and character of the invisible God.

**CHURCH:** We affirm the biblical priority of the church, which is the visible body of Christ in both its local and universal expressions, in defending and extending the faith entrusted to it, and the absolute necessity of the work of God’s Holy Spirit, both in the world and in the believer, for enabling individual Christians to live according to that faith and to grow in godly character and obedience.

*I will affirm and embrace the Statement of Faith of Mom Heart Ministry. Date: \_\_\_\_\_*

# Mom Heart Ministry

## GROUP PLANNING FORMS

---

**T**here is no one way to plan for a group meeting. Some moms can do it all in their heads on the go, others do it all ahead of time on paper. Sides can be taken on the matter, but neither way is right or wrong. Our observation is that individual planning style is mostly a matter of personality type and preference, tempered by past training and experience. Whatever your planning style may be, though, the familiar axiom will always be true: If you fail to plan, you plan to fail. You should be careful not to under-plan or to over-plan, but you should always be committed to adequately plan.

The Mom Heart group planning forms that we provide are resources you can use if they will be helpful. The forms shown in this book are available as full sized (8.5”x11”) PDFs on MomHeart.com as a free download. As the movement and the MomHeart.com website grows, you may find other helpful forms there as well. If you happen to enjoy creating a well-designed form, then generate a PDF of your creation and email it to us and we’ll consider adding it to the collection online. The planning forms currently available include:

- **Mom Heart Ministry Action Plan (MAP)** — This two-page form will guide you through the process of identifying the purpose for your group, and determining what will be needed or required of you in order to start, lead, and tend your group successfully.
- **Mom Heart Group Planning Sheet (GPS)** — This two-page form provides a quick and easy way to plan your Mom Heart group meetings or other events. It will help you to insure that everything needed for a good meeting is taken care of or delegated.
- **Mom Heart Group Lesson Planner (GLP)** — This two-page form will walk you through creating your own Mom Heart group HEART lesson plan. It will help you to create a clear roadmap for leading your group in a meaningful Bible study and discussion.
- **Mom Heart Group Member Info Sheet (MIS)** — This one-page form will help you keep track of each of your Mom Heart group members with contact information, family details, important dates, interests and involvements, special needs, and hobbies.

# Mom Heart Ministry Action Plan (MAP)

Prepared by:

Date:

Page 1

## — PRAY —


## — PURPOSE —

Vision — Why do you want to lead a Mom Heart group?
Purpose Statement — Why will your group meet?

## — PLAN —

Who will participate?
What will you study?
When will you meet?
Where will you meet?
How will you manage the group?
How many do you anticipate?



# Mom Heart Group Planning Sheet (GPS)

Day & Date:
-------------

Begin & End:
--------------

Page 1
--------

— DETAILS —

Name of Group:
Group Meeting Times:
Current Book/Study:

— CONTACTS —

Location:	Arrive by:
Directions:	
Hostess:	
Phone:	Email:
Helper:	
Phone:	Email:

— PLANNING —

<b>Refreshments</b>	
<b>Materials</b>	
<b>Hospitality</b>	
<b>Child Care</b>	
<b>Lesson</b>	









# Mom Heart Group Member Info Sheet

Name:	Nickname:
-------	-----------

— CONTACT INFO —

Home Address:		
Home Phone:	Message OK:	Y N ?
Mobile Phone:	Text/VM OK:	Y N ?
Work Phone:	Call OK:	Y N ?
Work Address:		
Personal Email:		

— FAMILY INFO —

Name	Birthday	Age
Spouse:		
Child:		
Child:		
Child:		
Child:		
Child:		
Child:		
Child:		
Child:		
Child:		

— PROFILE INFO —

Birthday:	Anniversary:
Church:	Ministry:
Preferred Bible Versions:	
Spiritual Gift(s):	
Hobbies:	
Activities:	
Family Occupation(s):	
Fav Stores:	
Fav Eateries:	
Fav Foods:	
Fav Beverages:	
Fav Music/Artists:	
Fav Books/Authors:	
Fav Movies/Actors:	
Other:	



**Whole Heart Ministries** is a Christian home and parenting ministry founded by Clay and Sally Clarkson in 1994. Its mission is to encourage and equip Christian parents to raise wholehearted children for Christ through quality books (WH Press), events (WH Events), and online resources (WH Online). Whole Heart Online ([wholeheart.org](http://wholeheart.org)) offers a Christian home and parenting blog and an online store with selected parenting resources. Whole Heart Ministries is a nonprofit, federally tax-exempt (501c3) evangelical Christian ministry. Mom Heart Ministry is strategic ministry initiative of Whole Heart Ministries. For more information contact us at:

Whole Heart Ministries  
P.O. Box 3445 • Monument, CO 80132  
719-488-4466 • 888-488-4466  
[whm@wholeheart.org](mailto:whm@wholeheart.org) • [www.wholeheart.org](http://www.wholeheart.org)

## OUR BOOKS

Our books are available from the Whole Heart Online store on [WholeHeart.org](http://WholeHeart.org), on [Amazon.com](http://Amazon.com), and from other quality booksellers. Look for our books by the following publishers:

Whole Heart Press  
Apologia Press  
WaterBrook Press  
Thomas Nelson  
Tyndale Publishers  
Home for Good Books