



Leader's Guide - Mom, Be Encouraged!

Proverbs 31:25-28 | Pastor Dave Bennett | May 10, 2026

Session Overview

This session encourages families and especially mothers through biblical truths about God's presence, grace, and faithfulness. Using Proverbs 31 and key biblical examples, the group will reflect on the unseen sacrifices of motherhood, the power of faith across generations, and the encouragement God offers in every season of life. Participants will identify areas where they need God's strength and discover practical ways to encourage and support one another.

Session Flow (60-75 minutes)

1. Welcome and Icebreaker (10 min)

What is one memory of encouragement or support from a parent, grandparent, or spiritual mentor that has stayed with you over the years?

Purpose:

To help participants recognize the lasting impact of encouragement, faithfulness, and spiritual influence within families.

2. Scripture Reading (5 min)

Read Proverbs 31:25-28 and Isaiah 40:11 aloud.

3. Discussion (40-50 min)

Leader Coaching Sidebar: Encouraging Mothers and Families

- Create space for honesty and compassion.
- Recognize that motherhood and family experiences can carry both joy and pain.
- Encourage participation from everyone, including those who are not parents.
- Focus on God's grace rather than unrealistic perfection.

1. Why do you think Scripture places such a high value on motherhood and spiritual influence?

Leader Note: Emphasize that God sees family influence as deeply meaningful and eternal.

2. What unseen sacrifices do mothers and caregivers often make that people overlook?

Leader Note: Encourage appreciation for ordinary faithfulness.

3. Why is it important to remember that God hears desperate prayers like Hannah's?

Leader Note: Highlight God's compassion toward honest emotion and dependence.

4. What does Bathsheba's story teach us about grace and redemption?

Leader Note: Reinforce that God uses imperfect people for His purposes.

5. How can faith shape future generations according to the example of Lois and Eunice?

Leader Note: Discuss how everyday faithfulness influences children over time.

6. Why is trusting God such an important part of parenting and family life?

Leader Note: Use Jochebed's story to discuss surrender and trust.

7. What does it mean that God gently leads those that have young?

Leader Note: Encourage reflection on God's patience and care.

8. How can the church better encourage and support moms, parents, and families?

Leader Note: Push toward practical care, encouragement, and community.

9. Where do you personally need encouragement from God right now?

Leader Note: Create room for vulnerability and prayer.

10. What is one way you can intentionally encourage a mother or family this week?

Leader Note: End with practical application and action.

4. Application and Prayer (10-15 min)

Invite each participant to identify one area where they need God's encouragement, strength, or grace in this season of life. Ask: What is one intentional step you can take this week to encourage your family or strengthen your faith at home?

Closing Prayer Suggestion

Lord, thank You for the gift of family and for the mothers and caregivers who faithfully love and serve others every day. Strengthen those who are weary, encourage those who feel unseen, and remind us all that Your grace is sufficient. Help us reflect Your love in our homes and trust You in every season. Amen.