

Peaceful Mothering

Discussion Questions

Discussion: What difficult emotions (anger, anxiety, shame, isolation and despair) did you relate to and what underlying toxic beliefs did you identify?

What grace-full truths (and/or scriptures) bring God's peace to these difficult beliefs/thoughts and emotions?

Discussion: What toxic beliefs or judgments might you have about your children?

What grace-full truths about them could you hang on to in order to counteract these beliefs?

Discussion: Share a time you felt difficult emotions in parenting and you held on to God's truth about you or your kids.

What enabled you to do that? How could you do that even more?