

# Building Your Home on the Rock – Taking Care of Your Home

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Session 11 – March 8 & 15

**REFLECT & DISCUSS:** Review last session’s topic on DISC. How has knowing about your personality changed your interactions with others over the past 2 weeks? Did you identify your spouse’s personality and/or that of your kids?

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**QUIETING & GRATITUDE:** Think about your personality and character before becoming a mom. Then think about how God has used motherhood to refine and grow your character already. What character things have you had to work on? How can you see yourself changing? Tell God how it makes you feel to know that He’s using your kids to make you a better woman.

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SHARE IN GROUPS

**TABLE DISCUSSION:** Brainstorm the key priorities we should have as moms.

# Taking Care of Your Home

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## 4 KEY AREAS:

1. \_\_\_\_\_

Matt 28:11 *Come to me all of you who are weary and carry heavy burdens and I will give you rest.*

2. \_\_\_\_\_

Hebrews 10:24-25 *Let us think of ways to motivate one another to acts of love and good works. <sup>25</sup> And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.*

3. \_\_\_\_\_

2 Thessalonians 3:10 *Even while we were with you, we gave you this command: "Those unwilling to work will not get to eat."*

4. \_\_\_\_\_

Eph 5:28-29 *In the same way, husbands ought to love their wives as they love their own bodies. No one hates his own body but feeds and cares for it, just as Christ cares for the church.*

John 1:12 *But to all who believed him and accepted him, he gave the right to become children of God.*

Life Planner: <https://intentionalmoms.com/shop/product-category/planners/>

Spiritual Family Planner: <https://www.tvresources.net/resource-library/guides/family-discipleship-guide>

**PERSONAL APPLICATION:**

**Question:** If someone gave you a \$50 gift card that you had to spend today, what would it be for and how would you spend it?

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**Reflection:** think about yourself doing the above. Imagine God doing it with you. Savor the moment and feel yourself there. Write down what you see and thank God that He delights in you and what you delight in.

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**SELF-CARE:** How can you find daily/weekly pockets of time to care for yourself? Plan in 2, 15 min care sessions and one 1-hour thing you can do for yourself in the next week.

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**SHARE:** share in threes and pray for each other to follow through.

**HOMEWORK: PRIORITIES EXERCISE** – think about the last time you reached capacity. Briefly describe the situation. How do you know you had reached capacity? [I.e. What was the straw that broke the camel’s back?]

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Think about what was happening leading up to this. Can you see now that one of your priority areas was out of balance? What could you have done differently to prevent this?

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Think about your schedule for the coming week. Can you see potential ways that your Priority Pie could get out of balance? What should you be on the watch for? and what will you do to stay in balance?

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