

TEEN MOPS LEADER'S GUIDE

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Teen Mom

You're Stronger than
You Think

Teen Mom: You're Stronger Than You Think

Group Guide Introduction:

Everything changes the day you discover you're going to be a mom. It's not just yourself that you think about—you have a child to care for, too. While you wouldn't trade your child for the world, some days are just hard. Baby-daddy drama, dealing with your parents, and worries about school, work, and your future slam you. Your friends can't relate to your little family, and you wonder if God has turned His back on you, too.

Tricia Goyer understands. A mom at age 17, Tricia remembers what it felt like to carry the weight of the world on your shoulders. She's also been the coordinator of a teen mom support group for over twelve years, and she's cheered on many young moms—from all walks of life—through their journey.

In Teen Mom, Tricia pours out her heart and shares advice for the hard things you face. She also longs to provide encouragement, reminding you that you can be the mom your child deserves—not in your own strength, but in the strength God provides.

Note to Teen MOPS Leaders

You might change a life by picking up this leader's guide. That's not an exaggeration. You're reading these pages because you want to help. Maybe you already have a Teen MOPS (Mothers of Preschoolers) support group. Maybe you're considering starting one. Either way, you care. And believe it or not, that's what teen moms need the most. Yes, they need diapers, babysitters, and advice, but even more than those things they need to know someone loves them. Someone cares. They need the hope, help and encouragement that can be found in Teen MOPS.

I love Teen MOPS. I've been coordinating Teen MOPS support groups since 2001. Just because I love Teen MOPS doesn't mean it's easy. It's not. This ministry has stretched me more than any other. Why? Here's a few reasons:

- ~ Teen moms will need more help than you can provide.
- ~ Some day you won't have all the answers.
- ~ Other days you'll wonder why you thought reaching out to young moms was a good idea.
- ~ You'll often feel as if you're in over your head.

But there's even a bigger reality than that! In your weak moments don't let worries and fears crowd in. Instead, know that where you are weak God is strong. Believe all your efforts, as hesitant as they may be, can forever change a young woman's life.

I know this because my life, as a teen mom, was changed by someone just like you.

- ~ Your love can point a young woman to the love of God.
- ~ Your example can help her learn to be a good mom.
- ~ Your kind words can help her get through tough days.
- ~ Your support can teach her how to support others.
- ~ And maybe someday your love for Jesus will be hers too.

I hope this Teen MOPS meeting guide will help you in your service to teen moms. Remember when you reach out to a teen mom, you're getting a two-for-one. You're not only forever impacting a mom . . . you're positively impacting her child too!

How this Group Guide Works:

Every Teen MOPS group is different. Instead of creating a strict schedule for you to follow, in the following pages I've included:

- ~ Ideas for speakers
- ~ Sections of Teen Mom to read as a group (pre-reading)
- ~ Journaling ideas through the Teen MOPS workbook.
(Printable workbook found at www.TriciaGoyer.com/teen-mom)
- ~ Activities to do in your group
- ~ Discussion questions

Sift through these ideas and pick what is right for your group! There are nine sessions, and they can be split up over nine months. Choose a speaker or activity each month, or for each meeting. Also, check out the companion workbook, too! It's available for free digitally. It coordinates with this Group Guide. Print up a copy for each mom. www.triciagoyer.com/teen-mom

SESSION 1

Me...A Mom?

Reading:

Hand out copies of *Teen Mom: You're Stronger Than You Think*

Read the Introduction from *Teen Mom* in the group: Me...A Mom?

Ideas for Speakers:

1. Appreciation: “The deepest principle in the human nature is the craving to be appreciated,” says William James. All of us crave to be appreciated. Where can we find true appreciation or acceptance? Where do we learn what it important?

2. Sexual Choices: Teens become sexually active to fill a hole in their heart. What mistakes did the speaker make with her sexuality? How did she find hope or healing? How can teens make good choices?

Questions for Discussion Groups:

~ When did someone reach out to you and show you that you're important?

~ How can you reach out to a friend to show her she's important.?

~ What small gift or listening ear can you offer to a family member or friend to show their importance?

Discussion Questions:

~ What about you? What did you do when you found out you were pregnant? Did you feel important, why or why not?

~ The most common reaction to discovering that you're pregnant is panic and worry. Maybe it was a complete surprise. Maybe you expected it. Answer this question: When I found out I was pregnant I . . .

SESSION 2

Do I Matter?

Reading:

Read Chapter 1 from *Teen Mom* (pre-reading)

Ideas for Speakers:

~ **You Matter.** “You’re the only mother your child will have,” and to be a good mom we need to be good to ourselves. We tell our children, “You belong. You’re special. You can trust me. And you can do great things.” We need to understand the same things about ourselves. “I belong. I’m special. I can trust others. I can do great things. When a young feels these things about herself—realize her importance. She will better be able to teach those things to her child.

~ **Overcoming Overwhelming Emotions.** (Refer to page 39 in *Teen Mom*) Right now, your major decisions may center on your schooling options. Or they may be about where you should work or live. No matter what choices you’re facing, mothering provides an opportunity to become a better person. A better person for yourself. For your future. For your child. Know yourself and what will help you on overwhelming days. Sometimes as young moms we get so busy doing things that we forget to touch base with our emotions. For example, I’ve learned that when I’m overwhelmed, it usually means I’m hungry or tired. If I’m hungry, I eat something healthy. If I’m tired, I take a nap. When I’m angry, I often need time to get away and pray. Knowing what you need helps you to combat emotions that tell you that you’re not important. Consider how you can overcome these feelings the next time they arise.

Journaling:

Ponderings from a Young Mom (Refer to page 33 in *Teen Mom*)

Is there a magical age that makes mothering okay? Can I hold my head high at twenty? Twenty-five? Thirty? What makes a good mom? A nice paycheck? A house in the suburbs? Will people respect me if I enroll my child in a private preschool? Or dress him in designer clothes? Or is it enough just to love him? To read stories at bedtime? To kiss baby toes and tickle baby bellies? To smile? To dream? It may not be enough for society. But it will be enough for me. For my child. I will not let the world tell me an age that motherhood is okay. Instead, I will become the mother my child needs, and find joy in the simple moments as I do it.

In my opinion a good mom . . .

Activity:

~ **Attitude Adjustment** (Refer to page 40 in *Teen Mom*) An attitude adjustment begins with you. Take a minute to quickly list some negative things you've heard, read, or thought about young parents. Across from each negative statement, write two positive statements to reflect your experience.

~ **Speaking Meaningful Words.** (Refer to page 40 of *Teen Mom*) Check out the messages your baby needs most. Remember to tell your child often how important he is.

"I belong." Those hours in your arms give your baby the message, "I am loved. Somebody's there for me."

"I'm special." It is never too early to begin affirming your baby and letting him know how valuable he is in God's eyes and in your heart.

"I trust." Because in his distress you comfort him, your baby learns that you will respond and are worthy of his trust.

"I can." Applaud your baby's milestones. Show your joy as he stretches his little body and his mind. Look at yourself in the mirror and tell yourself the same things you just told your baby.

Teen Mom, finish these sentences:

"I belong because . . ."

"I'm special because . . ."

"I trust when . . ."

"I can . . ."

Discussion Questions:

~ What did you do when you found out you were pregnant?

~ What makes you most nervous or scared?

~ What are you most excited about as a mom?

~ Answer this question: I can overcoming overwhelming emotions by ...

SESSION 3

Who am I?

Reading:

Read Chapter 2 of *Teen Mom* (pre-reading)

Ideas for Speakers:

~ **Finding a New Identity.** “The day a baby is born his or her mother begins to discover who this new person is. A new identity is born. But on that day a second person is also born: A mom. She’s someone different than the person who began the labor process.” How did the speaker find a new identity as a mom? “Before I was pregnant I was a student, girlfriend and friend. During my pregnancy I didn’t know who I was. But then ...”

Journaling:

(Refer to page 46 of *Teen Mom*)

The day your baby is born you begin to discover who this new person is. In your child, a new identity is born. But on that day a second person is also born: a mom. Whether you like it or not, you’re a different person from the one who began the labor process.

In what ways are you different after becoming a mom?

Activity:

Moms Help Mold (Refer to page 61 of *Teen Mom*)

My mother said to me, “If you become a soldier, you’ll be a general; if you become a monk, you’ll end up as the Pope.” Instead, I became a painter and wound up as Picasso.—Pablo Picasso, artist

Think about it. How did your mother help mold your identity, both for the positive and for the negative?

Now, how can you, as a mother, help your child mold his or her identity? Write down three positive things you can do.

Discussion Questions:

- ~ What did you appreciate about your mother?
- ~ What do you wish your mother had done differently?
- ~ What type of mom do you want to be?

SESSION 4

Where am I Going?

Reading:

Read Chapter 3 of *Teen Mom* (pre-reading)

Ideas for Speakers:

~ **Why Grow?** Growing as a person will create a brighter future for the young mom and her child. A teen mom has grown from a girl into a woman. She's grown physically, but often her values and character still have some growing to do. (This is true of all of us!) Developing our character will go a long way. No matter how long we spend on our appearance, it's our character that will shine the most.

~ **Praying for Your Future Husband.** (Refer to *Praying for Your Future Husband* by Robin Jones Gunn and Tricia Goyer). Developing growth and character also means looking at the type of guys in their lives. Young women need to become the type of woman who will attract the type of man they're looking for.

Journaling:

Growth of Character Changes Everything (Refer to page 66 of *Teen Mom*)

No matter how much time you spend on your appearance, your character is what shines the most. Some of the most caring people I know would not make it into the pages of a glamour magazine, but they are kind and beautiful on the inside.

What type of mom do you want to be?

What type of person do you want to be?

Do you want to be the most beautiful person inside, or outside?

Journaling:

My Future Husband (Refer to page 67 in *Teen Mom*)

Not every young mom will have a great guy show up right away. Some may spend many years looking for the right guy. But don't give up, and don't lower your standards. Think of the type of person you can trust with your heart. Make a list of the qualities that you won't compromise.

What I'm looking for in a future husband:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Also, consider what type of person you need to be to attract that type of person. Think of your dream guy. What is he looking for? Someone who is kind and generous? Who cares for others and is diligent in her work and parenting? Growth is becoming that person with God's help

Activity:

Growth Benefits Your World (Refer to page 74 in *Teen Mom*)

When you grow, you not only benefit yourself, but you also can impact your world. And you don't have to start big. Here are simple ways to start:

Thank a friend who has helped you.

Make and take a card to someone who needs encouragement.

Get together with another young mom for encouragement and support.

Spend ten minutes reading to your baby.

Offer to watch a friend's baby so she can pursue a dream.

Help a friend with her homework.

Bake a cake for someone you care about—just because.

Hug someone who's encouraged you.

Introduce yourself to another young mom at the park or at McDonald's. Bring other young moms together for encouragement and support.

Which one will you try first? Circle it!

Journaling:

Your Growth is a Gift to God (Refer to page 75 in *Teen Mom*)

Thinking about God's purpose for me—for my growth—reminds me of the house plans I once drew in my high school drafting class. I sketched a design for an amazing three story house with large pillars out front. The kitchen sparkled with enough elegance to host a Food Network cooking show. The dining room sprawled big enough to hold the studio audience. But my favorite part of the blueprint was the tub in the master bathroom. I drew that thing big enough to sink up to my neck. Instead of sketching a dream house, imagine your dream life.

Who do you enjoy spending time with?

What do you appreciate most?

What makes you feel at ease, at rest?

What sparks your creativity?

What lights a fire under you and makes you want to accomplish big things?

Write down ways you can grow in each of these areas. Go back to your list often and allow yourself to dream. It'll encourage your growth!

Activity:

Growing through Education (Refer to page 80 in *Teen Mom*)

Where are you in your educational process? I know many young moms who have gone on to graduate from high school and college. The key is making a plan. So let's make one.

Write down your three top educational needs.

- 1.
- 2.
- 3.

Write down three possible solutions for each need.

- 1.
- 2.
- 3.

Example: Need: To get my high school diploma or equivalent. Options: Local high school, community college classes, GED course, homeschool, and other alternative schools.

After you know your needs and think of solutions, the next thing to do is to make a plan of action. Ready to start?

Step 1:

Step 2:

Step 3:

SESSION 5

Do You Love Me?

Reading:

Read Chapter 4 of *Teen Mom* (pre-reading)

Ideas for Speakers:

~ **Dealing with Pain in the Past:** Teen moms often get pregnant in their search for intimacy. Also when it comes to teen moms becoming sexually active we can't assume that the young woman chosen this path. Some were sexually abused. Others were preyed on by older guys. Ask a professional minister or counselor to speak to the young moms about dealing with pain from the past.

~ **What is True Intimacy?** Teen moms need to know that true intimacy is not sex. It's letting someone else see inside them. We can have good intimacy with good friends. Have the speaker share about true intimacy.

~ **The Boyfriend Test.** Think about your boyfriends: Is he trustworthy? Is he faithful? Is he kind and honorable to others? What do your friends and family say about him? Our emotions can get us caught up with unhealthy people. Emotions should not direct us. We love what we fix our mind and heart on. We can choose to walk away from unhealthy relationships and walk toward healthy ones.

Journaling:

There's More to Intimacy Than Sex (Refer to page 88 of *Teen Mom*)

One main reason young people choose to have sex is their desperate search for intimacy, but true intimacy is usually the last thing they find. Sexually active girls seek a lasting commitment but end up with heartbreak. Another side effect of the search for intimacy through sex is that these teens have a hard time learning other ways to relate. They miss the joy of heart bonds because society has fed them a lie that physical bonding is the only way to truly connect.

What type of messages about attracting guys, getting guys, and having sex did you receive? How did these messages affect you?

Did you feel you weren't complete without a boyfriend?

What do you wish you would have known about guys and sex when you were younger?

Journaling:

Finding and Growing Good Friends (Refer to page 95 in *Teen Mom*)

Friendship is not just a one-way street. To grow a good friendship, you need to be willing to invest in it. Sometimes we feel so needy that all we think about is filling ourselves up, but

in order to truly get, we need to give first. Take a few minutes to think about your friends. What could you give that would make a difference? How do you think it would help?

Also, because your life has changed, you may be worried that you don't know how to connect with your friends like you used to. Remember, just because your friendship is different doesn't mean that it's wrong. When you value the people around you, something good will come out of it, even if it doesn't look the same as it used to. It's hard enough to find good friends; it's important to keep them. Finding a good boyfriend is even harder, and sometimes that means letting go of the one you already have. Take a few minutes to think about your boyfriend. Is he trustworthy? Is he faithful? Is he honorable and kind to others? Is he the type of person who will encourage you to follow your dreams and follow God? Take time to honestly journal about your boyfriend.

My boyfriend . . .

I should consider . . .

Activity:

Marriage (Refer to page 101 in *Teen Mom*)

If you are married, your husband should be your main source of intimacy. Of course, even married partners have different views of what intimacy means. One partner might think of intimacy as physical closeness (such as sex), while the other partner thinks of intimacy as being understood. In another case, one partner might show love by buying gifts, while the other person shows love by washing the dishes. It's important to express love to our spouse in a way he understands. Sit down with your partner in a quiet place and finish these sentences. I feel loved when you . . . One thing you did this week that made me feel loved is . . . You may be surprised by the answers

Journaling:

To Have a Friend, Be a Friend (Refer to page 109 in *Teen Mom*)

"Not every friend is meant to be our best friend," say Elisa Morgan and Carol Kuykendall, "and not every friendship is meant to be forever." Still, each of us hopes to find a friend who will be just that. Here are five things to look for in a friend. 1. Trust 2. Honesty 3. Common interests 4. A positive outlook 5. A sense of humor.

Can you think of five more?

Discussion Questions:

~ What I'm looking for in a friend...

~ What I need to be in a friend...

SESSION 6

How Do I Do This Mom Thing?

Reading:

Read Chapter 5 of *Teen Mom* (pre-reading)

Ideas for Speakers:

~ **Goal Setting:** Teens often live day to day and float through life. We can help them create goals. Questions to ask are: What type of parent do I want to be? What type of childhood do I want my child to have? What do I need to do to get there?

~ **Mom Mentors.** The best way to “do the mom thing” is to follow in the footsteps of those who’ve gone before us. Young moms need mentors. How to find and keep a mentor. (Many young moms don’t even know what a “normal” family looks like!) Mentors can give us help and advice. Seeking information helps young moms become better informed moms.

Journaling:

Learn about Mothering (Refer to page 117 of *Teen Mom*)

Pause for a few minutes and make a list of goals that you want to accomplish as a parent.

What type of parent do you want to be?

- 1.
- 2.
- 3.
- 4.
- 5.

What type of childhood do you want your child to have?

- 1.
- 2.
- 3.
- 4.
- 5.

What do you need to do today to get there?

- 1.
- 2.
- 3.
- 4.
- 5.

Your answers will change everything in a positive way!

Journaling:

Finding a Mentor (Refer to page 125 in *Teen Mom*)

When you look for a female mentor, ask yourself the following questions: Who do I admire? Do I have an older friend, relative, or perhaps a leader in a Teen MOPS group I'd enjoy spending more time with? Does this person have time to spend with me? What can this person teach me about life? Parenting? Following dreams? Will this person encourage my growth? Is this person a healthy role model? Is she honest? Truthful? Accepting? Supportive? Does this person take time to listen to my concerns? Can I open up to this person? Can this person be trusted with my confidence?

Things I'd like in a mentor:

Things I hope to learn from a mentor:

Journaling:

Favorite Advice (Refer to page 131 of *Teen Mom*)

Try This:

If you tell your child to do something, follow through.

Teach your child to obey the first time.

Don't let your child do at six months what you don't want her to do at two years.

Sticking his tongue out or saying bad words may be cute with a baby, but it doesn't stay cute.

Don't let your baby use items as toys, such as phones or keys that you wouldn't want them to play with when they get older.

Don't teach your baby words that you'd hate for them to repeat in public. Swear words might sound cute coming from the mouth of a toddler, but they aren't cute coming from the mouth of a four-year-old.

Other advice that I like . . .

SESSION 7

Can You Help?

Reading:

Read Chapter 6 of *Teen Mom* (pre-reading)

Ideas for Speakers:

- ~ **Build a Support Team:** Teen moms need a lot of help. We can encourage them to build their own support team. Building a support team is not asking others to do what they should be doing. Often teen moms can help each other
- ~ **Caring for Ourselves?** Teen moms need to know how to take care of themselves. How to care for ourselves: Eating well, sleeping, exercise, and prayer.
- ~ **Turning to God for Help.** A friend or a mentor can't be there at all times, but God can. Seeking help from God enables a young mom to be a capable mother.

Activity:

Who You Can Call When (Refer to page 149 of *Teen Mom*)

Think about your lineup of friends and family members. In movies, the main star may have one person who acts as a quirky sidekick and another who is the “mentor” character, dishing out wise advice. Now it's your turn. Sizing up your lineup will provide you with resources when you're looking for a little help. (Be sure to include their phone numbers for a reference!)

Who You Can Call When:

- ~ You need child care:
- ~ You need help with homework:
- ~ You're afraid:
- ~ Your child is sick:
- ~ You have an accident:
- ~ You want to exercise:
- ~ You need help around the house:
- ~ Your car breaks down:
- ~ You don't have money for rent:
- ~ You need legal advice:
- ~ You just want to have fun:
- ~ You are worried about your child:
- ~ You want spiritual advice:

Journaling:

Emotional Help (Refer to page 150 in *Teen Mom*)

“Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment,” says Brian Tracy, author and speaker, “you perform better when your thoughts, feelings, emotions, goals, and values are in balance.” If this is something you need to work on, don’t wait to start.

If you find yourself stressed or grumpy:

~ Pause to ask yourself what’s causing the problem. Do you need more sleep? Someone to talk to? Time away? Help?

~ Figure out how to have this need met. Even if you have to wait until the weekend to get a babysitter, looking forward to a break will lift your spirits.

~ Pray. When I have a bad attitude, I find strength in turning to God. Sometimes the situation changes, but sometimes it’s my heart that has the transformation. I can’t explain what happens inside, but I’ve felt a difference time and time again after I pray.

My problem:

How can I have this need met?

My ideas:

My prayer: in order to truly get, we need to give first. Take a few minutes to think about your friends. What could you give that would make a difference? How do you think it would help?

SESSION 8

Can I Get a Break?

Reading:

Read Chapter 7 of *Teen Mom* (pre-reading)

Ideas for Speakers:

- ~ **Wise Fun:** As responsible moms we need to choose how to have fun in wise ways. We need to choose safe environments for ourselves and our kids. We need to be around people who are respectful, caring and supportive. We need to be in environments where sincere, trusting relationships can be built.
- ~ **Making Memories.** The mentality that a teen mom need to “pay” for her actions and she can no longer have fun. The best type of fun is making memories with our kids. Share creative ways that young moms can make memories.

Journaling:

24/7 (Refer to page 157 of *Teen Mom*)

What do you remember most about being a kid? What were your favorite memories? Just because you're a teen mom doesn't mean life always has to be filled with conflict and struggle.

You are the only mom your child has, and it's up to you to make great memories. How do you do that? To get an idea of what things will mean the most to your children, think about some of your own favorite memories.

- ~ What was your favorite pastime as a child?
- ~ What was something fun you did with a sibling as a child?
- ~ What was your favorite meal?
- ~ What were some of the most memorable books you read?
- ~ Think of one particularly memorable event.
- ~ What scent or sound immediately takes you back to childhood?
- ~ What meaningful advice did you receive from an adult?
- ~ Think about someone who influenced your life profoundly.
- ~ Think about your proudest moment. What made you laugh the most?

Next, make a list of fun things you can do with your child. They can be things you can do this year or next year or five years from now. It doesn't matter when. What matters is that you take time to make memories.

- 1.
- 2.
- 3.
- 4.
- 5.

Activity:

Think Outside the Box (Refer to page 170 in *Teen Mom*)

When you make plans with friends, your guy, or your child, do you do the same old things because it's what you've always done? Take a moment to think outside the box. Think about adventure and variety. Then fill in these blanks:

- ~ Next time I got out to eat, one new food I'd like to try is:
- ~ One fun activity I'd like to attempt is:
- ~ Someone who seems fun to hang out with is:

Also, now that you're a mom, you should think about "wise fun."

Here are some questions to ask yourself before going out:

- ~ Is this a safe and secure environment?
- ~ Do the people I'm with respect me? Are they caring and supportive?
- ~ Is this an environment where sincere, trusting relationships can be built? Finally, remember the delightful experiences you had as a child and try to recreate them.
- ~ The things that made me laugh were:
- ~ The things I liked doing with friends were:
- ~ One thing I enjoyed and want to do with my child is:

SESSION 9

What's Most Important?

Reading:

Read Chapter 8 of *Teen Mom* (pre-reading)

Ideas for Speakers:

- ~ **How to Get Perspective.** When young moms live day to day, they often don't have perspective on what's most important. They never get around to signing up for the GED class. They let the busyness of life get in the way. They need to look ahead. It's challenging when they are constantly connected to "the moment" (ie Connected to everyone at once on their phones). Perspective helps young moms focus on what matters most.
- ~ **Healthy Habits.** Habits change everything. Simple habits like reading the Bible and prayer can go a LONG way. Have speaker share good habits they developed and how those habits changed and developed them.

Activity:

Making Attitude Adjustments (Refer to page 177 of *Teen Mom*)

Perspective means stopping to consider your various roles. It's weighing the importance of your relationships (as a wife, mom, friend, daughter) in comparison to the tasks you tackle every day. Take a minute and think of all the things you might do in one day.

- ~ Bathe and dress baby
- ~ Fix meals
- ~ Attend classes at school
- ~ Watch television
- ~ Check Facebook
- ~ Text or talk with friends
- ~ Visit your mom
- ~ Read to your child
- ~ Clean the kitchen
- ~ Invite a friend over for a meal
- ~ Surf the internet
- ~ Go to work
- ~ Shop at the mall
- ~ Call your grandma
- ~ Read your Bible and pray
- ~ Watch YouTube
- ~ Meet friends at the park
- ~ Do laundry

- ~ Go out drinking with friends
- ~ Play with your child on the floor
- ~ Spend quiet time talking with your husband or boyfriend
- ~ Complete a project at work
- ~ Write in your journal

Now answer:

What's most important?

From the list, which tasks help you to contribute to what's most important?

Which ones do you wish you had more time for?

Other than taking time for fun and relaxation, which ones would you consider a waste of time?

How has your perspective changed after having your child? Are there areas you need to look at with a new perspective?

Journaling:

Habits Change Everything (Refer to page 195 of *Teen Mom*)

Take a couple of minutes and consider your habits. Jot down your answers to these questions:

- ~ What habits have helped you in life?
- ~ What habits do you wish you could get rid of ?
- ~ What got you started on these bad habits?
- ~ How did you train yourself for the good habits?
- ~ How can you turn the bad habits into good ones?
- ~ How do habits affect your parenting?
- ~ Do you treat your child the way your parents treated you out of habit?
- ~ How would you really like to treat them? This, my friend, is perspective.

SESSION 10

What Am I Here For?

Reading:

Read Chapter 9 of *Teen Mom* (pre-reading)

Ideas for Speakers:

~ **A Personal Testimony.** Young moms will not truly change without a relationship with Christ. We can work on all the other areas, and they can improve, but Christ changes everything. Have a speaker share their personal testimony. It's okay to be bold about sharing Christ. Young moms are in crisis. They can see your love and they'll want what you have. Hope is a person who loves us completely.

Journaling:

Prayer Changes Things (Refer to page 213 of *Teen Mom*)

Twelve Reasons to Pray

- ~ It encourages others.
- ~ It reminds you of spiritual values.
- ~ It gives you hope.
- ~ It helps you feel better.
- ~ It allows you to let go of situations.
- ~ It provides comfort.
- ~ It relaxes you and reduces anxiety.
- ~ It builds faith.
- ~ It deepens character.
- ~ It broadens your perspective.
- ~ It brings you closer to God. 12. It works.

Make your own list of reasons to pray.

Activity:

ACTS Prayer (Refer to page 213 of *Teen Mom*)

When it comes to praying, there's no formula. It is just talking to God. Another thing that's good to know is that there are different types of prayers. So if you're ever at loss for words, an easy thing to remember is ACTS. When your baby is napping today, take some time to journal through an ACTS prayer.

- ~ **Adoration.** This means to worship God and show your love for him. It can go something like this, "God, you are wonderful! You are full of love and goodness!"
- ~ **Confession.** This is the time when you confess the wrongs you have done. They can be big or small. And with your confession, know that God will forgive. Here's an example: "God,

forgive me for failing to be loving and patient with others as you have been with me.”

~ Thanksgiving. Just thank God for all that he’s given you! “God, thank you for my child, my family, my health, and so many other things that I often take for granted.”

~ Supplication or praying for your needs. Do you need help with school or work? Do you need to find a better job? Do you need help potty-training your child? Ask!

My prayer:

Adoration:

Confession:

Thanksgiving:

Supplication:

About The Author



USA Today bestselling author Tricia Goyer has written fifty books, including both novels that delight and entertain readers and nonfiction titles that offer encouragement and hope. She has also published more than 500 articles in national publications such as Guideposts, Thriving Family, Proverbs 31, and HomeLife Magazine.

Tricia has authored several books on family and parenting, as well as co-written with Max Lucado and Robin Jones Gunn. She collaborated with Ken Blanchard and Phil Hodges for *Lead Your Family like Jesus*, published by Focus on the Family/Tyndale. She blogs for high-traffic sites like TheBetterMom.com and MomLifeToday.com.

Throughout the past ten years, Tricia has been interviewed by numerous national TV and radio programs and magazines.

Tricia and her husband, John, live in Little Rock, Arkansas, where Tricia coordinates a Teen MOPS (Mothers of Preschoolers) group. They have six children.

For more information about Tricia Goyer and Teen Mom, visit her at TriciaGoyer.com, become a fan on Facebook ([authortriciagoyer](https://www.facebook.com/authortriciagoyer)), or follow her on Twitter, (@TriciaGoyer), Pinterest (TriciaGoyer), or Instagram ([triciagoyer](https://www.instagram.com/triciagoyer)).

