BIBLE STUDY WORKSHEET

Grace for Young Mothers

Grow with your child while releasing pressure to have everything figured out.

PREPARED BY VANESSA

"He gently leads those that have young."

Isaiah 40:11

OPENING PRAYER

Father, meet me in the beautiful and exhausting work of motherhood. Quiet comparison, strengthen my confidence, and surround me with wise people. Help me grow alongside my child with humility and hope. Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

This study encourages young mothers to receive grace, build healthy support, keep growing, and parent from connection rather than comparison.

☐ Reflect ☐ Pray ☐ Discuss ☐ Practice

PART 1

You Are Learning Too

Motherhood develops through practice. You can love your child deeply and still have questions, make mistakes, and need guidance.

> If any of you lacks wisdom, you should ask God.
>
> **James 1:5**

TRUTH TO CARRY

A teachable mother is not an inadequate mother.

REFLECT AND DISCUSS

What part of motherhood feels newest?

What have you learned about your child?

Where do you need guidance rather than judgment?

Grace makes room for truth, wisdom, and growth.

PART 2

Release the Comparison

Online images and outside opinions can create impossible standards. Your family needs faithful presence, not a perfect performance.

> Each one should test their own actions.
>
> **Galatians 6:4**

TRUTH TO CARRY

Another mother's strength does not cancel your own progress.

REFLECT AND DISCUSS

What comparison steals your peace?

What is going well in your home?

Whose advice deserves less influence?

Grace makes room for truth, wisdom, and growth.

PART 3

Build Your Village Wisely

Healthy support may include family, friends, church, parenting groups, medical professionals, child care, and practical community resources.

> Encourage one another and build each other up.
>
> **1 Thessalonians 5:11**

TRUTH TO CARRY

Strong mothers are strengthened by safe community.

REFLECT AND DISCUSS

Who makes you feel supported rather than small?

What practical help would matter this week?

Where can you meet other healthy mothers?

Grace makes room for truth, wisdom, and growth.

PART 4

Keep Growing as a Whole Person

Your dreams, education, health, faith, friendships, and identity still matter. Growth can happen slowly and in seasons.

> He who began a good work in you will carry it on.
>
> **Philippians 1:6**

TRUTH TO CARRY

Motherhood expands your life; it does not erase the person God is shaping.

REFLECT AND DISCUSS

What part of yourself needs attention?

What small goal fits this season?

How can support make that goal possible?

Grace makes room for truth, wisdom, and growth.

PRACTICE

My Faith-in-Action Plan

Turn today's reflection into one honest, supported, and realistic next step.

One motherhood pressure I will release:

A strength I see growing in me:

One person I can ask for help:

A small goal for my own growth:

One peaceful rhythm for our home:

THIS WEEK I WILL

- [ ] Pray without pretending
- [ ] Reject comparison
- [ ] Celebrate one win
- [ ] Ask one question
- [ ] Accept practical help
- [ ] Rest when possible

MY ANCHOR PRAYER

God, gently lead me as I learn to nurture both my child and myself.

CLOSING TOGETHER

Carry Grace Into the Week

CLOSING PRAYER

Lord, strengthen every young mother. Give her safe community, practical provision, wise guidance, and freedom from shame and comparison. Amen.

A WORD OF ENCOURAGEMENT

You do not have to know everything to be a loving, growing, faithful mother.

CLOSING CIRCLE

One area where I need grace instead of pressure:

DECLARATION

I am growing in wisdom, my child is deeply loved, and God will meet us one day at a time.

Her Story. His Grace. Our Purpose.