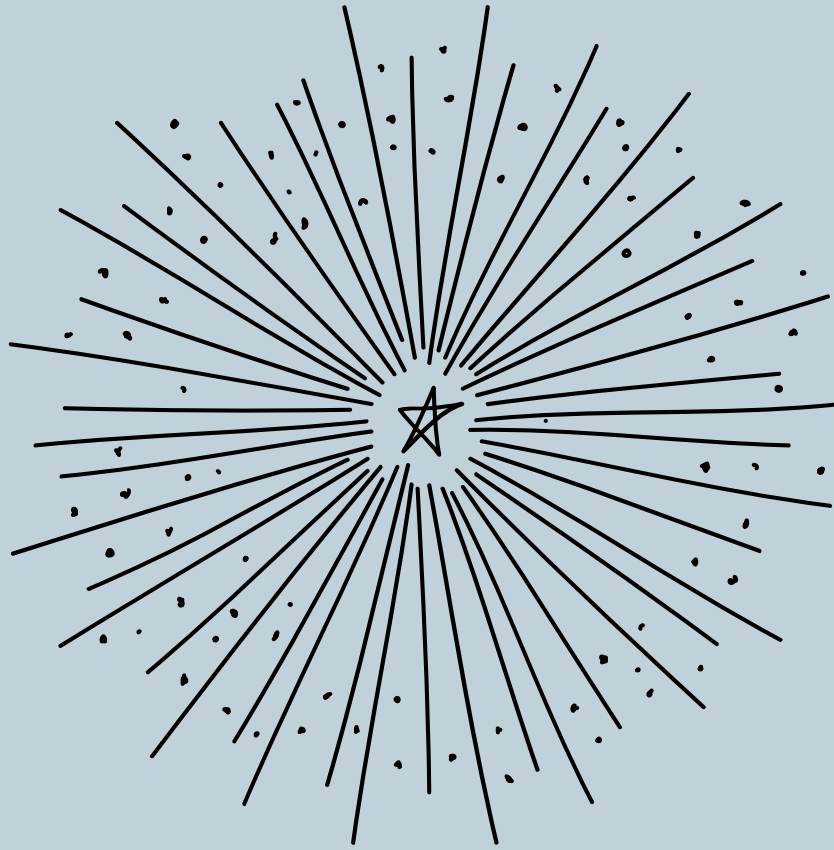
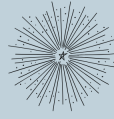


Mom Heart Mini Retreat



*Awaking Wonder
in your heart & home*

2020-2021



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“Wonder gives us a lens through which we better view the miraculous, the sacred, the intricacy of our world around us and helps form our spiritual imagination.”

Sally Clarkson, *Awaking Wonder*

As women and followers of Christ, we desire to see the beauty and wonder God displays all around us. In order to better view our identity in Christ and our role in our relationships, we need to be intentional about what we see and how we see. The beginning of a new school year is an ideal time to reflect on our vision and consider what we are awaking in the hearts and minds of ourselves and our children.

Taking time to pray, think, and listen to God can give us insight and direction for how we can awake wonder in the coming year.

“I pray that the eyes of your heart may be enlightened, so that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints.”

Ephesians 1:18

*“My heart is steadfast, O God, my heart is steadfast:
I will sing, yes, I will sing praises. Awake, my glory. Awake, harp and lyre.
I will awaken the dawn. I will give thanks to You, O Lord, among the peoples:
I will sing praises to You among the nations.
For Your lovingkindness is great to the heavens, And Your truth to the clouds. Be exalted above the heavens, O God:
Let Your glory be above all the earth.”*

Psalms 90:12

We are going to spend time in five areas of life: Personal, Marriage, Motherhood, Friendship, and Ministry. As we pray and reflect through each area, remember a win/victory from the past year. What are your biggest challenges in each area? What do you need to lay at the feet of Christ, surrender, or put in the file drawer of heaven? What areas do you need to invite God in to do His work of giving you eyes to wonder at His handiwork, to refine and mature you?

What do you need to allow God to awaken in these areas in order to grow?



Personal

Consider the foundations of your body, mind, and spirit. Is one particular area in need of awaking wonder and seeing things with a fresh perspective? What are some ways you can care for these foundations? Consider your personality and ways to incorporate rest and refreshment.

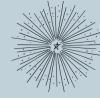
What went poorly last year in your personal life? What area of life brings you the most stress or discouragement? Pray to the Lord and give Him those things. Ask him to give you inspiration for one small change to make in that area. Consider challenging yourself to read one book in this area that would help you to grow toward maturity.

What area of your personal life and habits is going well? Thank the Lord for His strength and motivation for that area.

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.” Romans 12:2

“Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.” Matthew 11:29

Resources: Own Your Life, Dancing with My Heavenly Father, Seasons of A Mother’s Heart, Mom Heart Moments



*"With all humility
and gentleness, with
patience, bearing with one
another in love, eager to
maintain the unity of the
Spirit in the bond of peace."*

EPHESIANS 4:2-3

Marriage

Consider your personality and your husband's personality and communication style. What are ways you can show respect and honor and cultivate faithfulness in your marriage? Are there specific things you can pray for for your husband and his walk with the Lord?

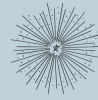
What would it look like for your marriage to flourish? Are there areas of struggle you need to surrender to God and commit to prayer? What are ways you can cultivate and apply wisdom in your relationship?

What are you communicating to your children about the importance and value of marriage?

"For this reason a man shall leave his father and his mother, and be joined to his wife; and they shall become one flesh." Genesis 2:23-24

"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up." Ephesians 4:9-10

Resources: The Lifegiving Parent, Sacred Marriage



"Deciding what messages you want to speak into the hearts and imaginations of your children for the rest of their lives is worthy of your own planning and study."

Sally Clarkson, *Awaking Wonder*

Motherhood

"Paving the imagination of our children to understand they can be light-bearers in a dark world gives them a sense of stewardship to bring hope in and through the stories of their lives." Sally Clarkson, *Awaking Wonder*

What paths did you pave in your children's lives and hearts last year? Did you speak forward into how God might use their story to bring hope and light to the world?

Pray that the Lord will reveal special insight about each of your children. Write down what He tells you.

How can you model the love of Christ as you serve your children? What are some character goals for each of your children? How can you help them in their own personal spiritual growth? Bible reading, devotion time, etc.?

"Love given generously has to be the foundation for inspiring our children's hearts and captivating their imaginations with all goodness." Sally Clarkson, *Awaking Wonder*

Consider the personality of each of your children. What are some ways you can captivate their imaginations with all goodness and speak forward into their life?

Ask God to show you some ways you can awaken wonder and grow as a mother and family over the next year.

"Greater love has no one than this, that one lay down his life for his friends." John 15:13

Resources: *Awaking Wonder*, *Mission of Motherhood*, *The Lifegiving Parent*, *Mom Heart Moments*



Friendship

Have you made time to be intentional in friendship? What busyness can you let go of in order to have time to cultivate friendship?

With whom could you initiate? What are ways you can initiate friendship in the next year?

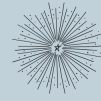
What went well in your friendships last year? Is there one area or friendship that had time to grow? Reflect on what made that successful and pray about how to awaken wonder in other relationships.

Don't do life alone. Make it a goal to seek out mature wise women, those whom you would like to emulate.

“Iron sharpens iron, so one man sharpens another.” Proverbs 27:17

“Walk with the wise and become wise, for a companion of fools suffers harm.”
Proverbs 13:20

Resources: Girls' Club, Girls' Club Experience



*"Go therefore and
make disciples of
all the nations."*

MATTHEW 28:19

Ministry

What messages has God put on your heart to share with others?

What are places you and your children can commit to serving over the school year and share the wonder of God with others with your family?

Who are the people around you who need to be cared for, listened to, and comforted?

"But the people who know their God will display strength and take action." Daniel 11:32

"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit." Matthew 28:19

Resources: Ministry of Motherhood, Own Your Life



2020-2021

