

Mom Heart Mini Retreat



Cultivate to Flourish

2019-2020



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We know the expression, "You reap what you sow." As women and followers of Christ, we desire to reap a flourishing life. In order to flourish, we need to be intentional about what we sow and cultivate. The beginning of a new school year is an ideal time to reflect and consider what we are sowing and what we desire to reap. Taking time to pray, think, and listen to God can give us insight and direction for what we need to cultivate in order to flourish in the coming year.

"Sow righteousness for yourselves, reap unfailing love. Break up the unplowed ground for yourselves, for it is time to seek the Lord, until he comes and showers deliverance on you."

Hosea 10:12

"Teach us to number our days that we may present to you a heart of wisdom."

Psalms 90:12

"Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand."

Proverbs 19:21

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 breaking up the unplowed ground, to refine and mature you?

What do you need to cultivate in these areas in order to flourish?



Personal

Consider the foundations of your body, mind, and spirit. Is one particular area in need of cultivating? 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 in order to flourish. 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.

"The one who sows righteousness reaps a sure reward." Proverbs 11:18

"But the seed in the good soil, these are the ones who have heard the word in an honest and good heart, and hold it fast, and bear fruit with perseverance." John 8:15

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



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



*"Greater love has no
one than this, that
one lay down his
life for his friends."*

JOHN 15:13

Motherhood

What did you cultivate in your children's lives and hearts last year? Flowers or weeds? Pray that the Lord will reveal special insight about each of your children. Write down what He tells you.

How can you cultivate the soil of their lives? What are some character goals for each of your children? How can you help them to cultivate their own personal spiritual growth? Bible reading, devotion time, etc.?

Consider the personality of each of your children. What are some ways you can cultivate your relationship and speak forward into their life?

Ask God to show you some ways you can cultivate sustainability and flourish as a mother and family over the next year.

"I planted, Apollos watered, but God gave the growth. So neither he who plants nor he who waters is anything, but only God who gives the growth. He who plants and he who waters are one, and each will receive his wages according to his labor. For we are God's fellow workers. You are God's field, God's building." 1 Corinthians 3:6-9

Resources: 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?

Who could you initiate with? 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 cultivate those things 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.

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

Resources: Girls' Club, Girls' Club Experience



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 cultivate a servant-heartedness with your family?

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

“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