

MOMS ON HOLIDAY

ACCOUNTABILITY GROUP

WHAT'S A MOMS ON HOLIDAY GROUP?

MOH is a group of moms ready to enjoy a more joyful motherhood but also realistically knowing that it's going to take some accountability. MOH groups, made up of 4-6 moms, meet a minimum of once a month. If you already have a weekly playdate, by all means do this weekly! Consistency is so important so we suggest starting with once a month if it's not already a habit.

It could be dinner out, a playdate with kids, coffee after the kids go to bed or in the morning before your spouse leaves for work. The beauty of this format is that it can be included in any gathering you may already consistently do and does not require hours of time. There is not one plan that fits all groups. Whatever people can be most committed to is your best option.

HOW THE ACCOUNTABILITY WORKS

The purpose of this group is for accountability and not necessarily a Bible study or book club so the meetups can be as short as 30-45 minutes or longer if you have more time. You can however start the group going through *Grumpy Mom Takes a Holiday* as a Bible study or book club and digest the content together or read the book individually and start the group when everyone has finished reading it. Whatever your group decides is fine! The key is making sure everyone is unified in the hope and mission of the group which is found throughout the book.

1. Read through the book together or individually.

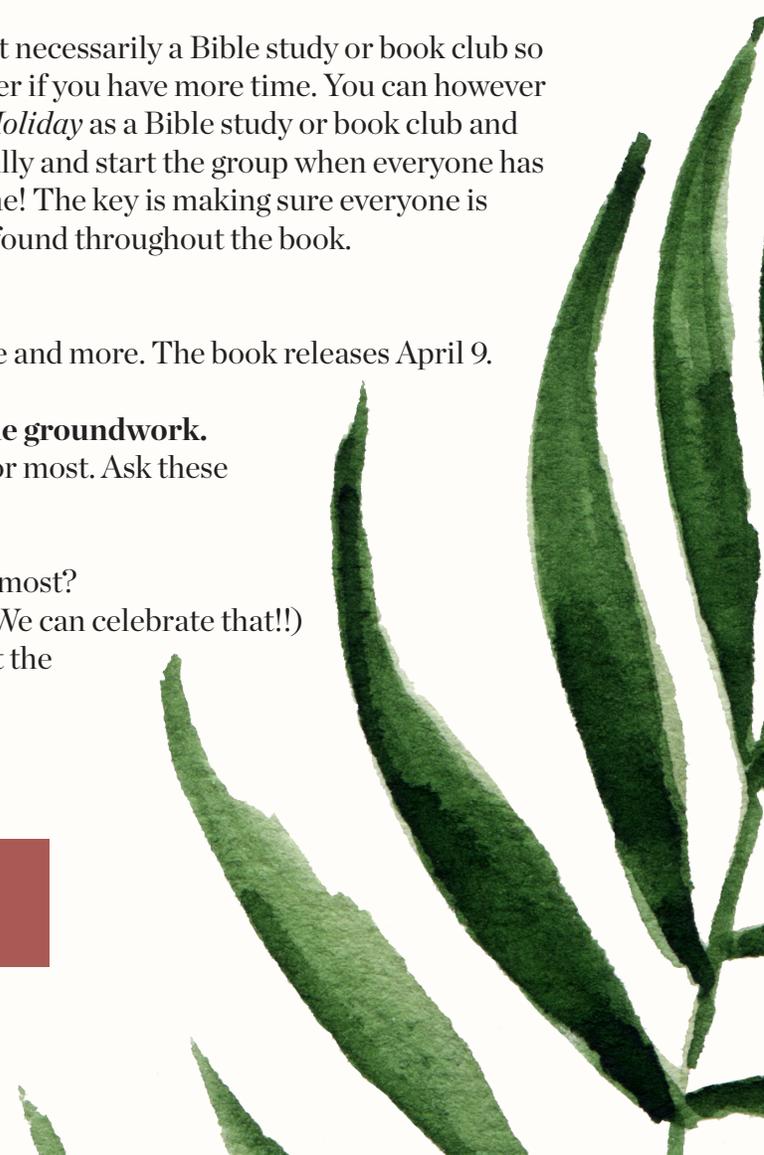
You can pre-order a copy on Amazon, Barnes & Noble and more. The book releases April 9.

2. In the first official accountability meeting lay the groundwork.

Discover what each individual needs accountability for most. Ask these questions to figure it out:

- What chapters stepped on your toes the most?
- Which issues seem to cause you to be grumpy the most?
- Which ones did you not relate as much to? (Hey! We can celebrate that!!)
- Figure out your keystone habit by first figuring out the moments you get the most frustrated with life and determining how you can ease those moments.

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3. After discussion, have each member choose their own custom three questions. Based on the answers to the questions, look at the three chapters or areas that are your biggest issues and need to be held most accountable about.

4. Each month go around and answer five questions.

- Keep this time focused and positive. Two will be standard ones that everyone answers and the other three will be based on the issues the individual wants accountability for most.
- These can change as transformation happens or other issues are realized.

QUESTIONS TO WALK THROUGH FOR EACH SESSION

Standard questions:

1. How's my walk? - Am I spending time with the Lord? Depending on Him for everyday life? Is something creating a barrier? Be really honest here. This consistent check-in is vulnerable but life-giving.

2. How's my keystone habit? - A keystone habit is the habit that could make the biggest change in how you experience motherhood.. Is it no TV at night? Drinking enough water during the day? Doing a load of laundry every morning or laying out work clothes the night before?

Custom questions:

Based on the chapter readings, you might start to see which areas hold the great struggle for you. Here are some examples of questions:

- Was I joyful?
- Was I present? Or distracted?
- Was I hurried?
- Was I grace-filled? To myself and family?
- Was I energized?

TIPS FOR SUCCESS

1. Commit to a specific season and stick to it faithfully. Will it be 6 months or 12? Choose an end date so you can reassess bring new moms in or take a break as seasons change.

2. Pray together! Christ at the center is the only hope we have to change and transform. Include him in the conversation.

3. Be clear on your vision for the group. And make sure it's communicated clearly to everyone in the group. It's not a vent session. It's not a chance to gossip about the mom who's struggling in the very thing your discussing. It's an opportunity to focus on how God us working in our hearts.



GRUMPY MOM TAKES A HOLIDAY

DISCUSSION QUESTIONS

CHAPTER 1

What emotion tends to catapult you into Grumpy Mom most often?

When you're experiencing that emotion, what truth do you need to remember so you can redirect your thinking?

CHAPTER 2

What plans do you try to hold on to the longest, even though these plans always seem to get ripped from your hands?

CHAPTER 3

What comforts have you felt entitled to, either now or in the past?

How can you view these things as gifts instead?

CHAPTER 4

What causes your greatest moments of worry about your kids?

How does God's truth rebuke your worry and bring you peace?

CHAPTER 5

What practices or experiences tend to refresh you?

Are there any ways you have avoided self-care because it doesn't look the way it did before you had kids? In what ways can you get creative to find refreshment now?

CHAPTER 6

What foundation do you need to build to help you resist seeking satisfaction in things of this world?

What walls do you need to set up to keep your values in place?

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CHAPTER 7

What energy zapper are you currently dealing with?

How can you tend to this energy zapper so you feel more energized?

CHAPTER 8

What would it look like to live expectantly every day?

What negative or discouraging thoughts do you need to take captive, and what do you need to set your mind on instead?

CHAPTER 9

What needs to be refined in you? Ask the Lord this question in prayer and see how he responds.

CHAPTER 10

How have you used your kids as an excuse to avoid uncomfortable or scary things? (We have all done this!)

Is there something you've been saying no to that God may be calling you to say yes to?

CHAPTER 11

What season are you currently in?

How can you enjoy this season more?

CHAPTER 12

What burdens are you holding on to?

What truth do you need to remind yourself of at the end of every day?

CHAPTER 13

What has been your overarching belief about why we should spend time with the Lord?

What would you like to change about the time you set aside to be with the Lord?



CHAPTER 14

Which of your husband's needs have you been overlooking lately?

What do you need to remember about your husband that will change the way you respond to him?

CHAPTER 15

What excuses hold you back from friendships?

What are the qualities of a friend you'd love to show and be shown?

CHAPTER 16

What is one issue that causes you to feel really offended?

How can you let go of the burden of carrying slights when it comes to this issue?

CHAPTER 17

Where do you feel like life is the most overstuffed?

What small step can you take today to make more breathing room?

CHAPTER 18

How's your soul today?

Does what you are doing match your priorities?

CHAPTER 19

What steals your attention or makes it difficult to be present?

What can you learn about your child today?

CHAPTER 20

What kind of legacy do you want to leave for your kids?

What would you like for your kids to remember about their childhoods and about you?

