

Gospel Led Moms

*Grief in
Motherhood*

November 2023

Discussion questions:

1. Name either a sin pattern of a child or children or something they have to live with because of the fallen state of the world that is currently grieving you.
2. Have you felt the freedom to complain to God about these things? Why or why not?
3. How does God's mercy inform your prayers of lament, complaint, and grief? How would you like God's mercy to influence your prayers and/ or regular rhythms?

Reflection questions/Journaling:

1. Where do you see patterns of sin in your life and/or your children's lives?
2. What hard things do your specific children live with because they live in a fallen world?
3. Write a prayer where you complain to God about the things you mentioned in number 2. Allow yourself to be angry, sad, hopeful, frustrated, or whatever comes up for you. End your prayer with "I wait for the LORD, my soul waits, and in his word I hope; my soul waits for the Lord more than watchmen for the morning, more than watchmen for the morning."