

Arise Single Moms Presents

Emerge

Life Lessons
FOR SINGLE MOMS

Emerge: Life Lessons for Single Moms, Volume 1

©2014 by Arise Single Moms

First printing April, 2014

Cover Design & Layout by Michael Scroggins, MSdesigns

Italics and/or bolding quotations are the author's emphasis

Scripture is from The Holy Bible
Copyright ©2001 by Zondervan
Used by Permission

Printed in the United States of America

ALL RIGHTS RESERVED

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means – electronically, mechanical, photocopying, recording or otherwise – without prior written permission.

For information:

Arise Single Moms • PO Box 2973 • Edmond, OK 73083-2973
(405) 359-7368 • Fax: (405) 715-9973
arisesinglemoms.com

hello



Single Mom,

Welcome to the single mom life lesson series – *Emerge*. We are so thrilled that you have joined the Arise Team in bringing you hope in your single mother journey. You are in for a delightful treat over the next eight weeks. Are you ready to laugh? Learn? And let yourself go in taking hold of God’s magnificent plan for your life?

Friend, the time is NOW. It’s time to take God at His Word and be filled to the brim with all you need as a single parent. In fact, that’s what the word *emerge* means –to come forth from difficulty. God’s calling you to arise from what was and step into what will be. There is no need to allow your God-given greatness to remain buried under the rocks of disappointment, guilt, exhaustion, and lack of purpose. God’s urging you to trust Him in releasing His Holy Spirit power within you.

So get ready! You’re on the verge of emerging into the Father’s renewed sunlight of peace, divine insight, and full-powered joy.

Blessings to you and to God be all the glory!

Pam Kanaly & Shelley Pulliam

Table of contents

disc 1	Introduction	
SESSION 1 page 7	Knowing Your Identity in Christ	Pam Kanaly
disc 1	Do you ever feel lost as a mom amidst your onslaught of responsibilities? Activating your identity in Christ is key to emerging into a wholesome woman of God with a sense of significance and purpose. However, many single mothers don't connect their truest value to what God says about them. In this lesson you'll discover three foundational truths that enable single mothers to grasp the Father's unconditional love. Every single mother will leave this session empowered with fresh faith in her worth as person, parent, and possession of God. You're not who you think you are.... You're much, much, MORE!	
SESSION 2 page 15	Staying Strong in the Trenches	Chiquita Miller-Nolan
disc 1	Have you ever felt that as a single mom you were in a war just to survive? Well guess what? You are in a war; however, it's not a battle to simply survive but to thrive in victory. In this lesson you will find encouragement, motivation and strength to get up, live without regrets, and keep moving forward. You will find hope and encouragement to trust God to help you build a productive life for you and your children in spite of the past.	
SESSION 3 page 21	Practical Parenting Techniques	Amber Given
disc 1	As a single mother, it can be difficult to know how to best parent your child. The world's view of parenting and discipline is often very different compared to biblical truths. Hebrews 12:11(NIV) says, "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it." If you are looking for practical ways to provide discipline that will bring peace to your family, then this lesson is for you.	
SESSION 4 page 27	What About Dating?	Heather McFarland
disc 1	There is much to consider on the subject of dating, particularly for a single mom. Similar to all areas of our lives, dating gives us an opportunity to model to our children the Father's standard for relationships. Why would one want to date? When is a good time to consider this option? What is the difference between dating and courtship? Learning God's perspective on right relationships will guide you into making God-honoring choices.	

SESSION 5 **Forgiveness** **Christy Johnson**
page 33
disc 2

Everyone knows we're supposed to forgive, but who teaches us how? How does one deal with the challenges of raising children alone or forget the mangled mess of the past? How do you handle unpaid child support, custody battles or the "other woman" without blowing your top? Most often our propensity to bitterness is due to false beliefs we hold about adversity and what it means to forgive and forget. In this session you will discover key truths to overlooking offenses so that you can live free from the bondage of bitterness.

SESSION 6 **Spiritually Training Your Children** **Kim Heinecke**
page 39
disc 2

In our role as a parent, our most important responsibility is to lead our children to the heart of God. Sometimes that can seem a bit intimidating and overwhelming. Where do we start? How do we do it? In this session, you'll gain insight into nurturing a child's spiritual development - at any age. Learn practical ways to connect the reality of the world in which we live with the unchanging truth of God's Word. Discover four key thoughts that will empower you to make the most of every opportunity to share biblical principles that will leave a lasting impression on the children.

SESSION 7 **Time Management for Single Moms** **Beth Cox Brown**
page 45
disc 2

Only two hands, only 24 hours in a day, and the "to-do" list just gets longer! Let's take a deep, prayerful breath and start with a new approach. You have - and you are - everything you need to stop the frantic pace, the feeling of being overwhelmed, and the guilt that strangles you. In this session you will learn ten tips to get time back on your side, avoid time-stealing traps, establish priorities and gain permission to just let some things go. Embrace the lovely, confident woman He created you to be with this family-friendly, scripturally-based time-management strategy.

SESSION 8 **Hearing from God** **Alice Richardson**
page 51
disc 2

TV's bearing, cell phones vibrating, deadlines, and dead ends. Is it possible that God is speaking to you in the midst of the frenzy? What is He saying? How can you hear Him? For many Christians today, life has become so noisy that its events drown out the voice of God. Instead of His voice, what is heard is one's own voice devising worldly reasoning instead of God's voice revealing divine wisdom. This session will teach you practical ways to turn down the volume of the world so you can hear the voice of God. He is speaking. Let us listen.

SESSION 1

Identity In Christ



PAM KANALY

Pam Kanaly, popular author, keynote speaker, and former national television talk-show co-host, thrives in sharing the love of Christ with thousands of single mothers both nationally and internationally. Serving as cofounder of Arise Ministries, Pam founded the only statewide single mothers' conference in America - *Survive 'N' Thrive*. Having appeared on the *700 Club*, *God Answers Prayer*, and other TBN programs, Pam encourages women in their value to Christ. She's the author of the book and Bible study, *Will the Real Me Please Stand Up* (knowing your identity in Christ) and *The Single Mom and Her Rollercoaster Emotions*, endorsed by *Focus on the Family*. As one of five women nominated for *Oklahoma Mother of the Year 2010*, Pam's passionate that mothers rise-up to their highest God-given potential and calling.

About Pam Kanaly's book: *The Single Mom and Her Rollercoaster Emotions*

"Get this guidebook by Pam Kanaly into the hands of every single mom you know - a perfect resource for women's ministries and small groups."

—Debbie Stuart, church development director, *Women of Faith*

notes



SESSION ONE

Identity in Christ

Pam Kanaly

GROUP DISCUSSION

1. What does it mean to have an identity in Christ? Explain how it serves as your spiritual DNA.

2. In Christ you receive a new personhood. Compare this new personhood (the way God sees you) with the way you often see yourself.

3. In Christ you gain new possessions. Explain how the Holy Spirit is your greatest life advantage. In what ways have you experienced the reality of His presence?

4. In Christ you possess a new perception. Why is it difficult to see yourself as a daughter of God in a regal crown and royal purple robe? What lies have you believed about your self-worth? On what basis are you God's delight? What difference would it make in your personal life and parenting life if you practiced your role as someone of great value to God?

5. What steps can you take to change old thoughts concerning your negative self-image to positive truths concerning your glorious new identity?

SELF REFLECTION

Consider these truths.

God loves you and has a plan for your life.

For God so loved the world that He gave His only Son, that whosoever believes in Him will not perish but have everlasting life. John 3:16

Christ came that you might have life and have it abundantly. John 10:10

Man is sinful and separated from God.

For all have sinned and fall short of the glory of God. Romans 3:23

God is not willing for any to perish, but for all to come to Him in repentance. 2 Peter 3:9

Jesus Christ is God's only provision for man's sin.

I am the way, the truth, and the life, and no one comes to the Father but through me. John 14:6

For there is one God and one mediator between God and man and that is Christ Jesus. 1 Timothy 2:5

Man must repent and receive Christ as Savior.

If we confess our sins and believe in our heart that Jesus is Lord, then we will be saved. Romans 10:9

But as many as received Him, to them He gave the right to become children of God even to those who believe in His name. John 1:12

Assurance of Salvation

For these things I have written that you may know you have eternal life. 1 John 5:13

I will never desert you, nor will I ever forsake you. Hebrews 13:5

Billy Graham, *Four Spiritual Laws*

Dearest single mom, have you invited Christ to be the sole authority in your heart and household? Today you can receive your new identity and God's promise of eternal life with Him.

Voice this prayer:

Dear Heavenly Father, I confess my sin of trying to do life on my own. Right now I give the control center of my life over to you and by faith I ask Jesus Christ, your Son, to come into my heart to be my Lord and Savior. Thank you for saving me today. In Jesus' name. Amen

Friend, if you prayed that prayer, congratulations and welcome to the wealth of God's provisions in Christ. Let our ministry know about your decision. We would be honored to pray for you and your household. Praise the Lord! ariseministries.net

1. As a child of God, where do you find your identity? Your children? Job? Boyfriend? Financial success? Appearance? Social calendar? Church activity? Other?

How does defining your significance in accordance with God's word outlasts all other avenues?

2. What do you see when you look in the mirror? A dejected single mom not worthy of God's love? A guilty single mom filled with shame? A defeated single mom filled with lack of hope? An angry single mom filled with disdain toward others or even God? A sorrowful single mom who feels trapped because your husband passed away and you can't get on with your life? The first step to freedom in Christ is being honest about what's going on inside. It begins the cleansing process toward emotional and spiritual recovery. Tell God how you feel.
3. To what degree have you depended on your life partner (the Holy Spirit) to come alongside as your "single mom companion and guide"? The Holy Spirit is like a person. He can be grieved. He can be loved. What would it look like for you to encourage His activity in your greatest concern?

4. This teaching session ended with you repeating out loud: *I am loved. I am accepted. I am confident. I am favored.* Meditate on these truths again and ask the Holy Spirit to activate them in your belief system.

SCRIPTURE RENEWAL

How do these scripture passages encourage or challenge you in the way you see your new identity?

- 1 Corinthians 3:16

- Galatians 2:20

- Isaiah 42:1

- 2 Corinthians 3:5

- Romans 8:1

SESSION 2

Staying Strong in the Trenches



CHIQUITA MILLER-NOLAN

Chiquita knows the walk of a single parent from experience. She was married 22 years, and after six separations and two divorces - all with the same man - she finally had the strength to leave a domestic violent relationship and move forward. She finally had the strength to leave a domestic violent relationship and move forward. God has blessed her with three beautiful children, two girls and a boy, all of which are now grown. As a certified Christian counselor, Chiquita is a sought-after speaker conducting revivals, workshops, and conferences across America. God uses her in various ways of ministry including being a gospel recording artist, song writer, playwright, and author. She thrives on helping others find their purpose.

notes



SESSION TWO

Staying Strong in the Trenches

Chiquita Miller-Nolan

GROUP DISCUSSION

1. How did you relate to the military word trench? Explain how being in a trench can be a positive experience.
2. Your event or circumstance is not who you are. 1 Peter 2:9 describes your personhood otherwise. How does seeing yourself in this new light give you renewed strength?
3. Explain this statement: *If mama's a victim, the children will be a victim. If mama's a victor, the children will be a victor.* Which one best describes the way you see your single motherhood role?

4. Discuss these principles.

- Satan is “like” a roaring lion. He is “not” a roaring lion.
- God’s will is to prosper you.
- God believes in you.
- You can perform the role of single motherhood well.
- The “end” doesn’t mean it’s over. In God’s economy, how can that be true?

5. You can’t have a testimony without a test. How does that shed new light while in the trenches?

SELF REFLECTION

1. How can learning from your mistakes serve you well? Give a personal example.
2. What does it look like for you to live with purpose from this day forward?
3. Life is about choices. What would happen if you aligned your faith with God's Word and not your emotions?
4. What does it look like to be an overcomer? How would modeling such a victory make an impact in your home?
5. What will you commit to start, stop, and continue in order to stay strong and healthy?

How do these scripture passages encourage or challenge you during your difficult seasons?

- Romans 8:28

- I Peter 2:9

- Joshua 1:9

- 2 Corinthians 10:4-5

- 1 John 5:14-15

SESSION 3

Practical Parenting Techniques



AMBER GIVEN

Amber has been working in the social services field since 1996 when she graduated from Kansas State University. In June of 1999, she earned her Master's Degree in Community Counseling and became a Licensed Professional Counselor in the state of Oklahoma. God brought great restoration and healing after being raised in a chaotic home. He purposed her life to advocate for children in foster care and to teach positive parenting skills. In 2009 she and her husband became foster parents and adopted a child who is now fifteen. She serves as executive director and counselor at Infant Parent Intervention Center.

notes



SESSION THREE

Practical Parenting Techniques

Amber Given

GROUP DISCUSSION

1. Compare and contrast the world's view of motherhood and the biblical view.

2. Why is it tempting to fix, rescue, or do tasks for your children that they can do for themselves? What kind of deficits can this type of parenting promote in your children?

3. In what ways can you encourage independence and use critical thinking and problem solving skills in raising the children?

SELF REFLECTION

1. Do you spend time criticizing, correcting, and controlling your children? Do you praise and encourage them daily? How can natural and logical consequences play a part in molding your child's character?
2. Do you lecture in an attempt to convince your children that they should or shouldn't do something? How can you use less words and more action in your parenting to promote change and decrease frustration/conflict in your home?
3. Ephesians 6:1-3 "Children, obey your parents in the Lord, for this is right. Honor your father and mother—which is the first commandment with a promise— so that it may go well with you and that you may enjoy long life on the earth." Does your discipline encourage your children to honor you? How will being able to honor others impact your children in their adult life?
4. Proverbs 29:17 says, "Discipline your son, and he will give you rest; he will give delight to your heart." In what areas of your discipline do you need God's help?

How do these scripture passages encourage or challenge you in the way you parent?

- Ephesians 6:1-3
- Colossians 3:20
- Proverbs 22: 6
- Hebrews 12:11
- Proverbs 29:17

SESSION 4

What About Dating?



HEATHER MCFARLAND

Heather was a former single mom for seven years.

Her journey as a single mom began rearing her two daughters and special needs son, who were five months, three, and five. She believes God has prepared her through many trials to send a message of hope that no experience is wasted. This makes her passionate about enriching women's lives, especially single moms. She celebrates 22 years of success in leadership and mentoring women as a Sales Director with Mary Kay and a Certified Professional Christian Life Coach. Heather is remarried and lives in Edmond, Oklahoma, in a blended family of six children.

notes



SESSION FOUR

What About Dating?

Heather McFarland

4 R's that REPOSITION Single Moms for God-Honoring Relationships

- **Recognizing** your beliefs, fears, and emotional cycles
- **Renewing** your thoughts and connecting to God
- **Recapturing** your purity and keeping it in your relationships
- **Redefining** your purpose

GROUP DISCUSSION

1. **Recognizing:** Share a belief, or fear about having a “man/boyfriend/significant other” in your life? Are those beliefs and fears true; or are they lies that you believe as truth?

Unless you acknowledge what you believe you can't change it. Explain.

2. **Renewing:** What is the current condition of your heart when it comes to God being your #1 Man? Why is it important to seek God's companionship above all others?

What experience will you now perceive differently, knowing that Romans 8:28 reminds you that God will work it for good for those who love Him?

3. **Recapturing:** How do you define purity when it comes to dating?

How true is it that if you want godly relationships you must define (according to God's word) what that looks like for you?

4. **Redefining:** If you want something you have never had, you must do something you have never done. What new godly standard will you require if you chose to date? In what areas will you not compromise?

SELF REFLECTION

1. **Recognizing:** What negative thoughts and beliefs are you telling yourself? If God forgives and forgets, then when will you forgive yourself and others and not allow your past to define your future?
2. **Renewing:** What character attributes or fruits of the Spirit are missing from your daily experience? What steps will you take to start building them into your life? Changing the condition of your heart>changes your thoughts> changes your words>changes your actions> changes your habits>changes your character>changes your destiny. How would renewing your mind to God's truth shape your future?

Make a list of 10 or more ways you can look back and see that God took something Satan meant for evil and turned it into something good. How are you stronger because of your difficulties as a single mom?

3. **Recapturing:** Make a detailed list of everything you want in a relationship: loyalty, Christ-likeness, character, life skills, physical appearance. What is important to you is important to God. Ask yourself, "Have I repositioned myself to receive God's best? Above all, examine this question: "Would I want this man discipling my children?"
4. **Redefining:** Accountability is essential in our Christian walk. If you choose to date, then dating is no different. Your children are watching and learning what a healthy relationship should look like. What do you need to be held accountable to in your dating life? What accountability practices will you put in place BEFORE you start dating?

How do these scripture passages encourage or challenge you in the ways you think about yourself or dating?

- Proverbs 23:7
- Philippians 4:8-9
- 2 Corinthians 5:17
- Romans 12:1-2

SESSION 5

Forgiveness



CHRISTY JOHNSON

Christy, an award-winning writer, life coach and soul-health advocate, is passionate about imparting hope to women and encouraging them to see the beauty on the other side of brokenness. Her captivating testimony about how Christ redeemed her addiction to love and helped her forgive the offender who was responsible for her son's death, inspires women to walk in forgiveness. Christy offers answers to a wholesome life through her bi-monthly column and her book, *Love Junkies, Seven Steps for Breaking the Toxic Relationship Cycle*. www.christyjohanson.org.

notes





SESSION FIVE

Forgiveness

Christy Johnson

GROUP DISCUSSION

1. Who is the hardest for you to forgive—yourself, others or God? Explain.
2. A mother endures the pain of childbirth because of the anticipation of joy on the other side of her pain. When you encounter the pain of an offense, what focal point helps you endure?
3. Proverbs 23:7 says that as we think in our heart so shall we be. How have you become like your most prominent meditations?

4. Christy compared God to a photographer who develops pictures in the darkroom. If a picture doesn't stay in the darkroom long enough, it doesn't get fully developed. In the same manner, sometimes offenses and dark seasons are necessary for God to develop us into the finished picture of who we are to become. Have you ever left the darkroom before you were fully developed and had to go back for a "retake"? If so, what do you think God was trying to develop in you?
5. Many people are hesitant to forgive because they think forgiveness requires them to trust the offender. How can you forgive but still guard your heart if the other person's behavior has not changed?

SELF REFLECTION

1. Are certain offenses more difficult for you to overlook?
2. When you hold onto bitterness have you noticed an increase in any physical ailments such as headaches, stomach problems, depression or nervousness?
3. Acts 8:23 says that when we are full of bitterness we are made captive to sin. In what ways has bitterness enslaved you?
4. Look over the following list of false beliefs. Which ones have you struggled with the most? What truth can you focus on to replace the falsehood?
 - Forgiveness means the other person's actions were acceptable.
 - Forgiving another releases them from the natural consequences of their actions or a legal obligation for restitution.
 - Forgiving is something we do for the other person.
 - Forgiving someone means you have to trust them again.
 - Forgiveness and reconciliation are the same thing.
5. Write down the name(s) of the person/persons who have hurt you in the past that you still need to forgive. Beside each name, write a prayer for that person. Pray for them daily until you feel the bitterness release.

How do these scripture passages encourage or challenge you concerning offenses or unforgiveness?

- Deuteronomy 29:18

- Acts 8:23

- Proverbs 19:11(b)

- Proverbs 23:7

- Isaiah 43:25

- Philippians 1:6

SESSION 6

Spiritually Training Your Children



KIM HEINECKE

Kim is a former single mother and uses her personal testimony of God's provision, healing and restoration to encourage others in their journey of raising children alone. She is passionate about bringing the Word of God into the lives of her children in easy, practical ways that connect God's truth to the reality of their world. With humor and personal experience, Kim challenges her audience to be intentional in the spiritual development of children. She is on staff with Arise Ministries and teaches at the annual Oklahoma statewide *Survive 'N' Thrive* single mothers' conference. She leads a Bible study for single mothers and enjoys speaking to women's groups. Kim and her husband live in Edmond, Oklahoma, where they are raising four sons to be followers of Christ.

notes



SESSION SIX

Spiritually Training Your Children

Kim Heinecke

For many parents, the role of becoming a spiritual leader for children is intimidating. The truth is, when we are fully surrendered to Christ, what flows from our hearts and mouths will be a result of our love for Him. As we offer experiences to our children that will expose them to the Word of God, be mindful of the four

suggestions to strengthen your efforts. Model it. Make it biblical. Make it practical. Reinforce it. Although we cannot force our children to follow Christ, we can bring the Word of God alive in their world so they can best experience Him and choose wisely as they grow.

GROUP DISCUSSION

1. What are reasons parents don't take an active role in nurturing the spiritual development of their children? How have you been encouraged to overcome these obstacles in your own life?

2. Review the four parts of spiritual training. Discuss the importance of each component. Which is the easiest to implement? Which is the most challenging?

3. Isaiah 40:11 offers a tender promise for those with children. How does the Holy Spirit “gently lead those who have young?” In what way have you seen that in your life?
4. We don’t reap in the same season we sow. If you apply that to your efforts to nurture your children’s spiritual development, how does that change your perspective about spiritual growth in your children? What kind of encouragement does that give you?
5. Share with your group additional ideas for incorporating God’s Word in your everyday life.

SELF REFLECTION

1. The video segment mentions the importance of our personal relationship with Christ. We cannot lead our children to a place we have never been. Reflect on your personal spiritual walk. Are you growing in the Lord? How does your relationship with Christ impact the life of your children?
2. Modeling spiritual disciplines is essential to teaching our children. In what way do you model prayer, praise and trust in God to your kids? What specific changes can you make to improve this?
3. Consider the importance of teaching your children truths found in the Bible. Do you use God's Word as the standard in your parenting or something else? What are the benefits of using the truth of scripture to lead and guide your children?
4. Bringing God's Word into your everyday life allows children to have experiences that are practical, tangible and memorable. List a few opportunities for being intentional about teaching your children in the context of their world. What specific truth can you mention in each of these situations?
5. Recognizing the work of God in our life builds our faith. Do you make it a habit to point out when God has answered prayer, provided a need or shown Himself faithful? Is there a situation in which you've seen God work in your life recently? How can you help your children "connect the dots" to recognize the work of God in their life?

How do these scripture passages encourage or challenge you to be intentional in nurturing the spiritual growth of your kids?

- Deuteronomy 6:5-9

- 2 Timothy 3:16-17

- Proverbs 22:6

- Psalm 127:3-5

- Joel 1:2-3

SESSION 7

Time Management for Single Moms



BETH COX BROWN

Beth is a former director of music and Christian education and serves as the Vice President for one of the nation's largest Christian charitable foundations. Beth is known nationally for her presentations and work with Christian non-profits. Her greatest love is speaking to and working with women, youth and young families. Her experience as a former single mom fuels her passion to help families chart a purposeful way forward by discovering and developing their divine God-given gifts. She is a highly-sought presenter for events and conferences addressing a broad range of topics such as raising godly children, time management, budgets for young families, and families living in fullness. Beth and her husband live in Norman, Oklahoma, and are the parents of three grown sons and two grandsons.

notes



4. What does SPE stand for? How would that help you prioritize?

5. What does God promise us if the “mountains walk away, and the hills fall to pieces?”

SELF REFLECTION

1. Google a spiritual gift inventory (or email Beth at bethbrn@cox.net for a copy) and complete the survey.
2. How does knowing my personal gifting better equip me for obtaining order in my life?
3. What is one thing that steals away productive time from me daily that I can offer up as a personal sacrifice of love to God and to my family?
4. Do my children hear from my lips how important my God is to me EVERY DAY?
5. Write "S.P.E" on a small card and tuck it in your billfold. When you are having a tough day, take it out and pray, "Father, show me a solution that is Spiritually, Physically, and Emotionally healthy for me."

How do these scripture passages encourage or challenge you when you feel overwhelmed?

- Colossians 2:6-7

- Psalms 18:16

- Colossians 1:17

- Isaiah 58:11

- Isaiah 54:10

SESSION 8

Hearing From God



ALICE RICHARDSON

Alice is a graduate of Oklahoma Christian University and Trinity Biblical College and serves as the assistant to the Pastor at Prospect Church. Raised by a phenomenal single mother, Alice excelled at athletics and developed into a college athlete, coach, and Division 1 basketball official. She retired as a Lieutenant Colonel from the United States Air Force Reserves after 25 years of service to our country. Alice has a passion for supporting single moms and their children through her volunteer service to help house, feed, and educate underprivileged youth. She travels nationally and internationally encouraging women to be transformed in their thinking and to live in the promises of God by faith. Alice has two children and lives in Oklahoma City, Oklahoma, with her husband.

notes



SESSION EIGHT

Hearing From God

Alice Richardson

GROUP DISCUSSION

1. To hear has two meanings. The second one is “to listen and obey.” Which one of those two do you find difficult to do?

What do you do to hear from God?

2. If you can't hear from God, you're in trouble at the core of your relationship with Christ. What keeps you from listening to God?

Are you hard of hearing or is Christ “hard of speaking?” What changes can you make to improve this area in your relationship with Him?

3. Name the Beatitudes of hearing from God.

Which one do you find the easiest to do? Most challenging? Explain.

4. How does it encourage you that God never judges, and He never gives up on you?

Repeat this verse out loud: James 4:8

Draw near to God and He will draw near to you.

5. God has enough power to deal with every situation you face. Seek Him remembering that He wants to be found. What does it look like to pursue God?

What plans are you making to be more in-tuned to hearing from God?

SELF REFLECTION

1. What relationships do you have that might negatively affect your ability to clearly hear God's voice?
2. Is your time in cyberspace interfering with your time with God?
3. Are you willing to set aside more time to study Scripture and pray?
4. Can you do more to connect your children to God in a personal and real way? What intentional changes in your home are you going to implement to assure this happens?
5. When is the last time you heard God speak to you clearly? What did He say?
6. Do you REALLY know how much God loves you? Consider this: Love compels closeness, closeness requires communication (verbal or non-verbal), and communication necessitates listening. **THUS:** Because God loves you, He speaks to you. What changes are you willing to make to hear from God?

How do these scripture passages encourage or challenge you in your relationship with God?

- John 10:27
- James 1:22
- Psalm 46:10
- John 1:1
- Proverbs 3:5-6

Arise

SINGLE MOMS

Arise Single Moms, a national nonprofit organization co-founded by Pam Kanaly and Shelley Pulliam, finds its headquarters in Edmond, Oklahoma. Their mission involves bringing women new life, revived hope, and fresh faith through Jesus Christ.

They host a statewide single mothers' conference each June, which has been featured on the *700 Club* and endorsed by Oklahoma Governor's since its inception.

Arise Single Moms educates and encourages women through conferences, seminars, books, radio, and television. Discover more at arisesinglemoms.com.