

# CELEBRATE MOM

THE WORN OUT MOM





## A LETTER FOR THE HOST

Hi, there! I'm Laura Booz, author of *Expect Something Beautiful: Finding God's Good Gifts in Motherhood*. I'm a fan of all moms everywhere and I'm a big fan of *you*. Yes, you. Because you want to come alongside a woman in your life who needs some extra care. You want her to know how loved she is. You want to support her as she raises her child(ren). Just writing those words makes me grateful for your compassion.

I've thought a lot about the mom you will be rallying around. I've prayed for her. I want the best for her and her child. I can only imagine how much more you have thought, prayed, and longed for her wellbeing. That's why I want to come alongside you as you come alongside her.

We designed this gathering to help you find just the right words, activities, and gifts for the exhausted mom.

My prayer for this beloved woman is that she would receive...

- **Goodness:** Rest, laughter perhaps, friendship, and prayer.
- **Truth:** Scriptures to encourage her.
- **Strength:** A listening ear, a shoulder to cry on, compassion, and support from people like you!
- **Vision:** A reminder that Jesus is with her always, he cares about how she is feeling, and will help her navigate her circumstances.

My prayer for you is that you would...

- **Plant a seed of hope** that will grow into something good and enduring for the exhausted mom and her child(ren).
- **Lay a foundation of love** that will stabilize her day-in and day-out.
- **Open a door of friendship** that will welcome her in, no matter what, all of the time.

May God bless you and keep you,

## LAURA



## ACTIVITY TIME!

Gather the guests together and have a seat. Give everyone a fun-size bag of M&M's or Skittles and have each person pull one candy out. Each color indicates what icebreaker question they will answer. We want this to be a time to share and encourage the mom in the room that you're celebrating. Have fun, be honest and enjoy conversations that start because of it! Feel free to go multiple rounds if you'd like.

**Blue:** *Favorite TV Mom and why you love her*

**Red:** *Most strengthening thing someone has said to you when you needed encouragement?*

**Yellow:** *Favorite way to bring refreshment into your day*

**Green:** *Best idea for how to survive a sleepless night*

**Brown/Purple:** *What is the most embarrassing thing you ever did when you were tired?*

**Orange:** *What is a book that you've loved lately?*

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## WISDOM CARDS

We want you to take the time to bless this mom, so pass out the cards on the next page to the guests. Give them all pens and give them time to write down some wisdom for the mom you're honoring. Once everyone has written their blessing, encouragement, challenge or kind advice, have everyone go around and read them aloud. Afterward, you can give all the cards to mom as a keepsake.

**Note: it's best to print these and copy them onto cardstock so that they last longer for the years to come!**

Once cards are filled out and read to the mom to encourage her, end with a time of prayer. If you need something to pray, there's a prayer from Laura on the page after the cards. You can even print out that prayer and give it to your guest of honor!

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## FLOWERS

We want Mom to walk away with something special, so get flowers and have each woman give her a flower with their time of sharing blessing and encouragement over her. Have a vase ready so by the end, she has a full bouquet.



SO I WANT YOU  
TO KNOW...

SO I WANT YOU  
TO KNOW...

SO I WANT YOU  
TO KNOW...

SO I WANT YOU  
TO KNOW...

# EXHAUSTED MOM PRAYER

*Heavenly Father,*

*We lift up \_\_\_\_\_ to you  
and ask for your Spirit to revive and refresh her spirit.*

*She is your precious child  
and we ask for you to come and comfort her now.  
Be her strong support.  
May she see evidence of your grace.  
May she know that you are holding her now.*

*Help her to believe  
that you love her.  
Help her to believe  
that you want to hear from her.  
Remind her of your precious promises  
and sustain her with your Word.*

*Give her faith to believe that you, Jesus,  
Are like a Shepherd.  
You will gently guide her  
and you will hold her little one close to your heart.*

*You are faithful when we are faithless.  
You are awake and attentive when we are weary.  
You are strong when we are weak.*

*We ask you to provide for her every need.  
Feed her with the richest of food,  
refresh her with cool, clear water,  
give her opportunities to rest.  
Keep her from temptation  
and fiercely guard her from evil.  
Fill her heart and home with the fruit of your Spirit:  
love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.*

*For her child's sake.  
For her sake.  
For Christ's sake.*

*Amen.*





*These are small prints of scripture that can be printed and used as decor or party favors.  
Feel free to print them on whatever cardstock you'd like!*

*Your word is a lamp to my feet  
and a light to my path.*

**PSALM 119:105**



Beloved, if God so loved us,  
we also ought to love one another.  
No one has ever seen God; if we  
love one another, God abides in us  
and his love is perfected in us.

**1 JOHN 4:11-12**

YOU MAKE KNOWN TO ME  
THE PATH OF LIFE;  
IN YOUR PRESENCE THERE  
IS FULLNESS OF JOY;  
AT YOUR RIGHT HAND ARE  
PLEASURES FOREVERMORE.

**PSALM 16:11**



It is good to give thanks  
to the LORD, to sing praises  
to your name, O Most High;  
to declare your steadfast love  
in the morning, and your  
faithfulness by night.

*Psalms 92:1-2*

*Your word is a lamp to my feet  
and a light to my path.*

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