

MOMMY ON MISSION WOMEN'S BIBLE STUDY SERIES

Book One

Basic Training

Who you are before what you do.

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FOUNDER OF MOMMY ON MISSION

LEADER SAMPLE · WEEK 1 OF 10 · MOMMYONMISSION.ORG

Book One: Basic Training
Mommy On Mission Women's Bible Study Series
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MAY I PURSUE THE WORK YOU HAVE MADE ME FOR BY YOUR GRACE.

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How to use this study

This is a ten-week study with five days of homework a week and one group session. Each day takes twenty to thirty minutes: a passage to read in your Bible, a short teaching, Field Notes to write in, one set of Orders to carry out before tomorrow, and a Debrief prayer to close.

If you are in a group

Do the five days before you meet. The Group Guide at the end of each week has the big idea, five discussion questions, a prayer focus, and a note for whoever is leading. Nobody needs to be a teacher. Read the questions, listen, and pray.

If you are on your own

Do the days at whatever pace you can hold. Use the Group Guide as a weekly review and a prayer page. Find one believing woman to text your answers to; it will keep you going.

The military frame

Every book in this series follows a soldier's path: Basic Training, Advanced Individual Training, Deployment, Frontlines. It is not a gimmick. Scripture calls you a soldier of Christ Jesus (2 Timothy 2:3), tells you the enemy is real (1 Peter 5:8), and hands you armor (Ephesians 6). Motherhood is a battlefield, and you are fighting for your children's souls. The training is so you can stand.

The verse for this book

"Share in suffering as a good soldier of Christ Jesus. No soldier gets entangled in civilian pursuits, since his aim is to please the one who enlisted him." 2 Timothy 2:3-4

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WEEK 1

Enlisted

You did not volunteer. You were chosen.

> **MEMORY VERSE**
>
> *He chose us in him before the foundation of the world, that we should be holy and blameless before him.*
>
> Ephesians 1:4

Nobody drifts into the army. Somewhere there is a signature, a date, an oath. This week is about yours, except you did not sign first. God did. Before we talk about what a mom on mission does, we have to settle who she is and whose she is.

Day 1	Chosen Before You Chose
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Day 4	The Day Your Assignment Arrived
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Chosen Before You Chose

READ Ephesians 1:3-14

"He chose us in him before the foundation of the world, that we should be holy and blameless before him. In love he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will." Ephesians 1:4-5

Picture a recruiting office. Fluorescent lights, a desk, a stack of forms. A young woman walks in, nervous, and a recruiter slides the paperwork across. She reads, she signs, she raises her hand. That is how enlistment works everywhere on earth. You choose, then you belong.

Paul opens his letter to the Ephesians by turning that order upside down. Read the first fourteen verses slowly and notice how many times the choosing belongs to God. He chose. He predestined. He lavished. He made known. He purposed. He sealed. In this paragraph, which in the Greek is one long breathless sentence, you do not do anything. You are the one being acted on. Before there was a world, before there was a you, before there was the morning you first held your child and realized you had no idea what you were doing, God chose you in Christ.

Why this comes first

There is a reason a Bible study for moms on mission starts here and not with a to-do list. Most of us are already running on a quiet, grinding sense that we have to earn our place. We earn it by keeping the house together, by not yelling, by reading the right parenting books, by showing up to church with everybody's shoes on. And when we fail, which is daily, we feel like we are about to be discharged. The lie underneath all of it is that we enlisted ourselves, so we had better prove we belong.

Ephesians 1 says you did not enlist yourself. You were chosen, and the choosing happened before you could do anything to deserve it or ruin it. Verse 4 says the purpose was that you would be holy and blameless, which is not a standard you

meet to get in. It is a description of what God has committed to make you. Verse 5 says the method was adoption. You were not hired. You were brought into the family, with a Father who wanted you on purpose.

What a chosen woman fights like

Here is why this matters on the battlefield. A soldier who is sure of her commission fights differently than one who is auditioning. The one who is auditioning is anxious, defensive, and easy to rattle, because every setback feels like a verdict. The one who knows she was chosen can take a hit, admit a mistake, get back up, and keep moving, because her standing was never the thing at stake.

Your kids will test you tomorrow. Someone will spill, lie, scream, or look at you with contempt. You will respond well or badly. Neither one changes verse 4. You were chosen in Christ before the foundation of the world, and the blood of Jesus, verse 7, has already paid for every failure you have not committed yet. That is the ground you stand on. Everything else in this series is built on it.

Read the passage one more time and put your own name in verse 4. He chose Crystal. He chose you. Then let it sit for a minute before you move on to the questions.

FIELD NOTES

1. Read Ephesians 1:3-14 and underline every verb that God is the subject of. How many did you find? Which one surprised you most?

2. According to verses 4 and 5, when did God choose you, and for what purpose?

3. Where in your week do you feel most like you are auditioning for your place, with God or with your family?

4. Verse 7 says we have redemption through his blood, the forgiveness of our trespasses. What is one failure from this past week you need to hand over to that verse?

5. In your own words, what is the difference between a mom who is chosen and a mom who is trying to prove herself?

ORDERS

Write Ephesians 1:4 on an index card with your own name in place of the word us. Put it where you will see it at the hardest hour of your day: the bathroom mirror, the dashboard, the spot above the sink.

DEBRIEF

Father, I did not choose you first. You chose me, in Christ, before I had done anything right or wrong. Settle that in me today so I can stop auditioning and start serving. Amen.

You Did Not Choose Me

READ John 15:9-17

"You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you." John 15:16

Yesterday was the big theological picture from Ephesians. Today is the same truth spoken by Jesus at a dinner table, to eleven tired men, a few hours before he was arrested. If Ephesians 1 is the commissioning document, John 15 is the Commander looking you in the eye.

The disciples had been following Jesus for three years. They had left boats and tax booths and families. If anyone could have said, I chose to follow you, it was them. And Jesus, knowing that, says in verse 16: You did not choose me, but I chose you. He is not correcting their history. He is correcting their hearts. Even your decision to follow was a response to a call that came first.

Chosen and appointed

Notice that the verse does not stop at chosen. It says chosen and appointed. Appointed is a job word. In the army it means assigned to a post. Jesus did not choose you so you could feel special and then go sit down. He chose you and gave you an assignment: go and bear fruit, fruit that lasts.

For a mom, that assignment is not abstract. The fruit Jesus is talking about, in context, is love that looks like his (verse 12) and obedience that flows from friendship with him (verses 14 and 15). Where are you supposed to go and bear that fruit? Mostly down the hall. Mostly at the breakfast table and in the car and at bedtime when you have nothing left. The front line of your mission is not somewhere exotic. It is the small people and the one grown person who see you at your worst.

Fruit that abides

Here is what should both comfort you and sober you. Jesus says the fruit should abide, meaning it should last. Most of what you do in a day evaporates by dinner. The laundry un-folds itself. The floor gets sticky again. But the love you show, the patience you muster by his Spirit, the truth you speak into a child's heart, these things do not evaporate. They are being stored somewhere you cannot see. A kind word at 7:10 a.m. can still be bearing fruit in a forty-year-old who remembers that his mother was for him.

And read the end of verse 16 again. The appointment comes with supply: whatever you ask the Father in my name, he may give it to you. The one who assigns the post provides for the post. You are not sent out to bear fruit on your own strength. The branch does not grow fruit by straining. It grows fruit by staying attached (verse 5). Tomorrow we will talk about what attached looks like in a real week. Today, just hear him: I chose you. I appointed you. Go.

FIELD NOTES

1. In John 15:16, what two things does Jesus say he did for the disciples, and what two things does he tell them to do?

2. Verse 12 gives the command that produces fruit. Write it out. Who in your house is hardest to love this way right now?

3. Jesus calls his disciples friends, not servants, in verse 15. How would believing that change the way you talk to him tomorrow morning?

4. List three things you did yesterday that evaporated by dinner, and one thing you did that might still be bearing fruit in twenty years.

5. What is one thing you need to ask the Father for, in Jesus' name, so you can bear fruit at your post this week?

ORDERS

Before you go to bed tonight, say out loud to one person in your home, I'm glad God put me with you. If that feels awkward, that is a sign it needs saying.

DEBRIEF

Jesus, you chose me and you appointed me to this house, these people, this ordinary front line. Keep me attached to you today, and bear through me the kind of fruit that lasts. Amen.

A People for His Own Possession

READ 1 Peter 2:4-12

"But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light." 1 Peter 2:9

Soldiers do not fight alone, and they do not fight as freelancers. They belong to a unit, and the unit belongs to a nation. Peter, writing to scattered Christians who felt very alone, reminds them that being chosen is not a private arrangement. It makes you part of a people.

Read 1 Peter 2:9 and count the group words. Race. Priesthood. Nation. People. Every one of them is plural. Peter is not saying you, individually, are a royal priest. He is saying that you have been drafted into a priesthood, enlisted into a nation, and you are now somebody's. A people for his own possession. You are owned, in the best possible sense, by the God who called you out of darkness.

Possessed, not just permitted

There is a difference between being allowed somewhere and belonging there. A mom can walk into a church lobby and feel allowed. Tolerated. Welcome enough, as long as the baby does not cry during the sermon. Peter says something stronger. You are God's own possession. He is not tolerating you in his family. He claimed you. He has a legal and a loving right to you, and he exercises it by calling you out of darkness and into marvelous light.

That word, called, matters for a woman who feels like her life is mostly spent on things nobody sees. The same God who called Israel out of Egypt called you out of darkness. Your call was not less dramatic because it happened in a church youth room or a kitchen or a hospital bed. He spoke, and you came.

Why a people, and not just a person

Peter gives the reason in the second half of verse 9: that you may proclaim the excellencies of him who called you. You were chosen to say something about God, and you cannot say it alone. The light shows up when the people of God live together in a way that makes the darkness obvious. Verse 12 makes it practical: keep your conduct among the unbelievers honorable, so that when they speak against you, they will see your good deeds and glorify God.

For you, that means two things. First, you need the unit. A mom on mission who tries to fight without a church, without older women, without two or three friends who know the real state of her kitchen, will not last. Peter wrote this letter to scattered people on purpose: you are not supposed to be scattered. Second, your home is a tiny outpost of that holy nation. The way you speak to your kids, the way you handle money, the way you treat the neighbor who lets his dog loose in your yard, is proclaiming something about the God who possesses you. People are watching. Some of them are three feet tall.

FIELD NOTES

1. Write out the four group names Peter gives believers in verse 9. Which one is hardest for you to believe describes you?

2. According to verse 9, what were you called out of, what were you called into, and why?

3. Do you currently have a unit: a church you belong to and two or three believing women who know the real you? If yes, name them. If no, what is the first step toward finding them?

4. Verse 12 says unbelievers are watching your conduct. Who is watching yours this week, big or small? What are they seeing?

5. What does it change, practically, to think of your home as an outpost of God's holy nation rather than just your house?

ORDERS

Text one believing woman today and ask her to pray for one specific thing about your mothering this week. Not a vague request. A real one.

DEBRIEF

God, you called me out of darkness and made me yours. I belong to you and to your people. Give me a unit to fight beside, and make my home an outpost where your light is obvious. Amen.

WEEK 1 · DAY 4

The Day Your Assignment Arrived

READ Psalm 139:13-18; Jeremiah 1:4-10

"Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations." Jeremiah 1:5

Every mom remembers the moment her assignment arrived. Two lines on a test. A phone call from an agency. A social worker on the porch with a car seat. A child who was already yours, suddenly seen differently. Whatever it looked like, there was a day when you realized a soul had been placed in your hands, and you were not ready.

Jeremiah was not ready either. God told him he had been appointed a prophet to the nations, and Jeremiah's response in verse 6 is basically every new mother at 3 a.m.: Ah, Lord God! Behold, I do not know how to speak, for I am only a youth. God's answer is not a pep talk. He does not tell Jeremiah he is more capable than he thinks. He tells him three things that are true of you too.

Known, consecrated, appointed

First, before I formed you in the womb I knew you. God was not surprised by Jeremiah and he is not surprised by you. He knew your temperament, your tendency to shout, your fear of failing, your family history, before any of it existed. He chose you with that knowledge, not in spite of it.

Second, before you were born I consecrated you. Consecrated means set apart for a purpose. Your assignment was decided before you had any say. That is uncomfortable until you realize it means your qualifications were never the point. God does not consecrate the ready. He readies the consecrated.

Third, I appointed you. Jeremiah's post was the nations. Yours, for now, is a specific set of children with specific names, and the specific man you married if you are married, and the specific neighborhood you live in. That is not a smaller calling than Jeremiah's. It is the same God doing the same thing: assigning a weak person to a work that is too big for her, so that he gets the credit.

Fearfully and wonderfully made, both of you

Psalm 139 adds the other half. You were knit together in your mother's womb, every one of your days written in God's book before one of them came to be. So was your child. The same God who formed you for this assignment formed your child for his own purposes, and he put the two of you together on purpose. The combination of your weaknesses and your child's needs is not an accident you are managing. It is an appointment you are keeping.

When God tells Jeremiah not to be afraid in verse 8, the reason is not that the work will be easy. It is: for I am with you to deliver you. That is the promise attached to your assignment. Not ease. Presence.

FIELD NOTES

1. Read Jeremiah 1:5. What three things did God do before Jeremiah was born? Rewrite the verse as if God were saying it to you about motherhood.

2. Jeremiah's objection in verse 6 was about his inadequacy. What is yours? Write the sentence you say to God, or to yourself, when you feel unqualified.

3. God's answer in verses 7 to 8 does not address Jeremiah's ability at all. What does it address instead?

4. Psalm 139:16 says all your days were written before one of them came to be. How does that change the way you look at the day you became a mother, including anything hard about it?

5. Name one specific weakness of yours and one specific need of your child's. How might God be using that exact combination?

ORDERS

Tell your child (or write it down for a child too young to understand) the story of the day you found out they were coming, and finish with: God knew you before that day, and he picked me to be your mom.

DEBRIEF

Lord, you knew me before I was formed, you set me apart, and you appointed me to these children. I am not ready, and you are with me. That is enough for today. Amen.

Standing Orders

READ Romans 8:28-39

"And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified." Romans 8:30

A soldier's standing orders are the instructions that stay in force no matter what happens on a given day. They do not change with the weather or the mood of the sergeant. This week has been about God's standing orders concerning you: chosen, called, appointed, possessed. Today, on the last day of the week, Paul shows you what happens when those orders meet real life, which for most of us means suffering, failure, and fear.

Romans 8:28 is a verse people put on coffee mugs, and it deserves better. For those who love God all things work together for good, for those who are called according to his purpose. Everything in that sentence hangs on the last phrase. The good is not promised to everyone. It is promised to the called. If this week has done its work, you know by now that you are one of them.

The unbreakable chain

Verses 29 and 30 lay out a chain with five links: foreknown, predestined, called, justified, glorified. Read it slowly and notice the tense of the last word. Glorified. Past tense. You are not glorified yet in your experience; you are reading this with a sink full of dishes and a temper you lost yesterday. But from God's side of the chain it is already done. There is no link where he reconsiders. The woman he chose before the foundation of the world is the woman he will finish.

This is what lets a mom fight without panic. Your performance this week is not a link in the chain. Your child's response to you is not a link in the chain. The chain was forged by God and it runs from eternity past to eternity future and you are in it. Nothing you do tomorrow at 5 p.m. can pull you out of it.

Who can be against us

Then Paul asks the questions a frightened soldier asks. If God is for us, who can be against us? Who shall bring a charge against God's elect? Who is to condemn? Who shall separate us from the love of Christ? He answers every one. Nobody. Not tribulation, not distress, not the enemy, not your own sin, not your worst parenting day, not death, not anything in all creation.

Here is how to carry this into next week, when we start talking about the chain of command and what obedience looks like. Obedience is going to be hard, and you are going to fail at it. When you do, you will be tempted to believe that failure moved you from chosen to on probation. It did not. Verse 1 of this chapter already settled it: there is therefore now no condemnation for those who are in Christ Jesus. You fight from that, not for it.

Say the last two verses of Romans 8 out loud before you close the book. Not in your head. Out loud, to the enemy if no one else is listening. Nothing will be able to separate you from the love of God in Christ Jesus our Lord. Those are your standing orders. They do not expire.

FIELD NOTES

1. Write out the five links in the chain of Romans 8:29-30. Which link are you in right now from your point of view, and which link are you in from God's?

2. Verse 28 promises good to the called. Looking back on this week's readings, list three reasons you can be sure you are among the called.

3. Paul asks four questions in verses 31 to 35. Which one names the fear you actually carry? What is his answer?

4. What is one hard thing in your life right now that you have trouble believing could work together for good? Write it down, then write verse 28 next to it.

5. Review the week. In one or two sentences, how would you now explain to another mom what it means to be enlisted?

ORDERS

Memorize Ephesians 1:4 before your group meets. Say it to your kids at breakfast and tell them it is true of you. Then ask them if they would like it to be true of them.

DEBRIEF

Father, I am foreknown, predestined, called, justified, and as good as glorified. Nothing can separate me from your love in Christ. Let me fight this week from that place and not for it. Amen.

WEEK 1 · GROUP GUIDE

Enlisted

BIG IDEA

You did not enlist yourself. God chose you in Christ before the foundation of the world, called you out of darkness, and appointed you to a specific post with specific people. A mom who knows she is chosen fights differently than one who is auditioning.

MEMORY VERSE

> *He chose us in him before the foundation of the world, that we should be holy and blameless before him.* Ephesians 1:4

DISCUSS

1. Which day's reading hit hardest this week, and why?

2. Where do you most feel like you are auditioning for your place: with God, with your husband, with other moms, with your kids? What does that look like on a normal Tuesday?

3. John 15:16 says Jesus chose you and appointed you to bear fruit that lasts. What is one thing you do as a mom that you suspect is bearing fruit that lasts, even though it feels small?

4. 1 Peter 2:9 says we are a people, not just persons. Be honest: do you have a unit? What has kept you from one, or what has one given you?

5. Romans 8:30 says you are already glorified from God's side of the chain. If you really believed that, what would you stop being afraid of this week?

PRAY

Pray for each woman by name, that she would be settled in her calling before she is asked to do anything with it. Ask God to expose the places where group members are living on probation instead of grace, and to give each one at least one believing friend who knows the real state of her kitchen.

LEADER NOTE

This week sets the tone for the whole study. Keep the discussion on identity and resist the pull toward parenting tips; those come later. If a woman is unsure whether she belongs to Christ at all, this is the week to talk with her privately and simply: Jesus chose, Jesus died, Jesus calls, she can answer him today.

NOTES FROM THE GROUP



YOU JUST READ WEEK ONE OF TEN

Bring Basic Training to your women

The full study is ten weeks, five days a week, with a group guide every week and a leader note on each one. Nobody in your group needs to be a teacher. Read the questions, listen, and pray.

Book One of four in the Mommy On Mission Women's Bible Study Series: Basic Training, Advanced Individual Training, Deployment, Frontlines.

Launch pricing for groups: ask about leader copies and group orders at connect@mommyonmission.org.

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