

DISCUSSION GUIDE

BECKY KEIFE

*no better  
mom  
for the job*

Parenting with Confidence

(Even When You Don't Feel Cut Out for It)

## DISCUSSION GUIDE

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### Introduction: You Were Made for This

1. Have you ever felt like you and your child were not a match? When did that thought first enter your mind? What is most challenging about the pairing of your personalities?
2. Do you struggle with feeling inadequate as a mom? What does it look like in your life to grapple with loving well the imperfect child entrusted to your imperfect care?
3. What are the sources of pressure you experience in motherhood? What would it look like (or feel like) to take all that pressure off and walk in the freedom of letting God be your source of confidence?
4. How would you describe the gap between what you have to give and what your child needs? Have you ever experienced God filling that gap? How can you turn your present needs into a prayer?

## Chapter One: You Just Don't Seem Happy Anymore

1. Do you relate with Becky's admission of being "a stressed-out mess hanging on by a grumbling thread"? How has discontentment taken root in your life and affected your motherhood?
2. What do you spend your energy thinking about? Are there any negative internal dialogue tapes you need to replace? Describe what those sound like.
3. Do you ever feel swallowed by the mundane of motherhood? How could cultivating a habit of intentional gratitude change how you see your life (even if your circumstances don't change)?
4. What lack do you fixate on the most? (For Becky, it was a lack of time.) How can you stop rehearsing the hard and give thanks for the very thing you feel is not enough?
5. How can you cultivate a daily gratitude practice and make it a family habit? If you've already started, what impact does noticing the good and giving thanks have on your attitude? Your motherhood?

## Chapter Two: Stop the Crazy Making

1. Look at the list of questions on page 42. Which questions do you need to spend some time mulling over? Answer one or two that would give you needed insight into your child's emotional or behavioral pattern.
2. Is there a situation that repeatedly causes unnecessary frustration for you and/or your child? How could you create a guideline to help you better navigate that experience (or avoid it altogether)?

3. When and where do you and your child thrive? How can you lean into your strengths this week?
4. What could the intersections of growth and delight look like for your family? How can you make room for your child's best qualities to flourish?
5. Do you feel like God is tender toward you in your motherhood frustrations and failures? Is it difficult to be tender toward yourself? Share your own version of Romans 8:38-39.

## **Chapter 3: I Just Want One Real Friend**

1. Did going from not-a-mom to Mom feel like a seismic shift in your life or identity? What surprised you most about that transition? Do you have someone to process those feelings honestly with?
2. Do you feel known by God in your motherhood? Consider Psalm 139. How does knowing that God goes before you, behind you, and with you effect your confidence as a mom?
3. Which friendship pitfall has most often tripped you up? (False Thinking, Snap Judgments, Insecurity, or Good Intentions with No Follow-Through?) How can you move forward in friendships differently?
4. How can you turn something in your regular motherhood rhythm into an opportunity for friendship connection?
5. Has another mom's vulnerability ever freed you to be more real? What does it look like to let the realness leak out in your friendships?

## Chapter 4: It's Okay to Need Your Village

1. Do you feel like you have to repay favors from friends? How would your motherhood experience be different if you embraced the idea that it's okay to need your village?
2. When has a friend's small act of love made a big impact in your day?
3. How can you weave serving your friends into the fabric of your mom-life in manageable ways?
4. Think about your natural wiring. Are you trying to be someone you're not when it comes to serving your friends? How can you use your God-given abilities to bless and invest in a friendship?
5. What is your experience and comfort level when it comes to praying with friends? How could being bold in prayer impact both your mothering and friendships?

## Chapter 5: Why Every Mom Deserves a Cape

1. What places in your parenting is the voice of self-doubt louder than the song of God-confidence? What ignites insecurity for you?
2. Do you worry about what other people think of the way you mother? What would happen if you shifted your focus from how others perceive you to how God wants to empower you?
3. Where can you find the holy in your ordinary days? What everyday tasks can you stop disdaining and start celebrating?

4. How has comparison peril affected your motherhood? What does it mean to take responsibility for your thought life?
5. What are you good at as a mom? Don't be shy. Don't discount it. Identify your unique strengths—name and celebrate them.

## **Chapter 6: When the People You Love the Most Bring Out Your Worst**

1. Did motherhood unlock a surprising storehouse of anger in you? How have you dealt with (or denied) your issues with mommy anger?
2. Do you relate with Becky's confession that the root of her anger was trying to control things? How has this played out in your parenting?
3. Have you experienced the transformative power of Scripture in your motherhood? If so, how? Which verse on pages 123–124 speaks to your heart most?
4. What phrase or approach have you found helpful in apologizing to your kids and modeling the need for forgiveness? What new ideas from this chapter do you want to try?
5. What part of parenting are you trying to do in your own strength? How can you accept the tenderness, grace, and help God wants to offer you?



## **Chapter 7: You Can Do This. You Are Doing This.**

1. What makes you feel out of your mom element? How do you balance your personal preferences with how your child is wired?
2. Is there an experience you've had in the past that connects to what you're experiencing now? Can you see how God might have used an earlier chapter in your story to prepare you for this current season of motherhood?
3. How could choosing to see your child with eyes of compassion affect moments of frustration? How are you and your child alike? Can you see your younger self in his or her reflection?
4. When have you received a word of encouragement exactly when you needed it? Has a friend ever given you an affirmation that was hard to really believe?
5. How might God be whispering reminders that He is with you and for you? Take time to recall and give thanks for significant milestones and encouraging markers along your motherhood journey.

## **Chapter 8: Perspective Check, Check. Is This Heart On?**

1. Do you have a hard time being truly present with your family because your to-dos feel more pressing? How can you show up more fully in small ways?
2. Are you good at seeing the wonder in your ordinary mom days? How does it affect your perspective when you make an effort to notice the beauty in your child and what's around you?

3. What most often threatens your hope? How can you practice clinging to Jesus through prayer and claiming His promises?
4. Do you struggle with unmet expectations, whether in summer like Becky did or in motherhood in general? What meaningful moments and simple blessings have you forgotten? Take stock and remember all the good that did happen.
5. What stuck out to you from the story of the five loaves and two fish? Where do you need Jesus to do a miracle of multiplication in your life? How can you allow Scripture to shape your perspective today?

## **Chapter 9: The Thing You Really Need More Than Caffeine and Sleep**

1. What has your experience been hearing from God? Do you easily recognize His voice? When was the last time the Spirit urged you to do something outside your normal comfort zone?
2. What do you tell yourself about your feelings of inadequacy or insecurity? What do you think your weaknesses say about you?
3. What does God say about your weakness? What invitation is He extending to you? How can you reframe the way you think about the emptiness you feel?
4. Read back through the passages from Isaiah 55. What stands out to you? What assurance is God whispering to your heart?
5. When has a verse come to mind in the exact mothering moment you needed it? Where do you need God to meet you and equip you in this season of motherhood?



## Chapter 10: The Beauty of Being Handpicked

1. What stage of motherhood felt like it would last forever but you've actually passed through? How can you celebrate the season you're in?
2. How can you cheer on another mom who is in a motherhood stage behind you?
3. What do you learn about God's heart toward mothers from what you see in the story of Mary and Jesus?
4. How does it make you feel when you think about God's promise to never leave you and to always go with you?
5. What melt-your-heart moment reminds you of the holy privilege it is to be your kid's mom?