



**A 6-week space for moms to breathe, belong, and remember  
that their everyday life already matters**

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STUDIO  
**messMADE**

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Making the Mess Matter.

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## A Personal Note



I am not a licensed counselor, therapist, or psychologist.

I'm simply a mother who remembers what it felt like to be overwhelmed, exhausted, and quietly wondering if I was doing any of it right.

Mommy Circle™ was not created from expertise—it was created from need.

Back in 2023, I walked alongside a small group of five young mothers at my church. What started as a simple space to sit, talk, and breathe became something deeply meaningful for all of us.

It didn't fix everything.

But it reminded us that we weren't alone.

This resource is an extension of that experience—offered with care, not as professional guidance, but as a starting place for connection, support, and shared understanding among mothers.

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## Before You Offer the Circle Again



### Offering the Circle Again

Mommy Circle is designed as a 6-week space.

Once the circle begins,

it is best to keep it closed

to protect safety and trust.

New mothers should not be added mid-cycle.

When the 6 weeks are complete...

you may offer the space again

for a new group of mothers.

You may also choose to:

- invite new moms into the next circle
- allow previous moms to return if space allows
- keep groups small to maintain safety

Each circle is its own experience.

Start small.

Hold it well.

Then offer it again.

Mommy Circle is not ongoing.

***It is offered again.***



## Why This Space Exists

Mommy Circle was not created in a meeting.

It was born out of real life.

Out of tired mothers

who love God deeply...

but quietly wonder if they are falling short.

Mothers who are:

- carrying a lot
- giving constantly
- and still asking,

“Am I doing enough?”

This space exists to gently remind them:

They are not behind.

They are not failing.

God is already meeting them

in the middle of their real life.

Not after things get easier.

Not when they finally catch up.

But now.

In the dishes.

In the driving.

In the repetition of their days.

This is not about giving moms more to do.

It is about helping them see

that what they are already doing matters.

## What This Is (and Isn't)

This is:

- a 45-minute weekly gathering (6 weeks)
- a small, calm space
- conversation, not teaching

This is NOT:

- a Bible study
- a class
- a program to manage

This is a space to breathe.



### **How It Works**

- 6 weeks
- 45 minutes each week
- small group (start with 5 moms)

Each session includes:

- a short reset (slow the room)
- a simple reading
- guided conversation
- a gentle closing

### **What You Need**

- 1 calm leader
- 2–3 childcare volunteers
- a simple room with chairs in a circle
- basic childcare (play, not lessons)

If childcare isn't available, many moms won't come.

### **Creating the Space**

You do not need a perfect setup.

You need a space that feels calm, simple, and welcoming.

- chairs in a circle
- a quiet room
- soft, unrushed environment

A small detail matters:

- water
- tea
- coffee

This is not about impressing.

It is about helping moms feel expected.

### **Set The Tone**

A small detail matters:

- water
- tea
- coffee

This is not about hosting perfectly.

It's about making moms feel expected.

### **Start Small**

Start with 5 moms.

Not big.

Not perfect.

Safe.

If the space is held well...it will grow.

### **What Success Looks Like**

A mom leaves feeling:

- less alone
- able to breathe
- like her life matters

That is enough.

### **Final Word:**

*You are not launching a program.*

*You are creating a space where mothers can remember what is already true.*



## The Child Space Team

### Child Space Matters

Mothers cannot rest  
if they are wondering  
if their child is okay.

The child space is not separate from this experience.  
It makes the space possible.

Keep it simple:

- safe
- supervised
- play-based (not a lesson)

Basic setup:

- coloring
- blocks
- books
- simple toys

The goal is not to entertain children.

The goal is to help moms exhale.

Your role is simple:

Create a place where children feel safe, seen, and welcome.

(Full child space policy and setup details follow in the next section.)

The child space is not just supervision.  
It is part of the experience.

Because mothers cannot rest  
if they are wondering  
if their child is okay.

So the role of a volunteer is not:  
to manage children  
to control behavior

It is:

to create a calm, safe presence

What matters most:

- being attentive, not distracted
- being calm, not reactive
- being kind, not corrective
- being steady, not rushed

What this looks like:

- sitting near children, not across the room
- speaking gently
- redirecting, not correcting
- allowing play, not controlling it

What to avoid:

- loud correction
- harsh tone
- constant “no” language
- trying to run a lesson

The goal:

children feel safe  
mothers can exhale



## **Child Space Policy for Mommy Circle** (For Hosts & Volunteers - Reference Section)

The child space for Mommy Circle is designed to provide a safe, calm, play-based environment so mothers may participate in the gathering knowing their children are being cared for with attentiveness and respect.

### 1. Purpose of the Child Space

The child space is not a classroom, lesson time, or formal children's ministry program. It is a supervised play space created to support children's safety, comfort, and belonging while their mothers attend Mommy Circle.

### 2. Supervision and Volunteers

All volunteers serving with children must be approved by the hosting church or organization according to its child protection procedures.

Whenever possible, all child space volunteers should:

- complete an application or screening process
- pass required background checks
- follow all church or organizational child safety policies
- receive basic orientation before serving

At least two unrelated adults should be present in the child space whenever children are in attendance.

### 3. Check In and Release

Each child must be signed in by the attending mother or designated caregiver before the session begins.

The following should be collected at check in:

- child's first name
- mother or caregiver name
- emergency contact number
- allergy or medical notes
- bathroom or toileting notes, if needed

Children may only be released to the mother or authorized adult who checked them in, unless another arrangement has been clearly communicated in advance.

### 4. Ratios and Age Grouping

Children should be grouped as wisely as possible based on age, developmental needs, and available volunteers.

Whenever possible, the hosting church or organization should maintain reasonable child to adult supervision ratios appropriate for the ages present.

If the number of children exceeds what available volunteers can safely supervise, additional volunteers must be added, or the host must adjust enrollment.



## Child Space Policy (For Hosts & Volunteers — Reference)

### 5. Bathroom & Diapering

The host organization should determine in advance whether volunteers will assist with bathroom needs or diaper changes.

Recommended practice:

- mothers handle diapering whenever possible
- mothers are called for toileting accidents or diaper needs unless the host has a clearly approved diapering procedure
- no volunteer should be alone with a child in a restroom

If a child needs help beyond what the host's child safety policy allows, the mother should be called immediately.

### 6. Snacks and Allergies

If snacks are provided, they should be simple and low risk.

Before offering any snack, the host should collect allergy information for each child.

Best practice:

- serve water only
- avoid high sugar foods
- avoid foods with common allergens unless clearly approved by the parent
- do not force a child to eat or drink

If there is any doubt about a child's dietary needs, do not offer the snack until the mother is asked.

### 7. Illness

Children who are sick should not be left in the child space.

The host may ask a mother to keep her child with her if the child has:

- fever
- vomiting
- diarrhea
- contagious rash
- active coughing that disrupts care
- any symptom that suggests the child cannot comfortably participate

If a child becomes ill during the session, the mother should be contacted immediately.



## Child Space Policy (For Hosts & Volunteers — Reference)

### 8. Safety and Behavior

The goal of the child space is not control, punishment, or performance. It is calm, safe supervision.

Volunteers may:

- redirect gently
- offer choices
- move a child to a quieter activity
- contact the mother if a child needs extra comfort

Volunteers may not:

- shame
- yell
- use harsh punishment
- use physical discipline
- isolate a child in a closed room
- force physical affection
- use any form of ridicule or humiliation

If behavior becomes unsafe, the mother should be called.

### 9. Touch and Physical Boundaries

Appropriate care may include brief comforting, helping a child up after a fall, or side by side support during play.

Volunteers should avoid unnecessary physical contact and must follow all applicable child protection guidelines.

No volunteer should be alone with a child in a private or closed space.

### 10. Devices and Photos

Personal phone use should be limited to emergency or ministry communication only.

No child photos or videos should be taken unless the hosting church or organization has clear written parental permission.



## Child Space Policy (For Hosts & Volunteers — Reference)

### 11. Injuries and Incidents

\*A basic first-aid kit must be available in the child space at all times to respond to minor injuries quickly and appropriately. Any injury, accident, concerning behavior, allergy concern, or unusual incident should be communicated to the mother promptly and documented according to the host's policy.

If a serious safety concern arises, the host's emergency procedures should be followed immediately.

### 12. Reporting Concerns

Any volunteer who observes signs of abuse, neglect, inappropriate conduct, or policy violation must report the concern immediately according to the host organization's child protection procedures and applicable law.

### 13. Host Responsibility

Each church, ministry, or organization using Mommy Circle is responsible for implementing this child space within its own safety policies, legal requirements, insurance standards, and child protection procedures.

**StickyMess Ministry provides this material as a ministry resource and does not supervise, staff, insure, or control the local child space.**



## LEADER SECTION

Now that the space is created...this is how you hold it.

Before you gather mothers... pause.

Mommy Circle is not something you lead from skill.

It is something you lead from posture.

You do not need to be the most experienced.

You do not need the right words.

You do not need to have it all together.

But you do need this:

A willingness to slow down.

A willingness to listen.

A willingness to let go of fixing.

If you enter this space trying to help mothers improve...

you will unintentionally recreate the pressure they already feel.

If you enter this space with calm, presence, and humility...

you will create something rare:

A place where mothers can breathe again.

Before each gathering, ask yourself:

- Am I calm enough to hold this space?
- Am I willing to listen more than I speak?
- Am I okay if nothing “impressive” happens?

If the answer is yes...

you are ready.

## THE WHY

Mommy Circle is not a program you run.

It is a space you hold.

Most mothers are not lacking information.

They are carrying too much.

They do not need:

- more teaching
- more expectations
- more things to keep up with

They need:

- a place to exhale
- a place to be seen
- a place where nothing is required of them

The Mommy Circle exists to remind mothers:

God is already meeting them in their real life —

not after it gets easier, quieter, or more put together.

If you lead from fixing, teaching, or performing...

you will recreate pressure.

If you lead from presence...

you will create safety.



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### THE HOW

#### 1. Presence Over Performance

You are not the expert in the room.

You are a steady presence.

You don't fix.

You don't correct.

You don't rush.

#### 2. Gentle Leadership

Leadership looks like:

- listening more than speaking
- allowing silence
- not rescuing emotion

Calm creates safety.

#### 3. No Comparison Culture

Do not allow:

- "When my kids were little..."
- unsolicited advice
- subtle hierarchy

Every mother's season is valid.

#### 4. Scripture as Invitation

Scripture is not used to measure.

It is used to remind.

#### 5. Protecting Safety

What is shared in the circle stays in the circle.

Trust is sacred.

#### 6. Model, Don't Perform

You do not need to have it together.

You lead by being real.



## **LEADER SECTION**

### **WHAT THIS SPACE IS NOT**

This is not a place to:

- give advice unless it is asked for
- teach a lesson
- correct parenting
- compare experiences
- fill every silence
- rush emotion
- turn this into a Bible study

If you feel the urge to fix... pause.

Silence is not a problem.

Emotion is not a problem.

Mess is not a problem.

These are often the moments where something real is happening.

### **THE FLOW**

Mommy Circle is intentionally designed to last 45 minutes.

Not too long — so it doesn't feel like a burden.

Not too short — so it still allows depth.

Just right — so mothers come back.

### **CREATING A WELCOMING SPACE**

The environment communicates before words do.

Simple, thoughtful details help mothers feel:

they are expected, not added.

If possible, offer a small refreshment area:

- water
- tea
- coffee

This is not about hosting perfectly.

It is about creating warmth.

Mothers often arrive tired, rushed, or depleted.

A warm drink or a cup of water becomes more than a refreshment —

it becomes a signal:

“You can slow down here.”

“You are cared for here.”

“You don't have to give anything right now.”

Keep it simple.

No pressure to provide elaborate options.

A small table, a few cups, and something warm is enough.



## LEADER SECTION

### EVERY WEEK FOLLOWS THIS RHYTHM

1. Arrival & Regulation (5 minutes)  
Help moms slow down and settle.
2. Emotional Entry (5 minutes)  
A short reading that helps moms feel seen.  
(Not teaching — recognition.)
3. Guided Conversation (20 minutes)  
2–3 questions.  
No fixing.  
No pressure.
4. Gentle Reframe (5 minutes)  
One simple truth.  
Not a sermon.
5. Closing Blessing (5–10 minutes)  
Slow. Grounding.  
Do not rush the ending.

#### \*Important Boundary

If more connection is needed, allow it before or after —  
but keep the circle itself within 45 minutes.

This protects:

- the mothers
- the volunteers
- the sustainability of the space

### START SMALL

You do not need to build big to begin.  
Do not wait until everything is perfect.  
Do not wait for:

- a full team
- a large group
- a polished setup

Start small.

Start with 5 moms.

Because this space is not built on numbers.

It is built on safety.

A smaller group:

- builds trust faster
- allows deeper connection
- is easier to sustain

Growth will happen naturally  
when mothers feel seen.  
You do not need to promote this heavily.  
You need to hold it well.  
If the space is safe...  
mothers will invite other mothers.

#### Final Anchor

You are not here to lead perfectly.

You are here to hold a space where mothers can remember  
what is already true.



## WEEK 1-You Are Not Behind

Theme: Safety before growth

Total Time: 45 minutes

Tone: Slow, grounding, permission-giving

Leader Posture:

Calm, unhurried, non-teaching

You are setting safety, not delivering content

This is not about leading well.

This is about being present.

### 1. Opening Reset (5 minutes)

Do not skip this.

This is where the tone of the entire session is set.

(Read slowly)

“Before we begin... let’s pause for a moment.

Not to be spiritual.

Just to let your body catch up to you.

You didn’t float in here.

You worked to get here.

You fed kids.

Packed bags.

Strapped car seats.

Handled emotions — theirs and maybe your own.

So, for the next few seconds... do nothing.

Put both feet on the floor.

Take a slow breath in through your nose...

and let it out through your mouth.

Again... in... and out.

That’s not spiritual.

That’s biological.

Your brain needs oxygen to shift out of survival mode.

And this space...

is not asking anything from you.

You can just be here.”

(Pause. Let silence sit.)



2. Framing for the Week (3 minutes)

“This is not a class.

This is not a Bible study.

This is not another thing to keep up with.

You don’t need to prepare.

You don’t need to share.

You don’t need to have answers.

This is a circle.

A place to sit, breathe, and be real.

The goal is simple:

To remind you that God is already meeting you  
right where you are —  
not where you think you should be.”

3. Short Reading or Book Connection (1 minute)

“Before we talk... I want to share just a small part of why this space exists.

The Mommy Circle wasn’t created in a meeting...

It was born out of exhaustion.

Out of late nights... and quiet thoughts like,

‘I don’t know if I’m doing this right.’

‘I feel behind.’

‘I feel like I’m failing.’

And what this space is here to remind you is this:

God does not meet mothers at the finish line.

He meets them in the middle.

Not after everything is done...

but while you’re holding everything together.

So today... you don’t have to perform.

You just get to be here.”

(Pause. Do not rush.)



4. Guided Conversation (20 minutes)

(Choose 2–3 questions only)

- What did it take for you just to get here today?
- Where do you feel like you're "behind" right now — even if no one has said it out loud?
- What feels heavy that most people don't see?
- What would it feel like to hear:

“You're not failing — you're faithful”?

(Leader reminders)

- No fixing
- No advice
- Let silence be okay
- Reflect, don't correct

5. Gentle Reframe (5 minutes)

(Read slowly)

“Here's the truth we're starting with this week:

You are not behind.

You are not late to God's work.

You are not missing Him.

You are not doing this wrong.

God is not waiting for you to catch up.

He is already with you —

in the middle of your real life.

Not after things calm down.

Not after you do more.

Right now.”



6. Closing Blessing (5–10 minutes)

“To every mother here-

You are not behind.

The exhaustion you carry

is not evidence of failure.

It is evidence of love.

May you leave this space lighter than you came.

Not because life is easier...

but because you are seen.

May you remember this week:

God is not waiting for you to do more.

He is already with you.

Right in the middle of your life.”

(Pause)

“You can go when you’re ready.

No rush.”

7. ***\*Leader Notes (Not Read Aloud)***

- Do not rush the silence after the reading
- Do not turn this into teaching
- If conversation is quiet, that is okay
- If emotions rise, do not fix them
- Your calm sets the tone
- Less words = more impact

\*If a mother leaves feeling less alone, the session worked



## WEEK 2-Ordinary Is Holy

Theme: God forms through repetition, not big moments

Total Time: 45 minutes

Tone: Grounding, eye-opening, relieving

Leader Posture:

Steady, observant, helping moms see differently

Not adding more... helping them recognize what already is.

### 1. Opening Reset (5 minutes)

Do not skip this.

This is where the tone of the entire session is set.

(Read slowly)

“Before we begin... let’s pause again.

Maybe today felt repetitive.

The same questions.

The same snacks.

The same mess.

The same routines... over and over.

And sometimes that repetition can feel like:

‘Is this even doing anything?’

So let’s take a breath together.

In through your nose...

and out through your mouth.

Again... in... and out.

This is your moment to slow down.

Nothing you walked in carrying

has to be solved right now.

You can just be here.”

(Pause)



2. Framing for the Week (3 minutes)

“This week is about something most moms don’t notice.

Not because it’s not important...

But because it feels too ordinary.

Meals.

Bedtimes.

Cleaning.

Repeating the same things again tomorrow.

It can feel like:

‘This is nothing.’

But what if it’s not nothing?

What if it’s actually where the most important things are happening?”

3. Short Reading or Book Connection (1–2 minutes)

“You may not remember what you said to your child last Tuesday.

But they remember what it feels like to sit at your table.

They remember the tone of your voice.

The way you respond.

The rhythm of your home.

Repetition doesn’t feel powerful in the moment.

But over time...

Repetition becomes memory.

And memory becomes identity.”

(Pause)



4. Guided Conversation (20 minutes)

(Choose 2–3 questions)

- What is something you do every day that feels unnoticed?
- Is there a routine in your home that feels boring or repetitive?
- Where do you ever think: “This can’t be what really matters”?
- What would change if those small, repeated things actually counted?

(Leader reminders)

- Don’t rush answers
- Silence is okay
- Affirm, don’t fix

5. Gentle Reframe (5 minutes)

(Read slowly)

“Here’s the truth for this week:

God does not build lives through big moments alone.

He builds them through repetition.

Through what stays.

Through what happens again... and again... and again.

The table.

The chair.

The bedtime routine.

The same words you repeat.

It may feel small.

But small things... repeated with love...

become the foundation of who your child becomes.”



6. Closing Blessing (5–10 minutes)

“May you stop overlooking the work you do every day.

May you begin to see the sacred in the ordinary.

May your table become a place of belonging...

even when the food is simple.

May your presence in small moments

become something your children carry for a lifetime.

And may you remember:

What feels repetitive...

is often what is forming the most.”

(Pause)

“You can stay as long as you need.

No rush.”

7. ***\*Leader Notes (Not Read Aloud)***

- Do not skip the Opening Reset
- This is where safety begins
- A calm room creates honest conversation
- This week is about shifting perspective, not adding pressure
- Avoid making moms feel like they need to “do routines better”
- Keep it light, not heavy
- Let moms come to their own realization
- Less explaining, more noticing

\*If a mom leaves thinking:

“Maybe what I’m doing actually matters...”

then the session worked



## WEEK 3-Presence Is Enough

Theme: Children are formed through presence before instruction

Total Time: 45 minutes

Tone: Grounding, relieving, identity-shifting

Leader Posture:

Calm, steady, reducing pressure

Helping moms release “doing more”

### 1. Opening Reset (5 minutes)

Do not skip this.

This is where the tone of the entire session is set.

(Read slowly)

“Before we begin... let’s pause again.

Not to be spiritual...

but because your body needs it.

Most of you arrived carrying a lot.

Schedules.

Decisions.

Noise.

Responsibility.

So even if you’re sitting still...

your body may still feel like it’s moving.

Let’s help it slow down.

Put both feet on the floor.

Take a slow breath in through your nose...

and let it out through your mouth.

Again... in... and out.

This is your brain shifting

out of survival mode

and into connection.

Nothing you walked in carrying

has to be solved right now.

You can just be here.”

(Pause)

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2. Framing for the Week (3 minutes)

“This week we’re talking about presence.

Not doing more.

Not doing it better.

Not getting it right.

Just... being there.

Many of us feel pressure

to teach our children well...

to explain things clearly...

to do enough.

But children don’t start with understanding.

They start with feeling.”

3. Short Reading or Book Connection (1–2 minutes)

“Before children understand words...

they understand nearness.

They notice:

who is there

how you respond

how safe it feels to be with you

Presence is the first language they learn.

And long before they understand faith...

they experience it

through you being there.”

(Pause)



### 4. Guided Conversation (20 minutes)

(Choose 2–3)

- When you hear the word “presence,” what do you feel — comfort, pressure, guilt, relief?
- What does “showing up” actually look like in your current season?
- Where do you feel pressure to do more... when your child may just need you?
- Was there someone in your childhood whose presence made you feel safe?

### 5. Gentle Reframe (5 minutes)

“Here’s the truth for this week:

Presence is not about being perfect.

It’s about being available.

Being emotionally reachable.

Being consistently there.

Children don’t need a perfect mother.

They need a mother

they can feel.

And what you are already giving...

matters more than you think.”



6. Closing Blessing (5–10 minutes)

“May you release the pressure  
to be everything.

May you trust  
that your presence is already forming something good.

May you remember  
that your nearness teaches safety  
long before words teach faith.

And may you rest in knowing:

You are already giving  
what your child needs most.”

(Pause)

“You can stay as long as you need.”

7.\* ***Leader Notes***

- Do not skip the Opening Reset
- This is where safety begins
- Do not let this turn into “do more better”
- Keep bringing it back to relief, not pressure
- Less words, more space



## **WEEK 4-You Didn't Miss God**

Theme: Hard seasons are not spiritual failure

Total Time: 45 minutes

Tone: Comforting, permission-giving, deeply relieving

Leader Posture:

Gentle, compassionate, normalizing struggle

### 1. Opening Reset (5 minutes)

Do not skip this.

This is where the tone of the entire session is set.

(Read slowly — same rhythm, slight variation)

“Before we begin... let’s pause.

Not because we need to be spiritual...

but because your body needs a moment.

Some days feel heavier than others.

Less sleep.

More emotions.

Things not going as planned.

So let’s take a breath together.

In through your nose...

and out through your mouth.

Again... in... and out.

Your body needs this

to shift out of survival mode.

Nothing has to be solved right now.

You can just be here.”



2. Framing for the Week (3 minutes)

“This week is about something many moms quietly carry:

The feeling that they are missing something...

spiritually... emotionally... or as a mother.

Like:

‘I should be doing better.’

‘I should be more consistent.’

‘I should feel closer to God.’

But what if that’s not true?”

3. Short Reading (1–2 minutes)

“Some seasons don’t feel calm.

They feel like survival.

And in those seasons...

it can feel like God is distant.

But God does not leave

when life gets hard.

He meets you there.

Not after it’s over.

In the middle of it.”

4. Guided Conversation (20 minutes)

- Where do you feel like you’re falling short right now?
- Have you ever felt like you were “missing God” in a season?
- What has this season actually required of you?
- What would it feel like to believe God is still present here?



5. Gentle Reframe (5 minutes)

“Here’s the truth:

Hard seasons are not a sign  
that you are doing something wrong.

They are part of life.

God is not measuring your consistency.

He is present in your effort.

In your returning.

In your showing up... again.”

6. Closing Blessing (5–10 minutes)

“May you release the weight  
of trying to get everything right.

May you trust

that God is not distant from your hard days.

May you know

you have not missed Him.

He is already here.

Right in the middle

of your real life.”

7. ***\*Leader Notes***

- Do not skip the Opening Reset
- This week may bring emotion — do not fix
- Normalize, don’t correct
- Keep tone gentle, not heavy



## WEEK 5-Your Work Counts

Theme: What is lived quietly becomes identity later

Total Time: 45 minutes

Tone: Affirming, strengthening, hope-building

Leader Posture:

Encouraging, steady, helping moms trust the process

### 1. Opening Reset (5 minutes)

Do not skip this.

This is where the tone of the entire session is set.

(Read slowly)

“Before we begin... let’s pause.

Not because we need to be spiritual...

but because your body needs a moment.

You’ve already done a lot today.

You’ve shown up.

You’ve responded.

You’ve carried things that no one else saw.

And sometimes...

when there’s no feedback...

no visible results...

it can feel like nothing is working.

So let’s take a breath together.

In through your nose...

and out through your mouth.

Again... in... and out.

This is your body slowing down.

Nothing you walked in carrying

has to be figured out right now.

You don’t have to measure anything here.

You can just be here.”

(Pause. Let it settle.)



2. Framing for the Week (3 minutes)

“This week is about something most mothers don’t see in real time:

The impact of what they are doing.

Because most days...

it feels like nothing is sticking.”

3. Short Reading (1–2 minutes)

“Children don’t show the results immediately.

But they are watching.

They are learning:

how you respond

how you repair

how you love

And what is repeated quietly...

becomes who they become later.”

4. Guided Conversation (20 minutes)

- What feels like it’s “not working” right now?
- Where do you wonder if anything is sticking?
- What do you hope your child carries from this season?

5. Gentle Reframe (5 minutes)

“What you repeat with love

is shaping more than you can see.

Even when there is no feedback.

Even when it feels unnoticed.

It is working...

just not on your timeline.”



6. Closing Blessing (5–10 minutes)

“May you trust the work

you cannot yet see.

May you believe

that what you are doing matters.

And may you remember:

Quiet faith

becomes loud later.”

7. \*Leader Notes

- Do not skip the Opening Reset
- Do not over-explain outcomes
- Keep it hopeful, not corrective



## WEEK 6-The Ministry Was You All Along

Theme: Faith was never meant to be separate from daily life

Total Time: 45 minutes

Tone: Grounded, honoring, full-circle, deeply affirming

Leader Posture:

Naming what already is

Not teaching

Not adding

Letting truth be recognized

### 1. Opening Reset (5 minutes)

Do not skip this.

This is where the room slows down... and everything else begins.

(Read slowly)

“Before we begin today, let’s pause —

not because we need to become spiritual,

but because your body needs a moment.

You’ve lived a full week.

Meals.

Messes.

Car seats.

Bedtimes.

Emotions.

And now you’re here.

Let’s take a slow breath together.

In through your nose...

and out through your mouth.

Again... not to fix anything,

just to remind your body:

You are safe.

You are held.

You don’t have to perform here.

This space exists because what you are already doing matters —

and today, we’re going to name that out loud.”

(Pause)



2. Framing for the Week (3 minutes)

(Read slowly)

“Somewhere along the way...

many of us picked up the idea

that spiritual things happen somewhere else.

In quiet places.

In church spaces.

In moments that feel more put together.

And without realizing it...

real life started to feel separate from faith.

Like this part is spiritual...

and this part is just survival.

But what if that line was never real?”



3. Short Reading (2 minutes)

A Deuteronomy 6 Reframe — Lived in Real Life

(Read slowly — let this land)

“Love the Lord your God...

with all that you are.

Not just in quiet moments.

Not just when life slows down.

But in the middle of your real life.

And moms...

I know this about you.

You don't want to fail God.

That matters to you.

You care deeply.

You carry that quietly.

But here's what I want you to see...

You already are loving Him.

In the way you care for your children.

In the way you keep showing up.

In the way you give, and give, and give again.

Under the dishes.

In the driving.

In the repetition of your days.

You are living His heart

more than you realize.

Not perfectly.

But faithfully.

What you are doing every day...

is not separate from loving God.

It is what it looks like.”

(Pause — do not rush)



4. Guided Conversation (20 minutes)

(Choose 2–3)

- Where do you see your real life differently now than Week 1?
- What part of motherhood have you quietly wondered, “does this even count?”
- Where have you noticed God in your everyday moments?
- What feels different now about how you see your role as a mother?

5. Gentle Reframe (5 minutes)

(Read slowly)

“You didn’t miss your ministry.

You’ve been living it.

And you didn’t fail to love God.

Even on the hard days.

Even when you feel behind.

The love you carry for Him

is showing up in your life

in ways that don’t always feel spiritual.

In the caring.

In the patience.

In the returning after a hard moment.

In the giving of yourself every day.

You are not behind.

You are living a love

that looks like real life.

And God sees it.

All of it.”



6. Closing Blessing (5–10 minutes)

(Read slowly — let this breathe)

“Moms...

God is not waiting for a better version of your life.

He is not waiting for quieter days.

Or more time.

Or more energy.

He meets you

right where you already are.

In the middle of your day.

In the middle of your home.

In the middle of your life.

Your work is not separate from faith.

Your presence matters.

Your love is forming something.

Even when it feels ordinary.

Even when it feels unnoticed.

May you leave here knowing:

Nothing has been wasted.

God has been here all along.

And He still is.”

(Pause)

“You can stay as long as you need.

No rush.”



7. \*Leader Notes

- Do not skip the Opening Reset
- This is where safety begins
- Do not explain the Scripture reference
- Let it be recognized, not taught
- Do not add next steps
- This is recognition, not instruction
- Keep tone light, grounded, and honoring

\* If a mom leaves thinking:

“Wait... my real life is where this has been happening...”

then this session worked

- Acknowledge this is a 6-week space
- Do not create pressure for “what’s next”
- Do not add commitments or follow-ups
- Let the ending feel complete and light
- Allow time for natural lingering



Leader Closing (final, aligned)

(After blessing... pause... then speak gently)

“As we come to the end of our time together ...

I want to say this out loud:

This was a 6-week space.

And you showed up.

You made time.

You came when it wasn't easy.

You carried a lot... and still came.

And that matters.

This space was never meant to give you something new to carry.

It was meant to help you see

what has already been true.

So as you go back...

it's the same home.

The same routines.

The same responsibilities.

But maybe now...

you'll see it differently.

The same table.

The same drive.

The same moments.

And instead of wondering if it's enough...

you'll remember:

You're not behind.

You're not failing.

You've been living something that matters all along.



This 6-week space is complete...  
but what it revealed  
doesn't end here.  
It goes with you.  
Into your everyday life.  
Thank you for being here.  
For showing up.  
For holding this space together.  
You can stay and talk...  
or sit for a minute...  
or head out when you're ready.  
No rush."

***\*For the LEADER:***

Since this is the final week:

\*Let the room linger longer than usual

- Soft music already playing
- No immediate cleanup energy
- Leaders stay available but calm
- Let moms process, talk, or quietly leave

This is where:

\*meaning settles



After the Circle

If you've made it here...

you held something meaningful.

Not perfectly.

But faithfully.

You created a space

where mothers could sit, breathe, and be seen.

This was a 6-week space.

And it is complete.

Not because everything is finished...

but because something has been recognized.

Mothers will return to

the same homes,

the same routines,

the same responsibilities—

but not the same way.

They will carry a quiet knowing:

they are not behind

they are not failing

their everyday life matters

And you...

you helped hold that moment.

You were not asked to do more—

only to hold the space.

And you did.

Take a breath.

What you held mattered.

## A Gentle Boundary For What Comes Next



Mommy Circle is not designed to lead mothers into more.  
It is designed to give them space when life already feels full.

After these 6 weeks, there may be invitations.

More gatherings.

More involvement.

More opportunities to engage.

These can be good things.

But they should not be immediate expectations.

This space exists for mothers who are often already carrying too much.

Adding more too quickly can undo what this space was meant to **restore**.

When a mother is ready, she will move toward connection.

Not out of pressure—but from a place of strength.

From a place of clarity.

From a place of knowing she is no longer behind.

Trust that.

Trust her timing.

Trust what has been formed quietly over these weeks.

If she chooses to re-engage in church life, women's ministry, or community...

she will remember where she was *first* given space to breathe.

And she will come back—not because she has to, but because something in her is ready.

This is not about bringing mothers in faster.

**It is about helping them return whole.**

## Before You Go...



Before You Go...

If you take anything from this guide, let it be this:

You don't need to create something impressive.

You're creating something meaningful.

A simple circle...

can become a sacred space.

Where stories are shared,

hearts are held,

and God quietly meets mothers right where they are.

Thank you for being part of that.

With gratitude,

*Rocio Rojas*

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