

Finding Peace in the Word

Weekday Bible Study for Working Moms



Introduction

Welcome, working mom! This 5-day Bible study is designed to help you connect with God amidst the demands of work and family. Each day offers a scripture, a short reflection, and questions to guide your thoughts. Take a few minutes each day to re-center and find peace in His word.

Day 1: Strength for Today

Scripture: *"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."* - Isaiah 41:10 (NIV)

Connection: Life as a working mom can feel overwhelming. This verse reminds us that God is always with us, offering strength and support.

Questions:

1. What specific challenges are you facing today?
2. How can you actively invite God's strength into your day?
3. What does it mean to be 'upheld' by God's righteous right hand?

Day 2: Finding Balance

Scripture: *"Come to me, all you who are weary and burdened, and I will give you rest."*
- Matthew 11:28 (NIV)

Connection: Juggling work and family often leads to exhaustion. Jesus offers rest and renewal to those who seek Him.

Questions:

1. Where in your life do you feel most weary and burdened?
2. What does 'rest' look like for you, practically?
3. How can you create small moments of rest throughout your day?

Day 3: Prioritizing Purpose

Scripture: *"But seek first his kingdom and his righteousness, and all these things will be given to you as well."* - Matthew 6:33 (NIV)

Connection: It's easy to get caught up in the urgent, but God calls us to prioritize His kingdom above all else.

Questions:

1. What does it mean to 'seek first his kingdom' in your current season of life?
2. How can you align your daily actions with your values and faith?
3. What 'things' are you trusting God to provide as you prioritize Him?

Day 4: Grace for Mistakes

Scripture: *"The Lord is compassionate and gracious, slow to anger, abounding in love."*

- Psalm 103:8 (NIV)

Connection: As working moms, we inevitably make mistakes. God's grace covers our imperfections and offers us fresh starts.

Questions:

1. Where do you need to extend yourself some grace today?
2. How does knowing God is 'slow to anger' change your perspective on your mistakes?
3. What can you learn from your mistakes, rather than dwelling on them?

Day 5: Gratitude in the Mundane

Scripture: *"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."*

- 1 Thessalonians 5:18 (NIV)

Connection: Even in the midst of chaos, we can find reasons to be grateful. Gratitude shifts our focus and brings joy.

Questions:

1. What are three things you are grateful for today, even if they seem small?
2. How can you cultivate a more grateful attitude throughout your day?
3. How does gratitude change your perspective on challenging situations?

Remember, you are not alone. God sees you, He loves you, and He is with you every step of the way. Continue to seek Him in the everyday moments, and He will guide you and give you peace.