

Busy Mom Bible Study Instructions

Studying the Bible can be very challenging for busy moms. It can be hard to carve out time for devotions and even harder to keep a train of thought amidst all the interruptions from the kids. The Busy Mom Bible Studies are designed to help make it possible for moms to still dig into the Scriptures and grow in their walk with the Lord EVEN in spite of all the stress and chaos of caring for and nurturing children in the home.

The Busy Mom Bible Study Method:

The method is very simple. Every day you are given a Scripture passage to read, write, and ponder. The “writing” is a key feature to this method, as writing things out is one of the best ways to form a complete thought and to stay focused amidst any distractions around you.

There is a worksheet provided that can help you stay on track and stay focused even amidst noise, chaos, and inevitable interruptions.

The study is divided into sections and each section can be completed in just a few minutes, so if your children are awake and active while you are trying to study it is possible to conduct the study in intervals and still be able to tend to your kids in between sections.

One Month Study Format:

Each of our Busy Mom Bibles studies contains thirty-one Scripture passages, this gives you one Bible passage and for each day of the month.

If you are in a month that has less than thirty-one days you can either drop the additional lessons when the month is complete or do two lessons in a day to make up for the extra.

How to Conduct This Study:

Print out a copy of the outline provided and as many worksheets as you need to get started.

STEP ONE: Using the worksheet provided, take a moment to WRITE out an opening prayer. Try not to repeat the same prayer every day, but really take a moment to invite God to join you in the study.

You can ask God to really bless your time of study and to speak to you through His Word. You can ask for His help in being consistent and faithful in conducting the studies. You can take a moment to surrender a burden or care that is on your mind which might distract you from being able to focus. You can pray for your children or pray for the extra grace and patience you need to be able to draw close to God in spite of all the demands for your time and attention. Whatever is on your heart, give it up to God and open your heart to listen to whatever He would teach you today!

STEP TWO: Look up the scripture passage for the day. Read through it once or twice (or three or more times if needed) and then take a moment to actually WRITE out the scripture passage. Writing out the verse can really help to get your mind concentrated and focused on what the verse is saying and can really give a greater depth to your study than just reading it would.

STEP THREE: Look specifically at what this particular passage has to say about the main topic that the study is focusing on. Take some time to really think about the passage and what specifically it is teaching you about this particular topic of study.

STEP FOUR: The next step is to write out any thoughts and observations you have pertaining to this verse.

If nothing comes to mind right away you may want to just set the worksheet aside for a little bit and go do the dishes, or laundry, or whatever chores you have to do. Keep the verse in mind as you go about your chores and then come back to the worksheet later to write down any thoughts that have come to mind as you were thinking it over.

STEP FIVE: Choose one thing that you are going to do TODAY in response to the text or in response to any convictions from the Holy Spirit. This is your application activity, putting into action the verse from James . . .

*Do not merely listen to the word, and so deceive yourselves. Do what it says.
Anyone who listens to the word but does not do what it says is like someone
who looks at his face in a mirror and, after looking at himself, goes away
and immediately forgets what he looks like. But whoever looks intently into
the perfect law that gives freedom, and continues in it — not forgetting what
they have heard, but doing it — they will be blessed in what they do.*

James 1:22-25 NIV

STEP SIX: As you go about your day, be intentional about bringing this verse to mind frequently and discovering different ways that you can apply it your life throughout the day. *Don't forget to complete your application activity from step five!*

Busy Mom Bible Study

From Stressed to Refreshed

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| 1) Matthew 11:28-30 | 17) Exodus 20:8-11 |
| 2) Luke 10:38-42 | 18) Isaiah 58:13-14 |
| 3) Matthew 6:25, 33 | 19) Hebrews 4:1, 9-11 |
| 4) Isaiah 30:15, 18 | 20) Psalm 118:5, 14, 24 |
| 5) Mark 1:32-39 | 21) 1 Kings 8:56-58 |
| 6) Psalm 46:7-10 | 22) Psalm 73:21-24, 26 |
| 7) Isaiah 26:3-4, 12-13 | 23) Galatians 6:4-5, 9-10 |
| 8) Mark 4:37-40 | 24) 1 Peter 5:6-10 |
| 9) Isaiah 40:28-31 | 25) Psalm 51:16-17 |
| 10) Psalm 91:1-2 | 26) John 14:1, 27 |
| 11) Exodus 33:12-14 | 27) John 15:4-5, 7-8 |
| 12) Psalm 62:5-8 | 28) Ecclesiastes 3:1, 9, 12-13 |
| 13) Psalm 23:1-3 | 29) Colossians 3:1-2, 15, 17 |
| 14) Psalm 116:1-2, 7-8 | 30) 2 Corinthians 3:1-2, 15, 17 |
| 15) Psalm 127:1-2 | 31) Hebrews 4:14-16 |
| 16) Mark 6:30-31 | |

“The greatest weapon against stress is our ability
to choose one thought over another.”

— William James —