

# *M Is for Mama*

## STUDY GUIDE



Abbie Halberstadt  
Illustrations by Lindsay Long



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## **M Is for Mama Study Guide**

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## Introduction

**F**riend, I'm so glad you're here, and I can't wait to link arms with you in the sisterhood of rebellion against mediocre motherhood. The thing is, we *all* struggle with mediocrity (whether it's moments, days, or years) without Christ's work at power within us. But *praise God* He walks with us through each meltdown moment, each first-trimester fog of exhaustion, each carelessly spoken word—never condemning, always spurring us onward and upward in His strength.

In this *M Is for Mama Study Guide*, you'll receive practical, nitty-gritty, thought-provoking content in each chapter to help you glean more from the book and to really sink your teeth into what it means to live counterculturally in a time when it would be so much easier (not to mention celebrated!) to go with society's flow.

I've broken down each chapter into a series of key-point summaries, action steps, questions for reflection, and even a guided prayer.

You'll also have room to respond to prompts and journal a few things for each topic. And I've provided a QR code for access

to accompanying video content from me for each chapter. This is the ideal companion to *M Is for Mama* (or MIFM for short) for gleaning maximum impact on an individual level.

However, I've also included discussion questions, which makes this guide the perfect tool to help you band together with kindred mamas who are also seeking to buck trends of apathy and resentment in motherhood. I have been so blessed to receive dozens of messages from mamas who have hosted MIFM book clubs (even before this study guide came out!) and who still meet with the mamas from their group. *M Is for Mama* has been the catalyst that helped them break through shyness or past rejection to find their “mama tribe”—a true “iron sharpening iron” band of sisters! (I've even been privileged to meet whole MIFM groups when they road-tripped to attend a book signing or other event—a huge thrill!)

Whether this guide serves you individually or collectively, I pray it enriches your experience with *M Is for Mama*—and that God uses it to draw you closer to Him and higher toward His calling for you as a mama.





# The Culture of Mediocre Motherhood

EXAMINING THE ATTITUDES  
THAT KEEP US FROM  
CHRISTLIKE EXCELLENCE

**T**he first chapter explores the attitudes that keep mamas stuck in a cycle of mediocrity—our current culture’s standard—as opposed to striving for a Christlike view of motherhood. For mamas to be willing to choose to follow Christ’s model for motherhood, they must first be able to see how the current culture is dragging them down into self-pity and complacency. Most importantly, they need to see the benefits of the Christlike model. Applying biblical wisdom to motherhood doesn’t mean our lives will be a cakewalk. But it does mean we will be mothering “as unto the Lord,” which brings the peace of knowing we are following in Christ’s example—a practice that produces fruit in not only us but our children as well. That is a powerful incentive!



## The Narrative

Read the examples of mediocre motherhood and Christlike motherhood in your book. Take some time to pray about the areas in which you might be embracing mediocre motherhood and record them here. Then reflect on what those same issues might look like through a lens of Christlike motherhood.

MEDIocre MOTHERHOOD	CHRISTLIKE MOTHERHOOD



## Action Steps

Memorize and meditate on Proverbs 11:14 (ESV): “Where there is no guidance, a people falls, but in an abundance of counselors there is safety.” One helpful way to memorize Scripture is to start by writing it down.

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Make a list of three Christlike mamas whom you could seek out for help and guidance.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Unfollow accounts that glorify and glamorize snark, hopelessness, or abdication of responsibility in motherhood. What kinds of accounts did you unfollow?

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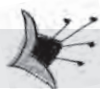
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## Reflection Questions

Am I using Scripture as my standard for excellence in motherhood?

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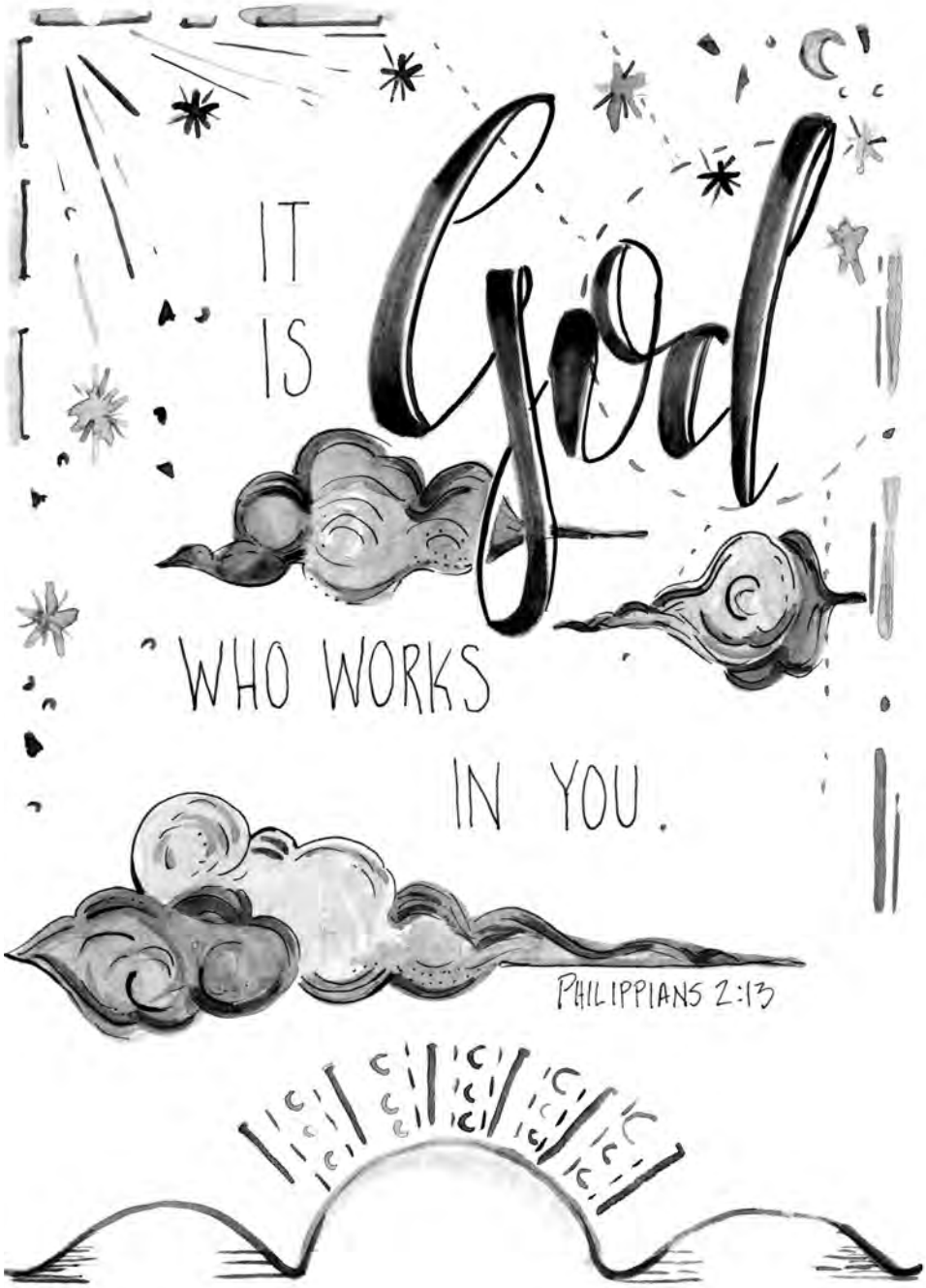
IT  
IS

Good

WHO WORKS

IN YOU.

PHILIPPIANS 2:13





## Group Discussion Questions

Up to this point, what has been your definition of “being a good mama”?

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## Video Link



What have you heard, seen, or read lately that strikes you as an example of mediocre motherhood disguised as relatability? What is the lie hiding behind the example you chose?

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In what area of motherhood do you struggle most to not compare yourself unfavorably to other moms?

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Apart from Christ, we are all going to struggle with mediocrity. How does that realization change the way you see your own shortcomings as a mama?

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How can our weaknesses help us conform to the image of Christ?

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**Prayer**

*Lord, thank You for giving wisdom generously and without reproach to all who ask (James 1:5). May we turn to You each day in every area of our lives, including motherhood, recognizing that conformity to Christ is infinitely better than fitting in with the world.*

# No Two Good Mamas Look Alike

KICKING COMPARISON  
AND EMBRACING OUR  
GIFTINGS IN CHRIST

**T**his chapter encourages mamas to celebrate each other's uniqueness and avoid falling into the traps of comparison and competition that lead to discouragement and isolation. When we understand that God gave each of us different strengths and weaknesses, not only does this free us up to experience the joy of camaraderie with other mamas but it also helps us see how He created us to serve and be served by others. We feel so much more capable of Christlike motherhood when we have a support system of other mamas to share in our journey.



## The Narrative

Read the examples of mediocre motherhood and Christlike motherhood in your book. Take some time to pray about the areas in which you might be embracing mediocre motherhood and record them here. Then reflect on what those same issues might look like through a lens of Christlike motherhood.

MEDIocre MOTHERHOOD	CHRISTLIKE MOTHERHOOD



## Action Steps

Write out, memorize, and meditate on 2 Corinthians 10:12 (ESV): “Not that we dare to classify or compare ourselves with some of those who are commending themselves. But when they measure themselves by one another and compare themselves with one another, they are without understanding.”

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Make a list of three things the Lord has given you the ability to do well and three things you struggle with.

### Things I do well:

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### My areas of struggle:

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_







WHETHER  
YOU

OR **EAT**  
**DRINK**

OR WHATEVER YOU DO,

DO IT ALL FOR THE

**GLORY**  
OF  
**GOD.**

1 CORINTHIANS 10:31



## Group Discussion Questions

What impact has social media had on your relationships with other mamas? Has it brought you closer or divided you?

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What comes easily for you as a mama? How could you use this area of strength to bless other mamas?

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### Video Link





