

# groups.

— Notes | May 11, 2025

## We Reap What We Sow

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“If I have to ask one more time.” “Why do I keep having to do this?” “Do we really need to do this?” These are all questions we frequently ask when we are in relationship with other people and ESPECIALLY if we are moms. Scripture tells us to not give up because in time intentional sowing leads to an intentional harvest. Your actions every day are planting in your children a harvest that will spring up in His time. Do not weary of doing good! It will pay off! Even if the laundry never stops.

## Key Scripture | Galatians 6: 7-9

Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up

## Related Scriptures

— Lamentations 3:22-23; Titus 2:3-5

## Icebreakers:

— Q: If you could grow one thing in a garden every year, what would it be?



## Key Thoughts and Reflections: \_\_\_\_\_

### I. God gave us instructions on how mothers (and all of us) can not grow weary of doing good.

Q: What is one thing your mom did that looking back, you are thankful and see the seeds she sowed in your life?

Q: Why is it so hard to remain consistent in sowing patience and good things into our relationships? or following for a relationship. Which way do you lean? Why?

Q: Is there anyone in your life that has shown you the value or impact of reaping a harvest in someone else's life over time?

### II. Stay engaged and Keep Encouraging

Q: Is it tempting for you to zone out and be on autopilot rather than be intentional with the people around you?

Q: Is there someone in your life that has been encouraging to you? Have you ever told them how much you appreciate it?

Q: Do you find yourself judgmental of people younger than you rather than pouring into them and doing life with them? If so, how can you take one step to fix that?

### III. Stay connected and keep loving

Q: When people—especially moms—get overwhelmed, they often isolate themselves. Do you do the same when you're feeling overwhelmed?

Q: We weren't meant to do life alone. No matter your stage—young mom, newly in a relationship, or anyone—you need someone who's been there. Do you have a mentor?

Q: Love requires sacrifice especially in motherhood. Can you think of a time where you had to sacrifice, and the harvest was worth it?

## Get Practical \_\_\_\_\_

It can be hard for us to trust the slow work of God, but it is VITAL to maintaining healthy relationships and healthy rhythms for ourselves and our family. If you find yourself without a mentor or without someone to pour into, start praying that God reveals that person to you. Also, take five minutes this week and write a note or text to someone that has been encouraging to you. If you don't have anyone, be that person for someone else and send someone something encouraging! We weren't meant to do life alone!