



## SEASON 11 EP. 4

# Mother: The Wounds Of A Mother



### GROUP QUESTIONS

1. What stood out to you from this week's episode?
2. Every one of us has been born of a woman. How would you describe your relationship with your mother?
3. How have you seen the power of words at play with your mother, your children (if you have them), or in other maternal relationships? How have your actions spoken certain messages?
4. When you find yourself hurt by your children (natural or spiritual)—what is your first reaction? How can you rise above, see their true needs, and ask the Holy Spirit to help you respond in love?

### LECTIO DIVINA

“The word of the Lord came to me, saying, ‘Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations.’” - Jeremiah 1:4-5

### JOURNAL QUESTIONS

1. What wounds can you recognize from your relationship with your mother? Are there wounds your mother inflicted—intentionally or unintentionally? Take a moment to invite Jesus into these moments.
2. What wounds can you recognize from your relationship with your children—natural or spiritual? How can you seek repair and restoration?
3. As you make your own journey of healing and you notice certain patterns of behavior or belief, have you ever asked your children or people who look up to you “I am noticing ‘x’ in myself. How has this affected you?” How could this conversation bring about greater love in that relationship?

### QUOTES TO PONDER

“Love can be reborn.” - St. Pope John Paul II

