



The Power of a Positive Mom

Series: Turn Your Heart Toward Home (#1)

Main Text: Proverbs 31:25–30

Introduction

This guide can be used on your own or with a small group to reflect on the weekend message and apply it to your life. Choose the questions that work best for your group—there’s no need to go through them all. To learn more, visit silverdalebc.com/smallgroups.

Icebreaker Options

- What is one positive lesson you learned from your mom or a mother figure in your life?
 - What’s something your mom or grandmother always said?
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Leader’s Note

Proverbs 31 isn’t about perfection—it’s about direction. It paints a picture of a life lived over time with God at the center. This message highlights the powerful influence of a positive mom—how her mindset, words, and actions shape not only her home, but generations to come.

Main Points

1. She Has a Positive Outlook

Key Scripture:

Proverbs 31:25 – “Strength and honor are her clothing, and she can laugh at the time to come.”

Discuss

- What does it look like to “laugh at the future” instead of fearing it?
- What feeds negativity in your life? What would it look like to begin to replace that with time in God’s Word or in community?

Leader’s Note

A positive outlook doesn’t ignore reality—it trusts God in the middle of it. This kind of confidence comes from knowing that your future is secure in Him, not in your circumstances.

2. She Gives Positive Words

Key Scripture:

Proverbs 31:26 – “Her mouth speaks wisdom, and loving instruction is on her tongue.”

Discuss

- Think about your own words—do they tend to build up or tear down?
- What do your words reveal about what’s in your heart?
- What would it look like to ask the Lord to help you change the way you speak? Who might be impacted by this the most?

Leader’s Note

Words carry incredible power. Positive, life-giving words make lasting deposits in people’s hearts. Over time, encouragement builds confidence, security, and love in relationships.

3. She Has a Positive Work Ethic

Key Scripture:

Proverbs 31:27 – “She watches over the activities of her household and is never idle.”

Discuss

- What stands out to you about the diligence and responsibility described in this passage?
- How can a strong work ethic reflect spiritual maturity and faithfulness?
- Where might you need to grow in diligence or stewardship in your current season?

Leader’s Note

This passage highlights intentional living. A positive work ethic isn’t about busyness—it’s about faithfulness. It’s choosing to steward your time, responsibilities, and relationships well.

4. The Rewards of a Positive Mom

Key Scripture:

Proverbs 31:28–30 – “Her children rise up and call her blessed... a woman who fears the Lord will be praised.”

Discuss

- Why do you think recognition and appreciation often come later in life rather than immediately? What does this reveal about not letting the immediate outcome affect our obedience and faithfulness?
- What is one way you can honor or encourage a mother (or someone who has poured into you) this week?

Leader’s Note

Faithfulness is not always immediately rewarded—but it is always seen by God. A life lived for Him leaves a legacy that is honored both by family and by the Lord.

Closing Reflection

The influence of a positive life extends far beyond what we can see. Whether you are a parent or not, your attitude, words, and faithfulness shape others. What kind of impact are you making right now?

Closing Prayer

Thank God for the influence of mothers and those who have invested in your life. Ask Him to help you develop a positive outlook, speak life-giving words, and live faithfully in your responsibilities. Pray for strength and encouragement for those who are pouring into others every day.