



SUPER MOMS: ONLINE!

Spring 2020- March 29, 2020

Super Moms Co-Leaders

♥ Liz Tuell- Pink

♥ Laura Crowson- Blue

♥ Shara Stefura- Green

♥ Olga Ivin- Red

♥ Kristi Wees- Purple

♥ Amy Solman- Yellow

Fear No More, The Afters

Link:

<https://youtu.be/wMmmbJlWhIk>

Worship and Opening Prayer

What is **SUPER MOMS?**

Not Your Typical
Support Group



5 years ago God placed
this group on my heart



Isaiah 40:31

*but those who hope in the LORD will **renew**
their strength. They will soar on wings like
eagles; **they will run and not grow weary,**
they will walk and not be faint.*



SUPER MOMS-
Empowered by God

Support for
Unique
People
Embracing
Renewal

Leaving the Diagnosis at the Door

This is not your
typical support
group

We won't be
discussing
therapies or
surgeries,
medication doses,
supplement or
protocols

We will be focused on
what GOD wants to
teach us, share with us
and the spiritual
wisdom HE wants to
impart to us about
ourselves and our
'fearfully and
wonderfully made'
children!

He loves each of us
and our KIDS
UNCONDITIONALLY,
no matter what
NAME the world
calls them or their
diagnosis, **HE CALLS**
them and us: **HIS**
BELOVED!

We
EXIST
as a
SMALL GROUP

To let all Moms of
special needs
children
know that
God loves them and
their children
UNCONDITIONALLY

SWITCH ON YOUR BRAIN



The Key to PEAK HAPPINESS,
THINKING, and HEALTH

DR. CAROLINE LEAF

*~SUPER MOMS~
VERSE OF THE DAY*

**For God has not
given us a spirit
of fear, but of
power and of
love and of a
sound mind.**

2 Timothy 1:7
New King James Version

Main Scripture

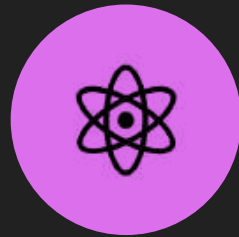
What we are going to talk about today:



GOD'S
GLASSES



DON'T WATCH
THE WIND



CHAOS
DESTROYER



CENTERING
PRAYER



CLOSING
PRAYER

God's Glasses- Kristi



WHAT WE SEE VS.
WHAT
GOD'S WORD
SAYS

We use HIS WORD as OUR LENS

Where do we find His word?

God's Word is in the Bible

But I don't carry a Bible with me...

*YouVersion Bible App for your phone
4 pages of verses about FEAR (posted in group)*

*Alexa
Siri*

On a scale of 1-5

On a scale of 1-5 what is your concern/anxiety level over COVID 19 situation?



■ 1 ■ 2 ■ 3 ■ 4

- 1- The peace that passes all understanding is in me
- 2- Cool as a cucumber, but uneasy
- 3- Not sure what to think at the moment, mixed emotions
- 4- I have waves of anxiety, worry and fear daily

God's Glasses- Kristi



WHAT WE SEE VS.
WHAT
GOD'S WORD
SAYS

What do we see in the world...

FEAR

an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.

What we can see if we put on God's Glasses (through his WORD):

GOD is TRUSTWORTHY

Joshua 1:9

"Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go."

God's Glasses- Kristi



WHAT WE SEE VS.
WHAT
GOD'S WORD
SAYS

What do we see in the world...

PANIC

sudden uncontrollable fear or anxiety, often causing wildly unthinking behavior.

What we can see if we put on God's Glasses (through his WORD):

GOD gives WISDOM

James 1:5

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

God's Glasses- Kristi



WHAT WE SEE VS.
WHAT
GOD'S WORD
SAYS

What do we see in the world...

SICKNESS

What we can see if we put on God's Glasses (through his WORD):

GOD is OUR HEALER

Proverbs 3:7-8

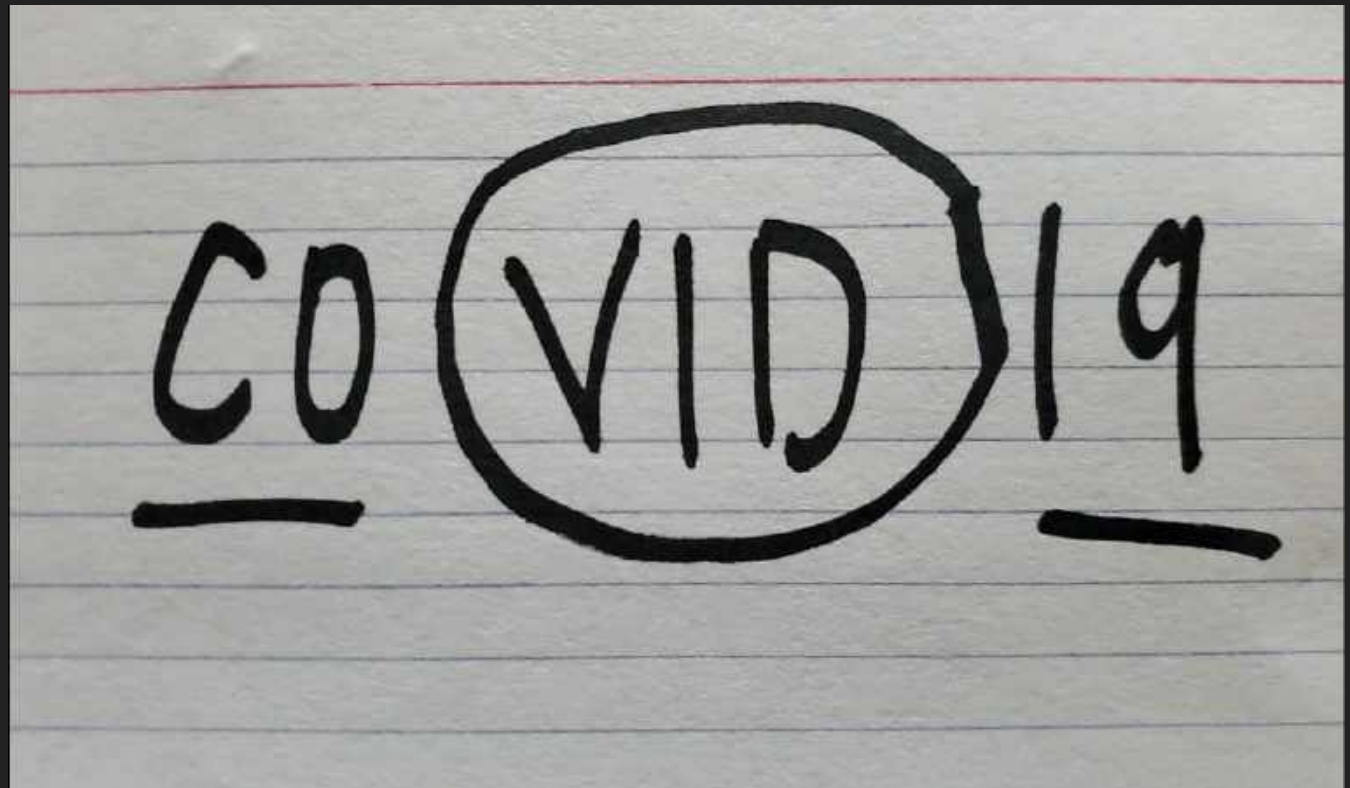
⁷ Do not be wise in your own eyes;
fear the LORD and shun evil.

⁸ This will bring health to your body
and nourishment to your bones.

God's Glasses- Kristi



WHAT WE SEE VS.
WHAT
GOD'S WORD
SAYS



God's Glasses- Kristi



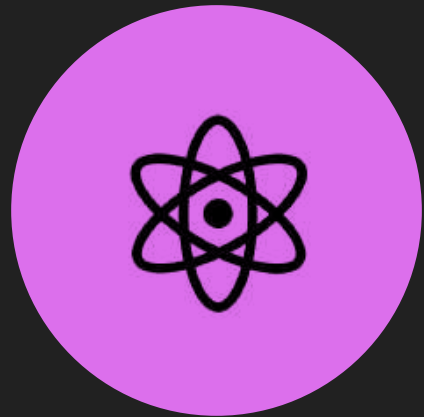
WHAT WE SEE VS.
WHAT
GOD'S WORD
SAYS



"Indeed we felt that we had received the sentence of death. **But that was to make us rely not on ourselves but on God who raises the dead.**"

2 Corinthians 1:9

Chaos Destroyer- Laura



CHAOS
DESTROYER

Ancient Hebrew Word Pictures

𐤌 𐤅 𐤇 𐤕

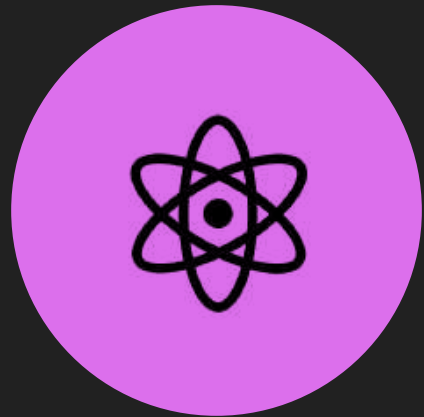
Shalom

- 𐤕 = Strong teeth, to destroy
- 𐤇 = Shepherd's staff, authority
- 𐤅 = Tent peg, to attach
- 𐤌 = Water, chaos

to destroy the authority attached to chaos

Chaos Destroyer- Laura

Psalm 91:
New Living Translation



CHAOS
Destroyer

1Those who live in the shelter of the Most High will find rest in the shadow of the Almighty.

2This I declare about the LORD:
He alone is my refuge, my place of safety;
he is my God, and I trust him.

3For he will rescue you from every trap
and protect you from deadly disease.

4He will cover you with his feathers.
He will shelter you with his wings.
His faithful promises are your armor and protection.

5Do not be afraid of the terrors of the night,
nor the arrow that flies in the day.

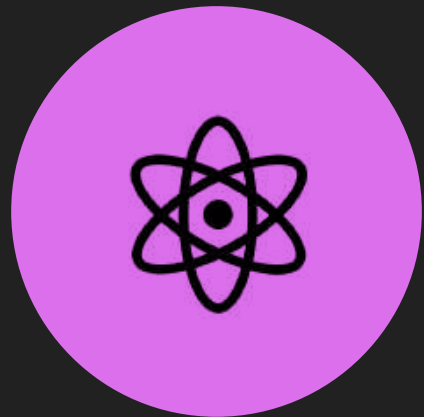
6Do not dread the disease that stalks in darkness,
nor the disaster that strikes at midday.

7Though a thousand fall at your side,
though ten thousand are dying around you,
these evils will not touch you.

8Just open your eyes,
and see how the wicked are punished.

Chaos Destroyer- Laura

Psalm 91:
New Living Translation



CHAOS
Destroyer

**9 If you make the LORD your refuge,
if you make the Most High your shelter,**

**10 no evil will conquer you;
no plague will come near your home.**

**11 For he will order his angels
to protect you wherever you go.**

**12 They will hold you up with their hands
so you won't even hurt your foot on a stone.**

**13 You will trample upon lions and cobras;
you will crush fierce lions and serpents under your feet!**

**14 The LORD says, "I will rescue those who love me.
I will protect those who trust in my name.**

**15 When they call on me, I will answer;
I will be with them in trouble.**

I will rescue and honor them.

**16 I will reward them with a long life
and give them my salvation**

Don't Watch The Wind- Liz

Matthew 14:22-33 New International Version (NIV)



DON'T WATCH THE
WIND

Jesus Walks on the Water

²² Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. ²³ After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, ²⁴ and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

²⁵ Shortly before dawn Jesus went out to them, walking on the lake. ²⁶ When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear.

²⁷ But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

²⁸ "Lord, if it's you," Peter replied, "tell me to come to you on the water."

²⁹ "Come," he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. ³⁰ But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!"

³¹ Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"

³² And when they climbed into the boat, the wind died down. ³³ Then those who were in the boat worshiped him, saying, "Truly you are the Son of God."

Centering Prayer- Amy



CENTERING
PRAYER

Insight App
(free to download)

*Please note, all content in this app is NOT
Christian Based.

Maria Gullo

CLOSING PRAYER



Type your prayer request
into CHAT box



Please mute your line



Leader will pray for
everyone's prayer

PRAYER OF SALVATION

Heavenly Father, I come to you in Jesus name and I believe with all my heart that Jesus is the son of God. He died on a cross to bear my sin debt, I open the door of my heart and of my life and Jesus I INVITE YOU IN. I receive you now to be my savior and my Lord. Amen

**IF YOU
ACCEPTED
JESUS INTO
YOUR HEART**

Text
REDEEMED
To
97-000
for Next Steps

Spring Semester Dates

~~Feb 23rd~~

~~March 29th~~

April 26th

May 31st

SUPER MOMS
Empowered By God

Spring 2020

New Time!!
11am

Super Moms will meet on the following Sundays:

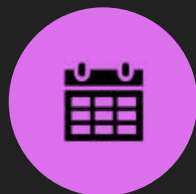
February 23
March 29
April 26
May 31

SWITCH ON YOUR BRAIN
The Key to PEAK HAPPINESS, THINKING, and HEALTH
DR. CAROLINE LEAF

Super Moms is a group for moms of special needs children. This semester we will be reading part 2 of "Switch on Your Brain" and doing a 21 Day Brain Detox. We meet at Victory Family Church once a month at 11am in Classroom A. Special Need Childcare is available with advanced reservation.

For More Information see our Facebook Group: Empowered Super Moms

Next Meeting – April 26th



Next Meeting-
11am on April 26th



Facebook Group-
SUPER MOMS



Read Chapters 9,
10 & 11 and take
some notes on
GATHER
WORKSHEET



Fear No More!



Books are available
on Amazon or our
Bookstore



Special Needs
Childcare available
when we meet in
person

TO CONNECT WITH OUR GROUP

Empowered Super Moms
Facebook Group

Message Kristi, Laura, Liz, Amy,
Shara or Olga

Text 281-831-3481

Email: kristiwees@gmail.com

IF YOU HAVE ANY NEEDS...

www.myvfc.info