



# MOMMY

DAILY MANNA FOR MOMMY

Each day: **read** the Scripture, **pray** for understanding, and **answer** the questions.

## DAY 1 MEDITATE

Read the passage several times. Summarize and write the Scripture in your own words, making it easy enough for a child to understand.

## DAY 2 OH!

What phrases or words in this passage are especially meaningful to you and why?

## DAY 3 MESSAGE FOR ME

As you read the passage, insert your name or a first-person pronoun into each verse. Write what God says to you.

## DAY 4 MESSAGE FOR MY FAMILY

What counsel, guidance, or wisdom does this passage give you for your family?

## DAY 5 YES, LORD!

Life transformation comes through simple steps of obedience, saying “Yes” to God and His Word. To what one thing will you say, “Yes Lord!” in response to this passage? Now write a prayer of commitment to God.

## SUGGESTED SCRIPTURES

### MOMMY #1

- Week 1: Psalm 139:13-14
- Week 2: Isaiah 40:28-31
- Week 3: John 15:1-5
- Week 4: Proverbs 4:20-27
- Week 5: Philippians 4:4-7
- Week 6: Ephesians 5:22-24
- Week 7: Song of Songs 5:10-16
- Week 8: Titus 2:1-5

### MOMMY #2

- Week 1: Psalm 34:4-5
- Week 2: Psalm 1:1-6
- Week 3: II Peter 1:5-8
- Week 4: Psalm 139:1-6
- Week 5: Matthew 6:25-33
- Week 6: Colossians 3:1-4
- Week 7: Hebrews 12:1-3
- Week 8: II Timothy 3:14-17

### MOMMY #3

- Week 1: I Peter 3:3-8
- Week 2: Psalm 100
- Week 3: Mark 10:13-16
- Week 4: Romans 12:1-2
- Week 5: Proverbs 4:20-27
- Week 6: Isaiah 55:8-11
- Week 7: Philippians 4:11-13
- Week 8: I Peter 2:2-3

### MOMMY #4

- Week 1: Matthew 7:24-27
- Week 2: Proverbs 3:5-6
- Week 3: Ephesians 6:1-4
- Week 4: I Corinthians 13:4-8
- Week 5: Psalm 23
- Week 6: Galatians 5:22-23
- Week 7: Romans 8:35-39
- Week 8: Psalm 92:1-4

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## WHAT IS A 2GO BIBLE STUDY?

- This study is part of a series that prompts learners to be self-feeders, personally discovering and applying God's truths to their lives.
- The simplicity and depth encourage people of all faith levels to explore God's Word.
- The repeated reading of and marinating in Scripture allows the Holy Spirit to reveal deeper meaning and insight into the passage.

## HOW TO USE A 2GO BIBLE STUDY?

- This series can be used for individual study but is designed for group participation.
- Each week participants read the same Scripture for five days and answer the questions in preparation for the Bible study gathering.
- Responses can be recorded in a separate notebook or in the free Study Guide.

## HOW TO LEAD A 2GO BIBLE STUDY?

- Anyone can facilitate a 2GO Bible Study.
- The leader does not teach the passage, but uses the daily questions as a template to encourage a Bible-anchored discussion.
- The Leader Guide offers tips on how to lead a group, such as the ABCDs of Discussion.

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## INTRODUCTION

Every mother needs daily physical nourishment to remain healthy and energized. In the same way, mothers need daily spiritual food (manna) to sustain heart, soul, and mind. This study helps moms in the struggle of finding the time and/or knowing where to go for their daily manna.

Referring to manna, Moses said, "People need more than bread for their life; real life comes by feeding on every Word of the Lord" (Deuteronomy 8:3).

When Satan tempted Jesus to turn stones into bread, Jesus said, "People need more than bread for their life; they must feed on every Word of God" (Matthew 4:4).

The prophet Isaiah asked, "Why spend your money on food that does not give you strength? Why pay for food that does you no good? Listen, and I will tell you where to get food that is good for the soul" (Isaiah 55:2).

MOMMY is a short, easy, spiritually-nourishing study that can be used personally or in a group. This Bible study draws from small portions of Scripture in both the Old and New Testaments. The same Scripture passage is read for five days. Each day a different learning method is employed to discover deeper insights from the passage.