



**THIS JOURNAL  
BELONGS TO:**

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# **RISEN MOTHERHOOD**

## **GUIDED JOURNAL**

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**EMILY JENSEN & LAURA WIFLER**



**HARVEST HOUSE PUBLISHERS**  
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## RISEN MOTHERHOOD GUIDED JOURNAL

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# CONTENTS

A Note from Emily and Laura ..... 7

How to Use This Guided Journal ..... 9

## **Part 1: Why Does the Gospel Matter in Motherhood?**

2. What Is the Gospel? ..... 13

3. God's Purpose for Motherhood ..... 19

## **Part 2: Gospel Hope for the Everyday Moments of Motherhood**

4. The Gospel and Our Heart Attitudes ..... 27

5. The Gospel and Our Transitions ..... 33

6. The Gospel and Our Marriages ..... 39

7. The Gospel and Our Mundane Moments ..... 45

8. The Gospel and Our Birth Experiences ..... 51

9. The Gospel and Our Postpartum Body Image ..... 57

10. The Gospel and Our Food Choices ..... 63

11. The Gospel and Our Relationships ..... 69

12. The Gospel and Our Traditions .....	75
13. The Gospel and Our Christian Community .....	81
14. The Gospel and Our Service .....	87
15. The Gospel and Our Self-Care .....	93
16. The Gospel and Our Children with Differences .....	99
17. The Gospel and Our Schooling Choices .....	105

### **Part 3: How Do I Learn to Apply the Gospel in Motherhood?**

18. Are the Little Years the Lost Years? .....	113
19. Living Risen Motherhood .....	119

A decorative background featuring several light-colored, line-art style illustrations of flowers and leaves. One large flower is on the left, and another is on the right, with some leaves and smaller floral elements scattered throughout the upper half of the page.

## A NOTE FROM EMILY AND LAURA

Dear friend,

As moms, we have a lot of things to prepare and organize. We pack school bags and lunchboxes. We stuff little pockets with snacks and hand over full water bottles—reminding busy kiddos to go potty because there is not going to be another chance for a long time! With all the things we manage and remember for others, it can be tough to keep our own things straight. And that’s exactly why we created this *Risen Motherhood Guided Journal*.

We’ve been to book clubs and Bible studies ourselves, and we know what it feels like to lose track of all those stray papers. We know that sometimes, not having a space to write is a barrier to completing your discussion questions (even if in theory, it shouldn’t be). We know that a little hand or a budding writer might swipe your pen and doodle all over your notes if you leave them lying around. So, Mama, this journal is just for you.

Having the discussion questions beautifully laid out with plenty of space to write and process might be just the tool you need to spend more time thinking about the gospel in your life. This practical hack isn’t just good for checking the box; it’s an important part of thinking deeply about God’s Word and how it comes to bear on your life today. Even though you’re used to the rush, we pray that this journal will be a reminder to sit and linger over the things that really matter for eternity.

You'll never regret investing time in your relationship with the Lord, asking him to help you understand his truth and live it out. We hope this journal can be a helpful part of that process, making gospel thinking just a tiny bit easier.

Joyfully,  
Emily & Laura





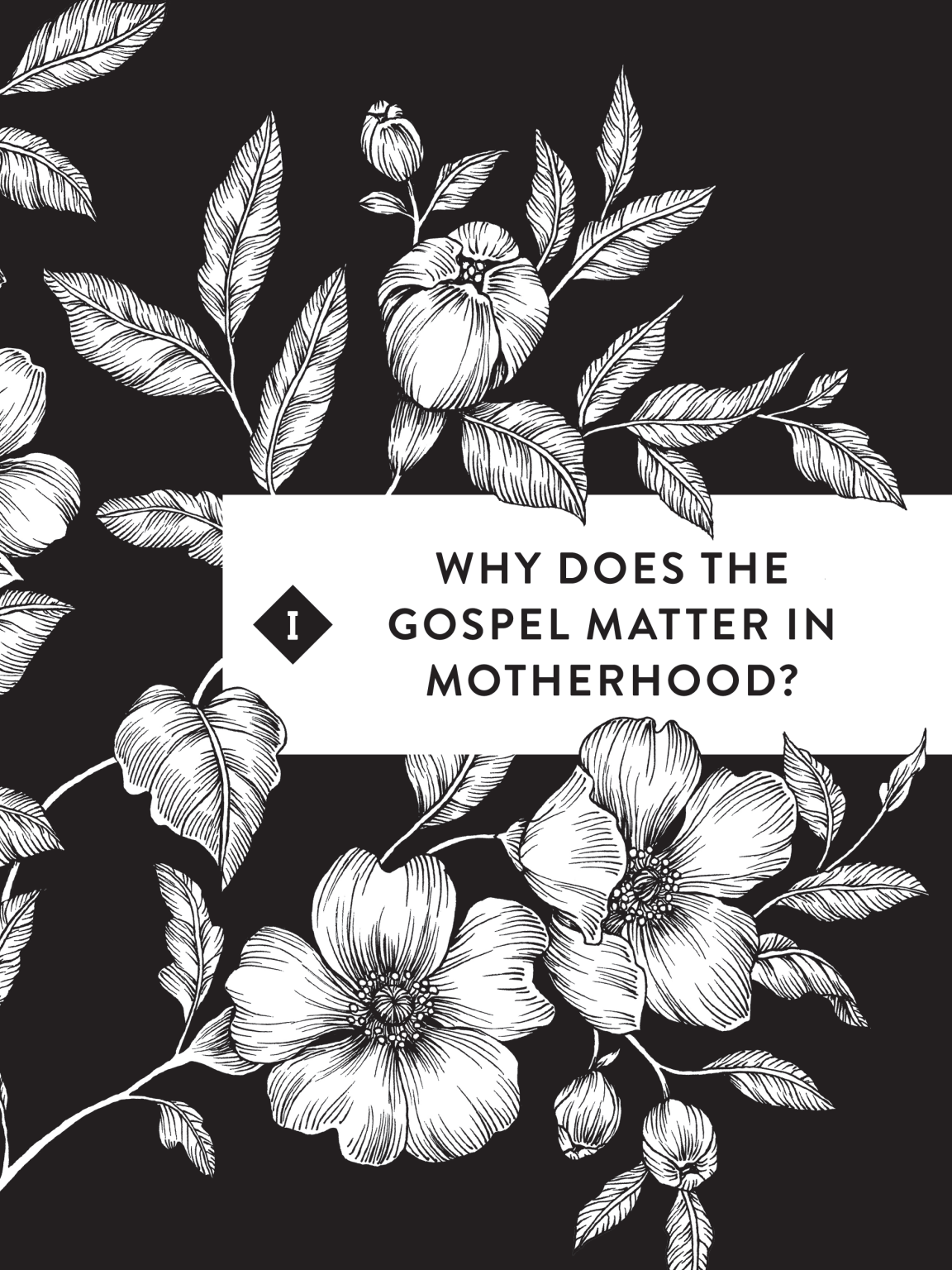
## HOW TO USE THIS GUIDED JOURNAL

This guided journal is designed as a tool to help you work through the *Risen Motherhood* book. We pray this journal makes it easier for you to process what you're learning as you read and provides a chance for you to put your gospel-thinking muscles into practice by applying the gospel story to your own unique circumstances. Here's how to use it.

1. **Read the chapter.** As you read, don't get caught up in the examples or personal experiences of Emily or Laura if you don't relate. Take what's helpful and focus on the underlying principles.
2. **Answer the discussion questions.** In this section, you'll find the book's discussion questions as well as two additional questions for each chapter that are not found in the book. As you respond, write down any additional questions or thoughts you want to explore on your own or discuss with friends or family.
3. **Try the Personal Practice.** This area is designed for you to write down your personal situation related to the chapter topic and think about how the gospel applies. After you write down your own circumstance, you'll find space for you to funnel it through the four parts of the gospel: creation, fall, redemption, consummation. For guidance, Emily and Laura write about how they do this in chapter 2 of the *Risen Motherhood* book.

4. **Fill out the Gospel Truths section.** If you've listened to the *Risen Motherhood* podcast, you know that Emily and Laura love using hymns, poems, and quotes to inspire and encourage their walk with the Lord. This space is designed for you to write down any meaningful songs or writings that you come across related to the chapter topic.
5. **Write down a prayer.** This section can be used to write down personal prayer requests related to the chapter, or you can write down the prayers of your book club or moms' group if you're working through this journal with a group.
6. **Go at your own pace.** This journal isn't meant to be a burden. Go at your own (or your book club's!) cadence, and allow the Spirit to work in your heart and mind as you consider the truths found in the book.





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WHY DOES THE  
GOSPEL MATTER IN  
MOTHERHOOD?



# WHAT IS THE GOSPEL?

*Emily and Laura*



## Discussion Questions

1. How has your background contributed to your feelings about or understanding of the gospel?

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2. Write down the gospel story in your own words.

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3. Have you believed the good news and put your faith in Christ's death and resurrection? If so, what hope do you have today and forever?

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4. Where have you been doing battle in motherhood? Considering what you've learned about the gospel, describe the actual battleground and the real enemy.

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5. What area of the gospel would you like to learn more about? Why?

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God blessed them. And God said to them,  
“Be fruitful and multiply and fill the  
earth and subdue it, and have dominion  
over the fish of the sea and over the  
birds of the heavens and over every living  
thing that moves on the earth.”

GENESIS 1:28



## PERSONAL PRACTICE

*My Situation*

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*Creation*

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*Fall*

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*Redemption*

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*Consummation*

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*Gospel Truths*



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**PRAYERS**

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