

Mom-Shame

Mothers Day 2016



Ellice

Therlynn



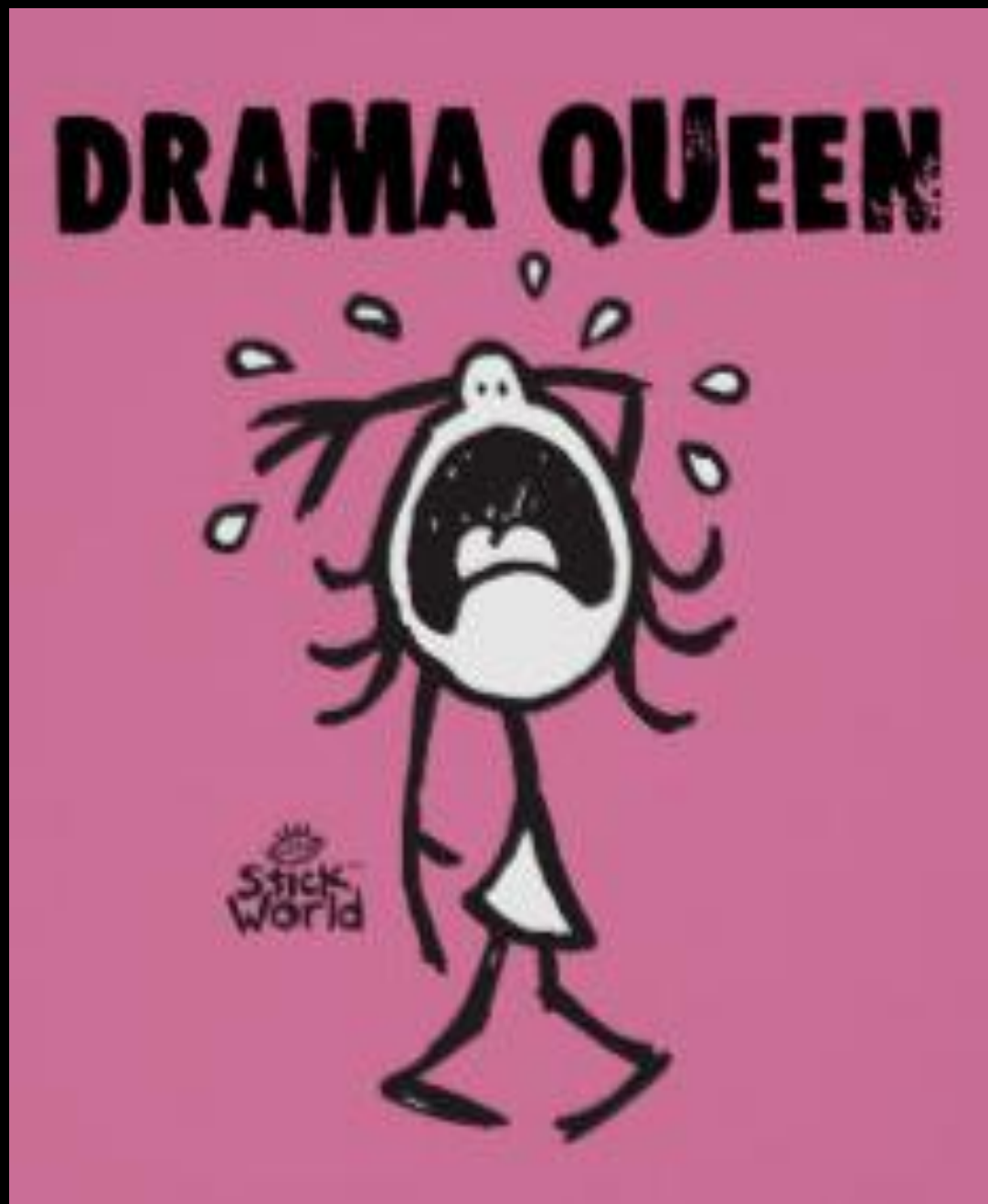
Curious George





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Thyme
OF YOUR
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KodiJoy

SHALOM



Hello!!



Shame: the fear of disconnection – it's the fear that something we've done or failed to do, an ideal that we've not lived up to, or a goal that we've not accomplished that makes us unworthy of connection.

“If you recall the twelve shame categories (appearance and body image, money and work, motherhood/fatherhood, family, parenting, mental and physical health, addiction, sex, ageing, religion, surviving trauma, and being stereotyped or labeled), the primary trigger for women, in terms of its power and universality, is the first one: how we look. Still. After all of the consciousness-raising and critical awareness, we still feel the most shame about not being thin, young, and beautiful enough.”

“Interestingly, in terms of shame triggers for women, motherhood is a close second. And (bonus!) you don’t have to be a mother to experience mother shame. Society views womanhood and motherhood as inextricably bound; therefore our value as women is often determined by where we are in relation to our roles as mothers or potential mothers. Women are constantly asked why they haven’t married or, if they’re married, why they haven’t had children. Even women who are married and have one child are often asked why they haven’t had a second child. You’ve had your kids too far apart? “What were you thinking?” Too close? “Why? That’s so unfair to the kids.” If you’re working outside the home, the first question is “What about the children?” If you’re not working, the first question is “What kind of example are you setting for your daughters?” Mother shame is ubiquitous – it’s a birthright for girls and women.”

“But the real struggle for women – what amplifies shame regardless of the category – is that we’re expected (and sometimes desire) to be perfect, yet we’re not allowed to look as if we’re working for it. We want it to just materialize somehow. Everything should be effortless. The expectation is to be natural beauties, natural mothers, natural leaders, and naturally good parents, and we want to belong to naturally fabulous families. Think about how much money has been made selling products that promise “the natural look.” And when it comes to work, we love to hear, “She makes it look so easy,” or “She’s a natural.”

How do we deal with this biblically?

- Romans 8:1. Therefore, there is now no condemnation for those who are in Christ Jesus
- Is the area of your life that is causing you to feel shame something that Christ died for on the cross?

Is what is causing shame something you have control over?

- 2 Corinthians 10:6 We use our powerful God-tools for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ. Our tools are ready at hand for clearing the ground of every obstruction and building lives of obedience into maturity (MSG)

Are you doing the best that you can?

- 1 Peter 1:13-16 Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. 14 As obedient children, do not conform to the evil desires you had when you lived in ignorance. 15 But just as he who called you is holy, so be holy in all you do; 16 for it is written: “Be holy, because I am holy.”

What is hindering us from giving our shame to God?

- 2 Corinthians 12:9 But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.