

fearless
MOM

 LAKE HILLS
CHURCH

fearless MOM

NO-NONSENSE, COMMON SENSE PARENTING

Providing tools & teaching to
help moms enjoy life

"She is clothed with strength and dignity,
and she laughs without fear of the future."

—PROVERBS 31:25



fearless 2022 CONFERENCE

FEBRUARY 26, 2022
AUSTIN, TEXAS

Julie Richard



FEARLESS MOM

Holly Furtick



ELEVATION
CHURCH

David Thomas & Sissy Goff



RAISING BOYS
& GIRLS

Register Today!

FEARLESSMOM.COM



Julie Richard


OUR FEARLESS LEADER

JULIE RICHARD and her husband Mac founded Lake Hills Church in Austin, TX in 1997. Julie's experience covers a diverse background with includes special education, elementary reading, early childhood development, children's ministry and student ministry. Today she has the opportunity to combine her unique set of experiences and apply all she's learned to empower moms with skills and tools to actually ENJOY parenting their kids.

With humor and joy, Julie explains the practical, everyday relevance of the Bible. Her passion is marriage and family, believing and teaching that God's design simply works best.

Julie enjoys teaching with Mac on topics like marriage and family at LHC, as well as other churches around the country. She also occasionally speaks at women's events, mother-daughter gatherings, churches, and schools. But, as much as she loves teaching and serving, her favorite job is being a wife to Mac and a mom to Emily and Joseph.





Vision

Fearless Mom exists to equip and encourage EVERY mom to ENJOY life!

"She is clothed with strength and dignity, and she laughs without fear of the future."

—PROVERBS 31:25

*"The thief comes only to steal and kill and destroy.
I came that they may have life and have it abundantly."*

—JOHN 10:10

Values

ELIMINATE SHAME

Fearless Mom provides a GUILT-FREE, SHAME-FREE, JUDGMENT-FREE environment, where each mom is encouraged and equipped to be the mom God created her to be.

"There is therefore now no condemnation for those who are in Christ Jesus."

—ROMANS 8:1

EQUIP WITH TOOLS

Fearless Mom equips every mom with PRACTICAL TOOLS for everyday parenting, no matter where she is in her mom journey.

"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."

—PROVERBS 3:5-6

EMBRACE RESPONSIBILITY

Fearless Mom encourages every mom to EMBRACE THE RESPONSIBILITY of motherhood, focusing on what SHE can do to be the mom God created her to be.

"Teach me to do your will, for you are my God! Let your good Spirit lead me on level ground!"

—PSALM 143:10

EMPOWER BY EXAMPLE

Fearless Mom empowers ALL moms by following the Biblical instruction written to women in Titus 2, where experienced moms provide support and guidance to younger moms.

"Older women likewise are to be reverent in their behavior, not malicious gossips nor enslaved to much wine, teaching what is good, so that they may encourage the young women to love their husbands, to love their children, to be sensible, pure, workers at home, kind, being subject to their own husbands, so that the word of God will not be dishonored."

—TITUS 2:3-5



Syllabus

Lecture 1, Welcome & Intro	15
Lecture 2, Proverbs 31:25	19
Lecture 3, Proverbs 31:25	23
Lecture 4, Parenting Posture	27
Lecture 5, Parenting Posture	31
Lecture 6, Parenting Posture	35
Lecture 7, Mindful Thinking	39
Lecture 8, Mindful Thinking	43
Lecture 9, Mindful Thinking	47

LECTURE 1

Welcome & Intro

Self Reflection

A **FEARLESS MOM** is strong and brave. She embraces the power of the role she plays in her home, and she is always on the lookout for choices she can make and actions she can take to get better and stronger. She looks at herself with honesty and humility, and she takes responsibility for the things she can control. She chooses to act with courage as she does the work to be the mom God created her to be!

STOP Pause to think and pray. Ask God for wisdom to see things as they really are.

EVALUATE . . . Take an honest look at yourself—your feelings, motives, and actions.

LIST Write down changes you can make to your behaviors or attitudes that will help you *THIS* week.

FIGHT Choose to do the work! Stand firm and act with courage!

*You give it your **BEST**, and let God do the **REST**!*

NOTES

_____ *"Be on guard. Stand firm in the faith. Be courageous. Be strong."* _____

—1 CORINTHIANS 16:13



SMALL GROUP DISCUSSION

Lecture One

ACTIVITY ONE: Share & Connect

Briefly introduce yourself to your group by providing the following information:

1. Your name.
2. Your family (names & ages of your children, relationship status, etc.).
3. The thing you LOVE most about being a mom.
4. The thing you STRUGGLE with most in motherhood.

ACTIVITY TWO: Set Behavioral Expectations

Take a few minutes to discuss with your group what actions you can take as individuals – in our groups and outside of them – to meet the Fearless Mom Small Group Goals.

Fearless Mom Small Group Goals

1. Ensure that all moms have the opportunity to contribute each week.
2. Build trust among group members.
3. Facilitate sharing in a safe, guilt-free, shame-free, no-judgement zone.
4. Encourage one another to embrace the responsibility of motherhood.

ACTIVITY THREE: Assign Roles

Take a few moments to assign 3 key roles to members of your group.

- Time Keeper – Someone to keep an eye on the clock and ensure that you release on time each week.
- Note Taker – Someone to take notes about anything interesting that comes up in your group discussion and email it out as needed. (For example, recommended resources/activities, prayer requests or info about upcoming events.)
- Social Events Coordinator – Someone to plan opportunities for the group to connect outside of Fearless Mom.

LECTURE 2

Proverbs 31:25

NOTES

Self Reflection

A **FEARLESS MOM** is strong and brave. She embraces the power of the role she plays in her home, and she is always on the lookout for choices she can make and actions she can take to get better and stronger. She looks at herself with honesty and humility, and she takes responsibility for the things she can control. She chooses to act with courage as she does the work to be the mom God created her to be!

STOP Pause to think and pray. Ask God for wisdom to see things as they really are.

EVALUATE . . . Take an honest look at yourself—your feelings, motives, and actions.

LIST Write down changes you can make to your behaviors or attitudes that will help you *THIS* week.

FIGHT Choose to do the work! Stand firm and act with courage!

*You give it your **BEST**, and let God do the **REST**!*

NOTES

_____ *"Be on guard. Stand firm in the faith. Be courageous. Be strong."* _____

—1 CORINTHIANS 16:13



SMALL GROUP DISCUSSION

Lecture Two: Strength and Dignity

She is clothed with STRENGTH and DIGNITY, and she laughs without fear of the future.
Proverbs 31:25

1. Being a mom is an important part of our identity, but it is not ALL of our identity. Besides MOM, share with the group another hat you enjoy wearing or a title you are proud to carry....*daughter, sister, wife, friend, teacher, dentist, business owner, PTA president, library volunteer, girl scout leader, etc.*
2. Most of us have grown up with the understanding of the importance of honoring our own father and mother. Now that you are a mother, how does you're your understanding of this Commandment change how you see yourself?
3. Julie talked about the dangers of comparing yourself to others. What is ONE THING you can do this week to celebrate your own capacity without comparing it to someone else's?
4. Find a cute image of Isaiah 40:31 and place it somewhere where you will see it often. Make it the wallpaper on your phone, put it on your mirror, or hang it on your refrigerator. Throughout the week, thank God for renewing your strength.

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.
Isaiah 40:31

LECTURE 3

Proverbs 31:25

NOTES

Self Reflection

A **FEARLESS MOM** is strong and brave. She embraces the power of the role she plays in her home, and she is always on the lookout for choices she can make and actions she can take to get better and stronger. She looks at herself with honesty and humility, and she takes responsibility for the things she can control. She chooses to act with courage as she does the work to be the mom God created her to be!

STOP Pause to think and pray. Ask God for wisdom to see things as they really are.

EVALUATE . . . Take an honest look at yourself—your feelings, motives, and actions.

LIST Write down changes you can make to your behaviors or attitudes that will help you *THIS* week.

FIGHT Choose to do the work! Stand firm and act with courage!

*You give it your **BEST**, and let God do the **REST**!*

NOTES

_____ *"Be on guard. Stand firm in the faith. Be courageous. Be strong."* _____

—1 CORINTHIANS 16:13



SMALL GROUP DISCUSSION

Lecture Three: Laughs Without Fear

*She is clothed with strength and dignity, and she LAUGHS WITHOUT FEAR
of the future.* Proverbs 31:25

1. Share a situation in which you have felt FEARFUL and acted FEARLESS.
2. Describe some choices or changes you can make to be more intentional about maximizing PEACE and minimizing FEAR.
3. What is a truth or scripture you can cling to when your FEAR is taking charge?
4. What are some things you can do this week to add LAUGHTER to your life?

LECTURE 4

Parenting Posture

NOTES

Self Reflection

A **FEARLESS MOM** is strong and brave. She embraces the power of the role she plays in her home, and she is always on the lookout for choices she can make and actions she can take to get better and stronger. She looks at herself with honesty and humility, and she takes responsibility for the things she can control. She chooses to act with courage as she does the work to be the mom God created her to be!

STOP Pause to think and pray. Ask God for wisdom to see things as they really are.

EVALUATE . . . Take an honest look at yourself—your feelings, motives, and actions.

LIST Write down changes you can make to your behaviors or attitudes that will help you *THIS* week.

FIGHT Choose to do the work! Stand firm and act with courage!

*You give it your **BEST**, and let God do the **REST**!*

NOTES

_____ *"Be on guard. Stand firm in the faith. Be courageous. Be strong."* _____

—1 CORINTHIANS 16:13



SMALL GROUP DISCUSSION

Lecture Four: Parenting Posture - Actually, I AM the Boss of You

1. Why is embracing the role of AUTHORITY as a parent important?
2. Sometimes embracing the role of AUTHORITY as a parent is difficult. Discuss why you think this is a challenge for some parents.
3. What are the differences between AUTHORITARIAN and AUTHORITATIVE and PERMISSIVE parenting? Most often, which parenting style do you lean towards? Are there certain situations where you lean more towards another?
4. Research tells us that AUTHORITATIVE PARENTING sets our children up best. Name some choices you can make or actions you can take THIS WEEK to implement this parenting style in your home.

Parenting Posture

Self Reflection

A **FEARLESS MOM** is strong and brave. She embraces the power of the role she plays in her home, and she is always on the lookout for choices she can make and actions she can take to get better and stronger. She looks at herself with honesty and humility, and she takes responsibility for the things she can control. She chooses to act with courage as she does the work to be the mom God created her to be!

STOP Pause to think and pray. Ask God for wisdom to see things as they really are.

EVALUATE . . . Take an honest look at yourself—your feelings, motives, and actions.

LIST Write down changes you can make to your behaviors or attitudes that will help you *THIS* week.

FIGHT Choose to do the work! Stand firm and act with courage!

*You give it your **BEST**, and let God do the **REST**!*

NOTES

_____ *"Be on guard. Stand firm in the faith. Be courageous. Be strong."* _____

—1 CORINTHIANS 16:13



SMALL GROUP DISCUSSION

Lecture Five: Parenting Posture – I Want You to Trust Me

1. Discuss why a foundation of TRUST is important in a family. Why is it important that your child learn to TRUST you?
2. How do parents communicate that they are TRUSTWORTHY? How does CONSISTENCY affect TRUST?
3. Consider the CULTURE you desire for your home. Share how you want your children to FEEL when they are at home. What can you do to help make your home be a SAFE place emotionally?
4. What can you do this week to BUILD TRUST with your child?

LECTURE 6

Parenting Posture

NOTES

Self Reflection

A **FEARLESS MOM** is strong and brave. She embraces the power of the role she plays in her home, and she is always on the lookout for choices she can make and actions she can take to get better and stronger. She looks at herself with honesty and humility, and she takes responsibility for the things she can control. She chooses to act with courage as she does the work to be the mom God created her to be!

STOP Pause to think and pray. Ask God for wisdom to see things as they really are.

EVALUATE . . . Take an honest look at yourself—your feelings, motives, and actions.

LIST Write down changes you can make to your behaviors or attitudes that will help you *THIS* week.

FIGHT Choose to do the work! Stand firm and act with courage!

*You give it your **BEST**, and let God do the **REST**!*

NOTES

_____ *"Be on guard. Stand firm in the faith. Be courageous. Be strong."* _____

—1 CORINTHIANS 16:13



SMALL GROUP DISCUSSION

Lecture Six: Table Talk – The Richard Family

1. What INSPIRED you from the Table Talk? Why?
2. Share some GREAT QUOTES from the conversation. Why did these quotes stand out to you?
3. What was your KEY TAKEAWAY from this session?
4. Name ONE THING you heard today that you are going to put into practice THIS WEEK.

LECTURE 7

Mindful Thinking

Self Reflection

A **FEARLESS MOM** is strong and brave. She embraces the power of the role she plays in her home, and she is always on the lookout for choices she can make and actions she can take to get better and stronger. She looks at herself with honesty and humility, and she takes responsibility for the things she can control. She chooses to act with courage as she does the work to be the mom God created her to be!

STOP Pause to think and pray. Ask God for wisdom to see things as they really are.

EVALUATE . . . Take an honest look at yourself—your feelings, motives, and actions.

LIST Write down changes you can make to your behaviors or attitudes that will help you *THIS* week.

FIGHT Choose to do the work! Stand firm and act with courage!

*You give it your **BEST**, and let God do the **REST**!*

NOTES

_____ *"Be on guard. Stand firm in the faith. Be courageous. Be strong."* _____

—1 CORINTHIANS 16:13



SMALL GROUP DISCUSSION

Lecture Seven: Mindful Thinking - Growth Mindset

1. Summarize the difference between a FIXED MINDSET and a GROWTH MINDSET. Which mindset comes more naturally to you?
2. How does the GROWTH MINDSET relate to an increase in success and fulfillment?
3. Catch that thought! Give an example of a common fixed-mindset response and how you could change it to a growth mindset response using the POWER of YET, CHOICE or PRAISE.
4. Be Fearless! Over the next week, pay attention to your own views on intellect and ability, challenge and struggle, critique and correction, mistakes and setbacks. How do you respond to each in YOUR OWN life and in YOUR CHILD'S life? Consider keeping a journal about it.
5. REVIEW: If you have extra time, go back and reflect upon how the group has implemented learning from the Parenting Posture series.

Would anyone like to share how they have...

- a. Focused more on parenting TOWARDS a vision instead of AWAY from a fear? What changes have you noticed when shifting your perspective?
- b. Made changes to your approach to DISCIPLINE to include more teaching and training, directing and correcting? What impact did this change have?
- c. PLAYED together as a family? Any fun resources to share with the group?
- d. APOLOGIZED when they got it wrong? What was the impact of this apology on your relationship?

LECTURE 8

Mindful Thinking

NOTES

Self Reflection

A **FEARLESS MOM** is strong and brave. She embraces the power of the role she plays in her home, and she is always on the lookout for choices she can make and actions she can take to get better and stronger. She looks at herself with honesty and humility, and she takes responsibility for the things she can control. She chooses to act with courage as she does the work to be the mom God created her to be!

STOP Pause to think and pray. Ask God for wisdom to see things as they really are.

EVALUATE . . . Take an honest look at yourself—your feelings, motives, and actions.

LIST Write down changes you can make to your behaviors or attitudes that will help you *THIS* week.

FIGHT Choose to do the work! Stand firm and act with courage!

*You give it your **BEST**, and let God do the **REST**!*

NOTES

_____ *"Be on guard. Stand firm in the faith. Be courageous. Be strong."* _____

—1 CORINTHIANS 16:13



SMALL GROUP DISCUSSION

Lecture Eight: Mindful Thinking - Growth Mindset, part 2

1. What did you learn about your own MINDSET over the past week as you paid attention to the way you think?
 - How did you respond to challenges, mistakes or critique?
 - What types of praise did you hear yourself giving your children?
 - Did you CATCH any fixed thinking?
2. Consider an accomplishment in your life that came as a result of STRUGGLE. Describe how you felt when you achieved this goal. How did your success impact your mindset on other difficult tasks?
3. Identify a time or situation in which it would be safe to encourage your child to take a RISK.
4. Try something NEW! When was the last time you did something for the first time? Pick something that you've never done before and give it a try. Maybe it's roller skating, playing a video game with your child or joining a Bible study. Or...take a dance class or a music lesson, attend a show or performance or taste foods you've never tasted before...the possibilities are endless! Then, pay attention to your 5 senses as you try this new thing.

LECTURE 9

Mindful Thinking

Self Reflection

A **FEARLESS MOM** is strong and brave. She embraces the power of the role she plays in her home, and she is always on the lookout for choices she can make and actions she can take to get better and stronger. She looks at herself with honesty and humility, and she takes responsibility for the things she can control. She chooses to act with courage as she does the work to be the mom God created her to be!

STOP Pause to think and pray. Ask God for wisdom to see things as they really are.

EVALUATE . . . Take an honest look at yourself—your feelings, motives, and actions.

LIST Write down changes you can make to your behaviors or attitudes that will help you *THIS* week.

FIGHT Choose to do the work! Stand firm and act with courage!

*You give it your **BEST**, and let God do the **REST**!*

NOTES

_____ *"Be on guard. Stand firm in the faith. Be courageous. Be strong."* _____

—1 CORINTHIANS 16:13



SMALL GROUP DISCUSSION

Lecture Nine: Mindful Thinking - Growth Mindset, part 3

1. Which SUPERPOWERS did you use last week?

Did you...

- try something NEW?
- allow your child to STRUGGLE or take a RISK?
- practice the power of YET, CHOICE or PRAISE?

Share your experience with the group.

If you haven't yet implemented a SUPERPOWER, think of an upcoming opportunity to use one and share your plans with the group. Can't think of anything? Get some ideas from your group.

2. How does accepting what you are feeling RIGHT NOW and acknowledging that this feeling won't last forever shift your perspective in negative situations? What difference does it make in positive situations?
3. How can hurt, disappointment or loss provide an opportunity for GROWTH and development?
4. Practice the POWER of PAUSE. This week, recognize when you need a moment to stop and take a break. Pay attention to how your thoughts and feelings are affecting your physical body. After a few deep breaths, notice the changes in your body.