

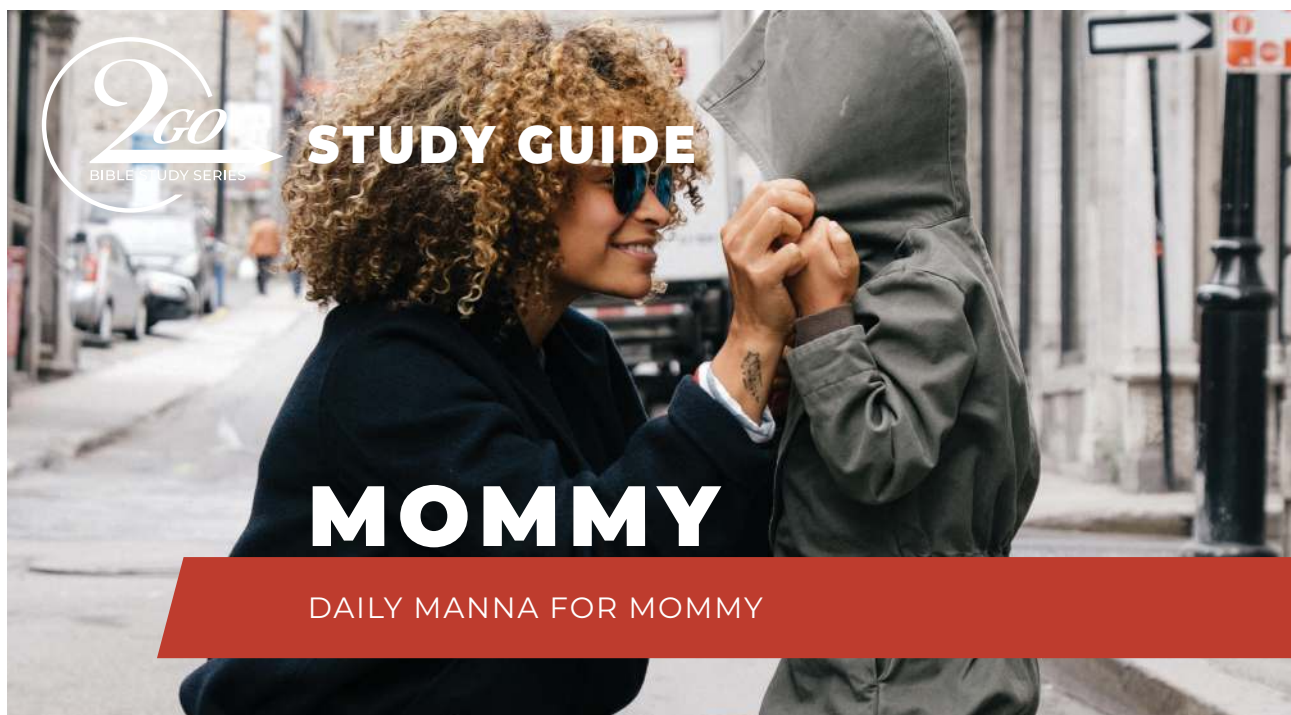


# MOMMY

DAILY MANNA FOR MOMMY

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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.



# MOMMY

## OVERVIEW

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**DAY 1** Meditate

**DAY 2** Oh!

**DAY 3** Message for me

**DAY 4** Message for my family

**DAY 5** Yes, Lord!

## SUGGESTED SCRIPTURES

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### 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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**STUDY GUIDE**



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**WEEK:** \_\_\_\_\_ **SCRIPTURE:** \_\_\_\_\_

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.