

Our Mothers and Their Influence in Our Lives

Objective: Contemplate the awesome role of motherhood. The miracle of giving birth shifts quickly into the unique call to care for and be responsible for a life from infancy to adulthood. That's the gift and duty each of our mothers took on many years ago. It's a role that none of us as males will ever fully comprehend. Our mom's took on the prominent role as nurturer. What we should do, regardless of how our relationship has been with our mothers, is to be mindful of the love they have shown us and be thankful for their influence.

Song Suggestion: Hail Mary, Gentle Woman / Praise God from Whom All Blessing Flow

Bible and Catechism Readings:

Proverbs 31: 25-28

She is clothed with strength and dignity, and laughs at the days to come. She opens her mouth in wisdom; kindly instruction is on her tongue. She watches over the affairs of her household, and does not eat the bread of idleness. Her children rise up and call her blessed; her husband, too, praises her.

John 19:25

Therefore the soldiers did these things. But standing by the cross of Jesus were His mother, and His mother's sister, Mary the wife of Clopas, and Mary Magdalene.

Catechism 2223

Parents have the first responsibility for the education of their children. They bear witness to this responsibility first by creating a home where tenderness, forgiveness, respect, fidelity, and disinterested service are the rule. The home is well suited for education in the virtues. This requires an apprenticeship in self-denial, sound judgment, and self-mastery - the preconditions of all true freedom. Parents should teach their children to subordinate the "material and instinctual dimensions to interior and spiritual ones." Parents have a grave responsibility to give good example to their children. By knowing how to acknowledge their own failings to their children, parents will be better able to guide and correct them.

Catechism 2228

Parents' respect and affection are expressed by the care and attention they devote to bringing up their young children and providing for their physical and spiritual needs. As the children grow up, the same respect and devotion lead parents to educate them in the right use of their reason and freedom.

Saint: If St. Monica - Born in the 4th century, St. Monica is recognized as the patron saint of mothers. Her faith and dedication to motherhood played a pivotal role in the spiritual formation of one of the most brilliant philosophers and well-known saints of all time – Saint Augustine, her son.

Vignette: – As the now adult siblings gathered for the annual family reunion, they shared the stories all siblings do from their youth. There was plenty of Joking about the mischief they each got into and how their parents handled their behavior and development. The father they loved was remembered as the astute educated professional provider who had all the answers. Although their mother never had the professional career that their father had, her "stock" had been rising steadily over recent years as the siblings shared "mom memories." As the siblings had grown into adulthood and taken on the responsibility of establishing homes and of raising their own children, the lessons they had learned from mom became more and more evident and valuable. They realized that she, through her daily and repetitive care, demonstrated so many acts of love that they had

not fully appreciated until they themselves became parents. Mom was the one who instilled in them the discipline, the thriftiness and get it done attitude that they each processed. Mom quietly (or not) made the house a home and made sure it was a God-centered one that included daily prayers along with the daily chores. Each of the now adult children could recount a story of a valuable behavior or habit they had today that could be directly attributed to a mom that demonstrated her love for them daily.....for years!.

Questions for Large and Small Group Discussion:

Share a memory of something your mother did for you years ago that you appreciate more today than you did when it happened.

As you look at your own behavior today, what habits that you have can you attribute to the direction or influence of your mother?

Do you make a point of sharing with your mother and understanding and appreciation of the sacrifices she made caring for you over the years? How have you creatively expressed that appreciation?

Are you mindful of the loving responsibility that your own wife demonstrates as a mother on a daily basis as she cares for you and your children? How do you share that?

What do you do to affirm your appreciation and love of your wife, the mother of your children, in front of them? Do you make sure they recognize and are appreciative of the love she has for them? Do you encourage them to express that in actions?

Action Plan:

Take time to consider the challenge of being a mother and all that that entails.

Think about how you have benefited from your mother's love.

Make a point to communicate that appreciation to your own mother.

Support your wife as a mom and ensure your children are aware of her acts of love.

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Additional Resources:

[10 Ways My Mom Inspired Me](#)

[Catholic Mom](#)

[Article on Appreciation of Mothers](#)

[America - A Catholic Mother Today](#)