In the Introduction and in Chapter Two, Moyer reflects on how motherhood has changed her prayer routine. How has your own way of praying evolved over time? What are the events in your life that precipitated these changes?

Are you happy with where your prayer life is now? Do the prayer strategies that Moyer found helpful resonate with you?

Moyer talks about how prior to becoming a parent, her “pathological politeness” made it hard to reach out and ask others for help. Do you find it hard to ask others for help when you need it? If so, why?

Are there events in your own life that have made you realize it’s okay to ask after all? What’s one way you could offer help to a mom you know?

In Chapter Four, Moyer reflects on how becoming a parent gave her a new understanding of the word “covenant.” What’s the biggest covenant you’ve made in your life so far?

How has it challenged you?

How has it enriched your life?
“Parenthood is a big old lab, the crucible in which you are tested by fire, over and over, in lots of different ways. It is the place where you see the stuff that lies there, at your center, when you burn away all the dross,” writes Moyer. What has parenthood made you realize about yourself?

In Chapter Six, Moyer talks about how motherhood has given her a vivid understanding of the old phrase “dying to self.” What are ways in which you “die to self” in your daily life? What is the new life that has come from these little deaths?

Moyer talks about her grandmother’s favorite saying “This too shall pass.” “Often that mantra is a comfort, just as my grandma intended it to be. But more and more, it’s also a wake-up call.” Which parts of your life and routine will be different two (or five, or ten) years from now?

Which of those changes will be welcome to you?

Which parts of your current routine will you miss when they’re gone? Think about how that awareness can help you savor the here and now.

In Chapter Eight, Moyer writes, “There is a powerful witness in valuing something enough to want to pass it on to the next generation.” What did your grandparents and parents pass on to you?

What do you want to pass on to your own children? Why?
Moyer writes about her two painful pregnancy losses, and how they taught her to “respect the mystery” of why certain unexpected things happen. Are there areas of your life in which you struggle to understand the “why”?

Do you find it helpful to search for answers as to why these things happened? If so, what have you learned?

The image of the Immaculate Heart of Mary never made sense to Moyer until she became a parent. Reflect on your own understanding of Mary. Are there events in your own life that have made her more real to you?

Is there a certain icon or picture of Mary that strikes an emotional chord with you?

Pregnancy and childbirth gave Moyer a new understanding of the link between body and soul. Think of times in your own life where you have felt physical pain or discomfort. What spiritual insights did you gain from these experiences?

In Chapter Thirteen, Moyer talks about her lifelong struggle to visualize God. Do you have a specific image of God? Where does this image come from?

Moyer talks about her relationship with her own children, and how that has given her a window into the strength of God’s love. Is there a relationship in your own life that helps you understand the love that God has for humanity?
Moyer shares several memories of her friend Mary, saying, “Sometimes, when you are beleaguered by the daily demands of parenting, you need someone else to show you how fun it can be to spend time with your own kids.” Think of a time when someone in your life helped you rediscover the joy of parenting. Reflect on how that experience might continue to inspire you.

Have you ever had to explain Heaven to a child? What did you say? What are the questions that you have about Heaven?

In the Epilogue, Moyer talks about the peace of a quiet morning spent with her younger son. She describes it as the feeling that “you are exactly where God wants you to be, doing exactly what God wants you to do.” When in your life have you had this feeling? Did it come from the person you were with, the activity you were doing, or something else?

Thinking back over your day, where did you experience random moments of grace? Take a few moments to recognize and savor them.