

SESSION #4 BIBLICAL MANHOOD: MOM**I. THE INFLUENCE OF MOTHERS**

1. The mother/son _____, is an important part of who you are.
2. The way your mom “has handled your needs as a child has shaped your worldview, your relationships, your marriage, your career, your self-image, your life. What we learned in our relationship with our mother deeply affects every area of our adult life.” – *The Mom Factor*, by Henry Cloud

II. TWO SIGNIFICANT BREAKS WITH MOM

A healthy relationship with mom requires two significant breaks:

3. There must be a _____ separation from mom at birth to end the oneness that began conception.
4. There must be a _____ separation from mom when a boy transitions to manhood.
 - Many men are left deeply entrenched or _____ connected to mom.
 - Men who are overly connected to mom can feel like their masculinity is _____.
 - “Therefore, a man shall LEAVE his father and his mother and HOLD FAST to his wife and they shall become one flesh.” Genesis 2:24 (ESV)

III. THE MOTHER WOUND AND ITS EFFECTS

1. Mother Wound: “An _____ emotional relationship with mom that causes son to either be threatened by the influence of women later on in life or to overidentify and become submissive to the influence of women.
2. Men with a mother wound will often drift to one of the two extremes in how they relate to women. They often become either DOMINANT MALES or SOFT MALES
 - Dominant males: too _____ towards women.
 - Soft males: become _____ and submissive toward

IV. COMMON CHARACTERISTICS OF THE MOTHER WOUND

1. Usually, the mother wound is not one of inattention but over attention.
2. This wound often begins with an absent or distant _____.

3. Marion Levy writes that modern men “are overwhelmingly likely to have been reared un the direct domination and supervision of females from birth to maturity.

V. FOUR TYPES OF MOMS THAT CONTRIBUTE TO THE MOTHER WOUND

1. The _____ Mom
 - She stays oblivious to her son’s need to connect with other men and to make a healthy break with her.
2. The Hurting Mom
 - A woman who has lost emotional connection with her husband and she makes up for this over-connecting to her son.
3. The Unwilling-to- _____ Mom
 - Oftentimes, these moms have dominant personalities and they simply love to be in control.
4. The Fill-in-the _____ Mom
 - This can lead to over-connection and dependence if the son doesn’t have strong male mentors to guide him.

V. JESUS AND HIS MOM

1. Did you know that Jesus had some _____ with his mom?
2. “Then Jesus entered a house, and again a crowd gathered, so that he and his disciples were not even able to eat. When his family heard about it, they went to take charge of him, for they said “He is out of his mind...” Then Jesus’ mother and brothers arrived. Standing outside, they sent someone in to call him. A crowd was sitting around him and they told him, “Your mother and brothers are outside looking for you.” “Who are my mothers and brothers?” he asked. Then he looked at those seated in a circle around him and said, “here are my mother and my brothers! Whoever does God’s will is my brother and sister and mother.” Mark 3:20-21; 31-35
 - Jesus had healthy _____ with his mom.
3. Near the cross of Jesus stood his mother...When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to his mother, “Dear woman, here is your son” and to the disciple, “Here is your mother.” From that time on, this disciple took her into his home.” John 19:25-27 (NIV)
 - Jesus’ actions respected her role as mom.
4. Jesus offers us a perfect example of how to interact with our moms:

- Healthy boundaries
- Genuine love
- Proper respect

5. Many of us have _____ business with mom.

DISCUSSION / REFLECTION QUESTIONS

1. Describe your relationship with your mom growing up. How is (was) it as an adult?
2. A.) Would you say that you have effectively made “the break” with mom? Does your mom presently exert an unhealthy influence in your life?

B.) IF YOU ARE MARRIED: Does your mom presently exert an unhealthy influence in your marriage? What would your wife say?

3. Can you see a connection between the way you related to your mom and how you relate to other women in your life?

(ANSWERS)

I. THE INFLUENCE OF MOTHERS

1. The mother/son relationship is an important part of who you are.

II. TWO SIGNIFICANT BREAKS WITH MOM

3. There must be a physical separation from mom at birth to end the oneness that began conception.
4. There must be an emotional separation from mom when a boy transitions to manhood.
 - Many men are left deeply entrenched or overly connected to mom.

- Men who are overly connected to mom can feel like their masculinity is fragile.

III. THE MOTHER WOUND AND ITS EFFECTS

1. Mother Wound: “An unhealthy emotional relationship with mom that causes son to either be threatened by the influence of women later on in life or to overidentify and become submissive to the influence of women.
2.
 - Dominant males: too controlling towards women.
 - Soft males: become passive and submissive toward women.

IV. COMMON CHARACTERISTICS OF THE MOTHER WOUND

2. This wound often begins with an absent or distant father.

V. FOUR TYPES OF MOMS THAT CONTRIBUTE TO THE MOTHER WOUND

1. The unintentional Mom
2. The Hurting Mom
3. The Unwilling-to- release Mom
4. The Fill-in-the gap Mom

VI. JESUS AND HIS MOM

1. Did you know that Jesus had some conflict with his mom?
2. Jesus had healthy boundaries with his mom.
5. Many of us have unfinished business with mom