

MOMCO CURRICULUM

Every year, MomCo creates new curriculum, meeting plans, and activities that provide leaders with a full year of meeting plans and content.



Scan for a Sneak Peek of MomCo Curriculum, Theme, and Lesson Plans.

What topics does the curriculum cover?

MomCo tackles the real stuff moms are talking about—the things they whisper to each other on the sidelines of their kids' soccer games, text about in the middle of the night, and wonder about silently in their hearts. Our curriculum is honest, practical and faith-centered. Here are some of the topics we explore:

Personal Growth

- How to Be a 3 am Friend (and Why You Need One)
- Marriage in the Middle of Mayhem
- Raising Kids and Keeping Your Identity
- Breaking Up with Perfectionism

Practical Parenting

- How to Talk to Your Kids About Porn (Without Losing Your Cool)
- Big Feelings, Little Humans: Parenting Through Tantrums and Anxiety
- Digital Natives: Parenting in the Age of Screens
- What to Say When Your Kid Says “I Don’t Believe Anymore”

Cultural Engagement

- Faithful and Fierce: Raising Kids in a Culture of Confusion
- Cancel Culture, Grace, and Raising Resilient Kids
- Living Missionally Without Losing Yourself
- The Motherhood Myth: Undoing What the World Told Us to Be

Spiritual Formation

- Jesus, Journals & Just Showing Up: A Real-Life Guide to Faith
- The God Who Sees Moms
- What to Do When Life Doesn’t Turn Out How You Hoped
- Following Jesus When Life Gets Messy

Each session invites deep connection, spiritual reflection, and practical tools for everyday life. No fluff. No shame. Just what moms are really looking for.

MOMCO TACKLES THE REAL STUFF MOMS ARE TALKING ABOUT.

What do Meeting Plans Include?

Each MomCo Meeting Plan is a power-packed toolkit designed to make your group time meaningful, fun, and deeply transformative, without you having to reinvent the wheel.

Here's what you'll get:

- **Short-form video** content featuring trusted, biblically grounded voices and real-world experts—delivered in a format that sparks both laughter and life change.
- **Leader Tips** to help you feel equipped, encouraged, and one step ahead.
- **Welcome Activities** that break the ice and get moms talking (and actually enjoying it).
- **Meeting Activities** that are relevant, hands-on, and never cringe.
- **Table Conversation Starters** that move beyond surface-level to real talk—because deep connection is what moms are craving.
- **Devotionals** that weave Scripture into everyday motherhood in a way that's relatable, powerful and inspiring.
- **Bonus Material** like curated reads, creative extras, and go-the-extra-mile ideas to help your group thrive.

Think of it as a plug-and-play experience that turns an ordinary meetup into an unforgettable moment.



VIDEO CONTENT

featuring trusted, biblically grounded voices and real-world experts.



LEADER TIPS

to help you feel equipped, encouraged, and one step ahead.



ACTIVITIES

both welcome and meeting activities to keep your moms engaged.



DEVOTIONALS

that weave Scripture into everyday motherhood.



BONUS MATERIAL

all the extras to help your group thrive.

What is the theme for the year?

Every year MomCo develops a theme that guides our conversations and content. It's a big rallying point for groups all over the world. It includes a Bible passage, real-life application, exegesis that dives into the scripture, and practical tenets to live out.

Who develops MomCo curriculum?

A team oversees the creation of curriculum content. It includes theologians, pastors, moms, and leaders. The process starts with prayer and fasting, asking God what He wants the focus to be for the year. From there, we choose a Bible passage that serves as the foundation of the theme and content creation.

**VIEW A SAMPLE
MEETING PLAN**



TO LEARN MORE

Scan to get in touch with us about how to partner with The MomCo.