

WHAT HAPPENS AT A MOMCO GROUP?

It's part small group, coffee date, party, prayer meeting, and master class—all in one.

01. Intentional Welcoming

Meetings begin with an intentional atmosphere where music plays; every mom is greeted with an over-the-top welcome, hug, eye contact, and by name if possible.

There is an art to gathering people intentionally, and we train leaders how to help people feel seen and known and that their presence matters.

Some leaders welcome moms with a soul train line, some dress up in costumes and create a scene, and others welcome moms in the parking lot and help them get their kids out of the car.

02. Food

Often, food is served; at a minimum, drinks or coffee. We take sharing a drink or meal seriously because the story of God is woven around meals. Hospitality is theology lived out in real life.

- In Genesis, God sets a table for Adam and Eve, saying eat, partake, you can eat everything except from one tree. It's all yours to enjoy.
- Then sin enters the world through a meal.
- Later, God's people are in captivity, and God tells them the way they are going to be rescued starts with a meal they are to prepare, where they slaughter a lamb and put its blood on the doorpost. It's a foreshadowing of Jesus, the sacrificial Lamb.
- Then, Jesus has a last meal with his friends, during which He takes the bread and wine and tells them to eat it in remembrance of Him.
- The story culminates in a feast called the supper of the Lamb, which we read about in Revelation.

**“ THEY BROKE BREAD
IN THEIR HOMES AND ATE
TOGETHER..., PRAISING
GOD AND ENJOYING THE
FAVOR OF ALL THE
PEOPLE. AND THE LORD
ADDED TO THEIR NUMBER
DAILY THOSE WHO WERE
BEING SAVED.**

Acts 2:46-47, NIV

03. Fun

Some people think that meetings about Jesus should be buttoned up and serious. There is definitely a place for that, but we know that to move people emotionally and intellectually, you have to gain jurisdiction. And one way to disarm and build a friendship is to have fun together. It builds camaraderie, trust and relationships. That's why we always provide ideas for fun ways to begin your meeting.

**“THEY TRIUMPHED
OVER HIM BY THE BLOOD
OF THE LAMB AND BY
THE WORD OF THEIR
TESTIMONY...”**

Revelation 12:11, NIV

04. Personal Stories

Sharing our own stories gives people the freedom to confront their own places of shame, hurt and vulnerability. It allows us to say, “You too?” and learn that we aren't alone in our struggles. That's why we encourage starting meetings with one mom sharing her story of struggle and how God is moving in that story.

05. Master Class

Our curriculum videos and lessons are styled after masterclasses where the content moves fast, goes deep, stays relevant, and has the goal of teaching something specific, actionable, and spiritually transformational.

06. Mentoring

A unique feature of MomCo Groups is that we encourage every group to have Mentor moms who can provide perspective and wisdom to the challenges moms face. Mentors sit at tables and offer perspective when asked.

07. Conversation

Discussion questions are provided with the curriculum to help facilitate vulnerable conversations that move toward action, healing, and spiritual growth.

TO LEARN MORE

Want to see MomCo Curriculum and meeting plans? Get a sneak peek here.
themom.co/theme-reveal



08. How can we pray for you?

At the end of every discussion, we ask, “How can we pray for you?” and invite women to share out loud or fill out a card with their request. We often pray to close but also let moms know that their prayer cards and requests will be prayed over individually during the week by a MomCo leader or church staff.

**THE BIGGEST THING
WE GET FEEDBACK ON?
MOMS NEED A HUG.**

09. Hugs Before They Go

The biggest thing we get feedback on? Moms need a hug. So, we make sure that every mom who leaves a MomCo meeting receives a hug. Yes, it makes some people uncomfortable at first, and of course, we would never hug anyone without consent. But 99% of the time, it's the thing moms come back for.

10. After the Meeting

Leaders make sure to pray over every mom and every prayer request. We also encourage leaders to check in with moms throughout the week to follow up on the requests, even if it's just an “I prayed for you today!” text.

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

LEARN MORE

