



CHECK MOM GUILT AT THE DOOR

A study guide based on Rebekah's story

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Your choices matter, but your child's story does not rest entirely on your ability to get everything right.

Begin with Scripture

Read Genesis 24:10–27 and 24:50–67. Notice how Rebekah is introduced, what she chooses, and how God is involved in bringing her and Isaac together.

1 Meeting Rebekah

What stands out to you about the woman Rebekah was before she became a mother?

Where can you see God already at work in Rebekah's story before she could know where He was leading her?



2 A mother who sought God

Rebekah was a God-fearing woman who looked to God for guidance. When she did not understand what was happening in her pregnancy, she went to God for an answer.

Read Genesis 25:19–23

Notice what Rebekah does when the twins struggle within her and what God tells her about their future.

What does Rebekah’s decision to “inquire of the Lord” tell you about her?

What had God told Rebekah about her sons, and what did she still not know about how He would bring it about?

How does seeing Rebekah as a woman who sincerely sought God change the way you understand the mistake she made later?



3 When concern becomes control

Rebekah knew what God had said about Jacob. When Isaac prepared to bless Esau, however, she took control and devised a plan to force the outcome herself.

Read Genesis 27:1–17

Notice who develops the plan, how carefully it is prepared, and what Rebekah says when Jacob is afraid of the consequences.

What choices does Rebekah make in these verses?

Rebekah believed she knew what needed to happen. At what point did her concern become an attempt to control the outcome?

Where might love for your child have become tangled with fear? How could that fear be influencing what you do?



4 The cost of forcing an outcome

Continue the story

Summarize Genesis 27:18–40, then read Genesis 27:41–46. Jacob receives the blessing through deception, Esau is devastated and angry, and Jacob must leave home.

What consequences did Rebekah’s plan create for Jacob, Esau, Isaac, and herself?

Rebekah expected Jacob to be gone only a few days. What do the consequences she could not foresee reveal about trying to force an outcome?

As you think about your own mothering, is there anything you need to own, apologize for, repair, or do differently now?



5 What belongs to you—and what does not

Like Rebekah, we can sincerely seek God and still become afraid that we need to help His plan along. Responsibility is real, but responsibility is not the same as controlling the outcome.

Are you trying to help God's plan along in your child's life by pushing, rescuing, interfering, or arranging the outcome? What fear is underneath that?

What belongs to your child, to other people, or to God rather than to you?



6 God is not defeated by your mistakes

Follow the larger story

Read Genesis 32:22–30; Genesis 35:9–12; Genesis 49:8–10; and Matthew 1:1–3. Jacob becomes Israel, Judah comes through his family, and Jesus comes through the line of Judah.

What does the continuation of Jacob’s story show you about God’s ability to keep working in an imperfect family?

How can you take your choices seriously without giving your mistakes more power than they have?

What part of your child’s future have you been carrying as though it depends entirely on you?



7 Check mom guilt at the door

Bring what you are carrying honestly before God. Ask Him to show you what belongs to you, what you can repair, and what you need to release.

What do I need to acknowledge or repair?

What is God showing me, and how do I want to grow?

What am I ready to release into God's care?

What I want to remember when mom guilt returns:

Your child's future does not rest on your ability to get everything right. Your mistakes are not beyond God's knowledge, and your child is not beyond His reach.