



SAY YES

VIDEO AND BONUS MATERIAL GUIDE

We have invited some of our favorite friends to share stories that will spark conversation. These videos were curated to engage and inspire every mom in your group. When used in conjunction with our discussion questions, activities and fun bonus materials, each video is the starting point for thought-provoking conversations, heartfelt storytelling and the opportunity to share Jesus.

Our full Say Yes curriculum is available at leader.mops.org/say-yes. Videos can be streamed or downloaded to share with your group.

INTRODUCTION TO THE THEME

Say Yes // Mandy Arioto / mops.org (8:00)

Have you ever gotten to the end of a week, month or year and thought, “How did I get here? Where has the time gone?” It happens in our parenting, friendships, marriage and work. But let’s think about the small choices that will get us where we actually want to be. Mandy Arioto, President and CEO of MOPS shows us how this is the year to make some moves.

Bonus Material: Getting to Know You PDF and Photo Booth Props

BEFRIEND DISCOMFORT

Navigating Grief // Dorina Lazo Gilmore-Young / dorinagilmore.com (15:30)

There are many forms of loss, but here are three simple, impactful principles for navigating grief. Dorina Lazo Gilmore-Young shares a piece of her personal story, some tools to guide us through life’s unexpected moments, and a window into how Jesus offers us comfort in our grief.

Bonus Material: “Remembrance” Meeting Plan

Shaping Attitudes about Money // Rachel Cruz / ramseysolutions.com/rachel-cruze (17:30)

One of the biggest money struggles we face is feeling like our money controls us, and we don’t control our money. Having a plan for our money doesn’t have to be restrictive; it actually gives us permission to spend. Rachel Cruze is a Ramsey Solutions expert and certified financial coach who travels around the country sharing practical guidance to get out of debt, take control of our money, and build strong relationships in the process.

Bonus Material: Quick Start Budgeting Worksheet

Celebrating Diversity and Kinship // Amber O’Neal Johnston / heritagemom.com (13:45)

Children need a safe place to process feelings, ask questions and voice their curiosity about others. How can we celebrate these questions and create culture-inclusive homes? Amber O’Neal Johnston (aka Heritage Mom) is an author, speaker, and world-schooling mama who encourages us to be “askable” parents and become our child’s number one go-to person.

Bonus Material: Ideas for Creating Diversity in Your Group PDF

Women’s Health // Robin Long / lindywell.com (9:00)

No matter your age or stage of life, maintaining a healthy pelvic floor is crucial to developing a strong core, preventing back pain, and avoiding other annoying symptoms. The pelvic floor is nothing to be embarrassed or ashamed about, because we all have one. Robin Long, founder, CEO and lead instructor at Lindywell, uses her unique and approachable teaching style to show us how to strengthen our core and encourage us to find a little time for ourselves.

Bonus Material: Full length workouts from lindywell.com

BE EASILY DELIGHTED

Good Self Talk // Heather Thompson Day / heatherthompsonday.com (11:30)

A single negative word can derail us. Sometimes the negative words come from others, but often the negativity comes from our own mouth. Let's learn and practice a communication strategy that allows us to acknowledge what we are feeling but then invites us to reframe it. Dr. Heather Thompson Day is a communications professor, speaker and author who reminds us that what we say to ourselves really does matter.

Bonus Material: A Letter to My Future Self Activity

Keeping Passion in Your Marriage // Gabe and Rebekah Lyons / qideas.com and rebekahlyons.com (23:00)

Passion doesn't let us settle. Understanding our identity, embracing our calling and practicing good rhythms are foundational themes that will help us not just settle for what IS in our marriage, but instead to work towards what could be. Gabe and Rebekah Lyons are authors and ministry leaders who have been married for 25 years and are raising four children. They share openly about their own marriage and encourage each of ours.

Bonus Material: Practicing Good Rhythms PDF

Christmas: A Season of Delight // Sherri Crandall / sherricrandall.com (13:30)

Turning this into a season of delight starts small. After all, Christmas started in a small town with a small baby, but it was deeply rooted in God's great love for us. Knowing God delights in us allows us to find delight in the people and things he's given us. Sherri Crandall is the Vice President of Global Ministries and Leadership Experience for MOPS as well as an author and speaker for women's events around the world. She encourages us to rest as God delights over each of us this season.

Bonus Material: Printable Christmas Cards

A Simple Shoebox // Hannah Bolvi / mops.org/occ (9:10)

MOPS and Operation Christmas Child (OCC) have been longtime partners because we both love the opportunity to be a blessing to children through a shoebox and the story of Jesus. Hannah Bolvi, Development Manager for OCC, shares stories of how moms have used a little thing like a shoebox gift to make a big difference in the hearts and lives of their own family and other families across the world.

Bonus Material: Helps and tips at mops.org/occ

BE HERE NOW

Mother From Your Worth // Tori Hein / torimaehein.com (18:25)

We all tend to measure our worth and security through external forms of measurement. But when we do that, we end up with a distorted view of who we are. Tori Hein is a down to earth communicator, coach, and Bible teacher who engages people with her authenticity, humor, and passion. She invites us to consider four words that will help us look realistically at how to mother from our worth.

Bonus Material: Mother From Your Worth Notes and Personal Journal PDF

The Power of Naming // Jess Connolly / jessconnolly.com (13:30)

Naming is a significant indicator of intimacy, authority and knowledge. What names are we carrying around that were given to us by people who lack compassion, kindness and insight into our lives? What names are we accepting and living in when it comes to our bodies? Jess Connolly is an author, church leader and coach. She is passionate about family, God's Word, and seeing women live fully awake in their bodies, spiritual lives, callings and relationships.

Bonus Material: My First Name Was Good PDF

How to be a Good Parent // Karrie Garcia / wearefreedommovement.org (11:20)

What does it mean to be a good parent? Here are three valuable tools to effectively reach your kid's heart, which is really what a good parent does. Karrie Garcia is a pastor, life coach, author and CEO who inspires others by boldly sharing her journey to freedom. She shares with humor and insight gained from 18 years of parenting.

Bonus Material: I Love You Messages Activity

Soul Care // Bonnie Gray / thebonniegray.com (17:00)

Sometimes we get so busy taking care of others that we forget to think about our own wellbeing. Let's talk about the most common stressors and solutions in the areas of emotional, physical, social and spiritual wellness. Bonnie Gray is a soul care coach and author who helps women detox from stress, worry and anxiety so they can find their spark of joy again.

Bonus Material: Self Care Quiz and 40 Soul Care Ideas PDF

LEADER

Say Yes to Awkward Leadership // Mandy Arioto / mops.org (9:00)

We can sometimes get stuck in small thinking, our vision obstructed by the obstacles of today. Mandy Arioto, President and CEO of MOPS challenges us to think about what it looks like to follow a God who makes big promises?

Bonus Material: Brainstorming Worksheet

Creating Safe Spaces // Karrie Garcia / wearefreedommovement.org (11:15)

Our groups will benefit when we learn how to hold space for others. Let's discuss two foundational truths to help people feel safe and want to share so they can flourish. Karrie Garcia is a pastor, life coach, author and CEO who inspires others by boldly sharing her journey to freedom. She helps us lead the way so that we can create a safe harbor for others.

Bonus Material: The Art of Listening PDF and Leading Discussion online course

Be Extra // Sherri Crandall / sherricrandall.com (9:00)

What does it look like to "be extra" in all the good ways? This year leaders will be extra delighted, present, prayerful, mindful and, yes, even extra uncomfortable. You've said YES to leadership, now Sherri Crandall, Vice-President of Global Ministries and Leadership Experience will encourage you to be extra vigilant in sharing your "Say Yes" story with others.

Bonus Material: Say Yes Leader Mantra Print

The Resilient Leader // Heather Thompson Day / heatherthompsonday.com (15:30)

A resilient leader is one who has the tenacity to bounce back quickly and can turn challenges into opportunities. Let's consider the fundamentals of resilient leadership, which includes being intentional about relationships around us because they are key to our ministry and our very survival. Sherri Crandall, Vice-President at MOPS and Dr. Heather Thompson Day, professor, speaker and author, share research that proves we really do need each other.

Bonus Material: Build Your Support Team PDF

Revival // Jamie Wamsley (10:00)

MOPS is an engine for revival. It is the kind of ministry that is positioned to help thousands of moms experience a powerful encounter with God. Jamie Wamsley is one of the pastors at The Chapel, a church in northern Illinois and southern Wisconsin. He is passionate about revival and the part moms and MOPS could play in it.

Bonus Material: Let's Begin PDF, 8 Verses to Pray for Revival PDF, Here and Now YouVersion study

The Power of a Radical Invitation // Kelli Jo Smith / mops.org/startagroup (9:30)

Jesus says that whatever we do for the "least of these" we do for him. What does that mean in the context of your city or your neighborhood? What if we welcomed people into our groups and homes who are different or have differing opinions and we loved them well? Kelli Jo Smith is the Vice-President of Marketing and Church Engagement for MOPS and she challenges us to create radical spaces and then simply invite women in.

Bonus Material: Marketing Downloads and Graphics

Fundraising for MOPS // Jess Bowler / mops.org/donate (9:25)

We are so excited to see groups grow. While God is building his kingdom one mom at a time, we know that more moms can sometimes mean more overhead costs. Jess Bowler is a Donor Relations Representative at MOPS, a team committed to raising funds and supporting MOPS donors. She knows what it's like to ask for money and provides practical budgeting and fundraising ideas.

Bonus Material: Fundraising Tips

The Sisterhood of MOPS // Sarah Ferraro / mops.org/membership (8:00)

Motherhood is a powerful job, and we do it better together. Membership is the very thing that fuels our organization and the 2,000+ groups that participate in it. Registering your moms for membership has a direct impact on our ministry all across the world. Sarah Ferraro is a mom, MOPS leader and Donor Relations Manager at MOPS.

Bonus Material: Membership Matters Video, About Membership and Registration PDF