

# Why Missions Discipleship Is Important for Young Women

**“The ability to follow God’s will in spreading the wonderful news of His Son’s sacrifice for our sins has given a joy to my soul like nothing else. Helping missionaries across the globe with money, prayers, and resources is a blessing to me more than to them.”**

**– Christinia Rodriguez-Pavon**



From 18–34 years of age, young women experience multiple transitions. Some go to college while others enter directly into the workforce. Some purchase houses while others enjoy having freedom to move around. Some begin establishing families while others move forward in life single. It frequently seems that change is the only constant during these years.

Missions discipleship for young women is particularly important to help them develop a missional mindset.

**Missions discipleship leads young women to lives of deeper devotion as they live out their relationship with Christ through missions involvement, Bible study, and prayer.**



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# What is myMISSION?



**myMISSION** is WMU's missions discipleship group for young women. myMISSION's purpose is to teach young women to follow Jesus by serving others and sharing the gospel in word and deed. As they build community, these women explore their faith together and participate in hands-on missions projects.

By leading young women to learn about missions, pray for and give to missions, and do missions by engaging in missions activities, myMISSION strives to create an environment where young women can build relationships that send them into a lost world.

## How to Start myMISSION

### 1. Plan.

Choose a time and location to begin meeting.

### 2. Choose resources.

Review the sample included in this starter pack and talk to others about the options.

### 3. Order resources.

Order copies of *Missions Mosaic* and see information about a free monthly downloadable Bible study and mission project on p. 3 of this myMISSION Starter Pack.

### 4. Promote.

Advertise your group through flyers, bulletin boards, social media, personal invitations, and email, as well as on college campuses.

### 5. Share.

Be passionate about the group's purpose and how young women can engage in helping others and sharing Christ.



**For more information** about starting myMISSION, visit [wmu.com/adults](http://wmu.com/adults) (select "myMISSION").

**To learn more** about leading myMISSION, visit [wmu.com/howtoleadadults](http://wmu.com/howtoleadadults).

**Join our online community:**  
[facebook.com/NationalWMU](https://facebook.com/NationalWMU)  
[instagram.com/NationalWMU](https://instagram.com/NationalWMU)  
[twitter.com/NationalWMU](https://twitter.com/NationalWMU)

## We're here to help!

**For questions about starting or leading myMISSION:**

**National WMU:** Contact Stephanie Newton, lead strategist for adults and multicultural audiences, at [snewton@wmu.org](mailto:snewton@wmu.org) or (205) 991-4017.

**State WMU:** Find links to state WMU websites at [wmu.com/statecontacts](http://wmu.com/statecontacts).

Contact your local Baptist association, your state WMU office, or national WMU for training opportunities.



# Resources for Young Women



## myMISSION: Bible Study and Faith in Action

Visit [wmu.com/adults](http://wmu.com/adults) and scroll down to the myMISSION tab for a free downloadable monthly Bible study and missions project.



## Missions Mosaic

Explore. Build. Pursue. *Missions Mosaic* guides you to explore discipleship, build a biblical worldview of God's missions purpose, and pursue an unshakable relationship with Him. Each monthly issue will equip you with a Bible study, a prayer starter, ministry ideas, evangelism tools, and Prayer Patterns—daily devotions followed by the names of missionaries listed by their birthdays.

Order one per person.

Annual subscription (12 monthly issues):

- Print: \$24.99
- Digital: \$22.99
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Bible Study | Faith in Action

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## Prepare

- Bible
- Journal
- Pen/pencil

## Get Started

“Love one another.” That is what the Lord commands His followers to do. But how do we do this, especially when the people we are called to love are difficult and unloving toward us? Where does the ability to love like Christ come from?

Let’s take a look at John 15:9–13 to find the answers to these questions and discover practical ways we can show Christ’s love to others.

## Study and Learn

### Read John 15:9.

Christ compares His love for us to the love the Father has for Him—and that love is unconditional and self-sacrificing. Because He loves us so much, He wants us to “remain,” or “abide” as some translations say, in His love.

- What does the word *remain*, or *abide*, mean to you? Read John 15:1–8 for context.

### Read John 15:10–11.

Remaining in Christ’s love means connecting ourselves to Him and submitting to His leadership. Though our free will-loving selves may balk at the idea, we must stop and look at the One to whom we’re submitting—the One who loves us so much He died a horrible death on the Cross to pay the debt for our sins. When we recognize His love for us, submitting to Him becomes easy. We know if He asks it of us, it must be for our good, and it will lead to ultimate joy.

- Does knowing how much Christ loves you change the way you live? How does it shape your life? If it doesn’t change the way you live, do you need to reflect on this truth more?

### Read John 15:12–13.

In verse 12, Christ revealed the command He was asking us to live by is to “Love each other as I have loved you.” Then, foreshadowing His sacrifice on the Cross, He said the greatest way we can love someone else is to lay down our lives for him or her. Does this mean Christ is calling all of us to physically die to save someone else? No. Though some of us may be called to make the ultimate sacrifice, all of us have opportunities to use our lives to serve others. Read 1 John 3:16–18 for some of the ways we can do this.

- Considering John 15:12–13 and 1 John 3:16–18, how can you love others as Christ commanded?

## Apply

In Philippians 2:6–8, Paul said Jesus, “being in very nature God, . . . made himself nothing by taking the very nature of a servant, being made in human likeness. . . he humbled himself by becoming obedient to death—even death on a cross!” As His followers, we are called to have this same self-sacrificing mindset in our dealings with other people. But we cannot do this alone. Only by remaining in Christ, connecting ourselves to the Source of true life, can we love others the same way He loves us. Make this your practice each and every day.

## Follow Up

Ask God to open your eyes to someone who needs His love. Pray for compassion and strength to love and serve that person the way Christ has loved and served you.

## Commit to Memory

Verses: **1 John 3:16–18**

Challenge: **John 15:9–13**

# Faith in Action | Food Backpacks Deliver Hope to Hungry Families

By Claudean Boatman

Many vulnerable families in the United States struggle to obtain sufficient food to feed themselves and their children—a circumstance called food insecurity. According to the US Department of Agriculture Economic Research Service, 33.8 million people lived in food-insecure households in the United States in 2021.<sup>1</sup>

Food insecurity negatively impacts children academically and socially. From kindergarten to high school, children who do not have enough to eat are at higher risk for repeating grades, lower achievement test scores, and mental or emotional problems. The effects of malnutrition experienced by toddlers and preschoolers can continue as many as ten years later.<sup>2</sup>

## How Can You Help?

The nonprofit organization Feeding America offers many ways to join in its mission to provide food for hungry children. One way is to provide food backpacks for families. Though at-risk children can receive meals at school, they often go hungry during weekends and school breaks. Feeding America's backpack program aims to fill this need.

Learn more about this unique program and how to connect to a participating food bank by visiting [feedingamerica.org](https://feedingamerica.org) and searching for “backpack program.” Whether it's making a donation, volunteering to pack and deliver food backpacks, or discussing with your church leadership whether you could turn your church into a backpack distribution site, you can help in many different ways.

## How Can Your Small Group Help?

Meet with the principal of a school near you. Explain your desire to help families facing food insecurity. Discover what specific needs the school has or what programs are already in place that your group can volunteer alongside or partner with. If no programs are in place, consider how your group

could begin providing backpacks to select students. Work within the school's system to maintain confidentiality. Collect relevant details about each family, including any food allergies or sensitivities. Let the school know the bags should be returned weekly to be refilled.

If the response is positive, consider engaging the entire church in collecting food to expand the program. Rotate menus, and include staples that will last multiple days. Designate a storage area for extra food. Schedule weekly packing times. Use the same people to deliver full backpacks and pick up the empty bags at the beginning of each week.

Your small group could provide lunch money for one or two single-parent families for the rest of the school year. Ask the school to deliver a note that includes your church's activities for children and parents. Pray for the families who will receive this support.

Another option is to provide a “celebration in a box” for special occasions that schools can give out at their discretion. Include disposable baking pans and ingredients for a cake or treat—don't forget candles!

I remember, when I was a child, my single mother received food baskets packed by a local church. Those church volunteers did more than provide food—they invited a little girl to Jesus. Food insecurity is a need the church can and should address, and it also opens doors to the gospel. When you take action to meet people's physical needs, you can use the opportunity to also meet their spiritual needs by sharing about Jesus, the Bread of life.

1. “Key Statistics and Graphics,” Food Security in the US, US Department of Agriculture Economic Research Service, accessed May 3, 2023, <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/key-statistics-graphics/>.

2. Dr. Cindy Gellner, “Lack of Food Can Affect a Child's Learning Abilities,” The Scope, University of Utah Health, December 18, 2018, [https://healthcare.utah.edu/the-scope/shows.php?shows=0\\_06s5mo3y](https://healthcare.utah.edu/the-scope/shows.php?shows=0_06s5mo3y).