

GOOD COMPANY

BE INTERRUPTIBLE

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Embracing life's interruptions — both big and small — can deepen friendships, strengthen community, and create meaningful moments in motherhood. Andrea Fortenberry encourages moms to prioritize relationships over tasks and see interruptions as opportunities rather than inconveniences.

LEADER TIP

Be ready to go with the flow: Let moms interrupt the activity with a funny story or memory, laugh along, and use those moments to spark connection — after all, good company and great friendships often happen in the interruptions!

WELCOME ACTIVITY: '90S MATCH-UPS

Give each mom a printed slip with a '90s item or phrase from the match-up list. When you say “go,” have moms walk around the room to find the person whose card best matches theirs (for example, *Blockbuster* → *Movie Night*). Once they find their match, they should introduce themselves and share one fun fact about each other. For extra rounds, you can redistribute the slips so moms can find new matches and connect with more people.

MEETING ACTIVITY: FRIENDSHIP FLOWER BOUQUETS

Supplies:

- Assorted flower stems (real or faux)
- Twine or ribbon
- Scissors
- Optional: mason jars or craft cups for moms to take flowers home (or give to a friend)

Instructions:

Have each mom create a small bouquet by choosing a variety of flowers, trimming them and tying them together. Just like a bouquet is made up of different flowers — each with its own beauty, color and role — our friendships are meant to be diverse, with each person adding something meaningful and unique to our lives. For an extra challenge, deliver your bouquet to a friend's house unexpectedly. Be interruptible, make their day, and see what blooms!

CONNECT QUESTIONS

1. What is a recent interruption in your life that ended up being a blessing?
2. How do you usually respond when someone interrupts your plans — frustration, joy or something in between?
3. What is one small way you could make yourself more available to friends, family or neighbors this month?
4. How can you lean on God to help you see interruptions as opportunities for his purpose for your life and friendships?

EXTRAS : Be Interruptible Video Outline Worksheet
: '90s Match-Ups Pairs

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DEVOTIONAL

BY STACEY MORGAN | STACEYMORGAN2000.COM

“Do not withhold good from those to whom it is due, when it is in your power to act” (Proverbs 3:27).

I like to think of myself as a generous person. In theory.

In reality, I am a generous person with a very full calendar. And a laundry pile that regenerates overnight. And a mild fear of being added to one more group text.

But if we're honest, the village we all say we want? It's built-in moments that are slightly inconvenient. Friendship requires participation. It requires answering the door when it's not perfectly clean inside. It requires staying a few minutes after when you'd rather head home early. It requires picking up the phone when a friend's bad day collides with your carefully planned one. Deep, meaningful friendships are not formed in wide-open, leisurely hours. They're formed in interruptions.

When I think about being interruptible, I think about my friend Ann. One week into my husband's nine-month deployment, she called and asked if she could bring dinner on Monday. She arrived with everything — sides, dessert, the whole kit and caboodle. As she was leaving, she asked, “Does this night work for you next week?”

I awkwardly laughed. “Wait ... you're bringing dinner next week too?”

“Oh,” she said gently, “I thought I'd bring dinner every Monday until your husband gets home.”

“You do know he'll be gone for nine months, right?”

“Yes,” she said. “When I was a young mom, an older woman brought me meals. I told her I could never repay her. She said, ‘You don't need to. One day you'll have a chance to pay it forward.’ And here I am, forty years later.”

That is love. Not flashy. Not efficient. Just faithful.

If we want a village, we have to be good villagers. We cannot long for people to show up for us while guarding our own time like it's too sacred to be touched. Jesus' simple wisdom still stands: Do unto others as you would have them do unto you. The life you want to receive is often the life you're first invited to give.

Most days, the battle isn't good versus evil. It's doing good versus doing nothing. It's fighting the instinct to stay inward. Yes, we are busy. Yes, tiny people need snacks every fourteen minutes. But love doesn't require nine months of casseroles. It requires willingness. A note. A set coffee date. A weekly prayer text. Sitting in comfortable silence with someone who is lonely.

Proverbs 3:27 reminds us that when it is in our power to act, we don't withhold good — because we serve a God who has never withheld himself from us.

QUESTIONS

- What interruption might actually be your invitation into deeper friendship today?
- If you want a village, where is God asking you to be a more thoughtful villager?

VIDEO OUTLINE WORKSHEET

BE INTERRUPTIBLE — ANDREA FORTENBERRY

Andrea Fortenberry encourages moms to embrace interruptions as meaningful opportunities for deeper friendship, connection, and living out love in everyday moments.

HIGHLIGHTS

- Real friendship often grows in inconvenient, unplanned moments when we show up for each other.
- Interruptions can shift from frustration to purpose when we see them as opportunities instead of obstacles.
- Being open to different kinds of friendships expands our lives in unexpected and beautiful ways.
- Giving and receiving help builds stronger, more authentic relationships.
- Prioritizing people over productivity creates the kind of life and legacy we truly want.

RESOURCES

REFLECTION

- When was a time an interruption turned into something meaningful for you, and how did it change your perspective?

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'90S MATCH-UPS PAIRS

BLOCKBUSTER MOVIE NIGHT

LISA FRANK RAINBOWS AND UNICORNS

DUNKAROOS SNACK TIME

SCRUNCHIE HIGH PONYTAIL

AIM "BRB"

MIXTAPE CRUSH PLAYLIST

BEANIE BABIES COLLECTOR

WALKMAN HEADPHONES

CLUELESS "AS IF!"

SPICE GIRLS GIRL POWER

SLEEPOVER TRUTH OR DARE

MALL FOOD COURT ORANGE JULIUS

ROLLERBLADES DRIVEWAY SKATING

'90S MATCH-UPS PAIRS

POLLY POCKET **TINY TOYS**

NINTENDO 64 **MARIO KART**

CD PLAYER **SKIPPING TRACK**

BUTTERFLY CLIPS **HAIR FULL OF THEM**

TRAPPER KEEPER **SCHOOL ORGANIZATION**

TGIF TV **FRIDAY NIGHT**

TROLL DOLLS **COLORFUL HAIR**

SNAP BRACELETS **WRIST CANDY**

NICKELODEON **SLIME TIME**

SAVED BY THE BELL **HIGH SCHOOL DRAMA**

POWER RANGERS **TEAM UP!**

CAPRI SUN **LUNCHBOX FAVORITE**