



Like
a
Lady

Like a Lady

Do you love princesses? Whether it's Snow White, Cinderella, Sofia, Anna or Elsa, we love to imagine a life of riches and power. We perk up and listen to the stories of raggedy, poor girls whose lives magically transform.

One of the best princess stories is about Esther. As a young girl she was living a quiet life with her uncle, until one day the king chose her as the most beautiful in the land, and she became his queen! Not only was she beautiful, she also obeyed God with such wise and unselfish kindness that she saved her people from certain death. Esther's story is full of romance, mystery, and adventure; but what draws us to it most is that it isn't just another fairy tale. Esther's story is real and true.

God's Word, where we read about Esther, tells another, even more wonderful real and true story. This is the story of Jesus, God's Son. We are raggedy, poor girls headed for hell because of our sin. Like little princesses in need of a princely rescue, Jesus is the one who can rescue us, the only one. The Bible says in John 3:16 that God loved us so much that Jesus took the punishment we deserve, and He is able to rescue and transform us. If we truly believe this we will never die but have eternal life! Once you receive Jesus' payment for your sin, God will begin to change you, just like He changed Esther. Most likely you won't be a Queen, but God can open our hearts to teach us what it means to be godly young ladies whom He transforms for His kingdom.

This booklet is divided into four Bible studies. Mothers, Aunts, and Grandmas can create special times together with their girls by reading this Bible study together. It's wonderful to be growing, by God's grace, into what His Word teaches about living "like a lady."

Gentle & Quiet

Did you know that God says we girls can be beautiful and precious in his eyes? Yes, He does! But we aren't always that way. It takes a certain kind of spirit, a spirit that is gentle and quiet. Then, God looks at us and says, "You are beautiful and precious in my eyes."

Well, if God thinks that, let's find out what it means to have a gentle and quiet spirit, OK? Here's what the Bible says a gentle and quiet spirit looks like: **OBEDIENCE**.

(As you read on, there will be Scriptures to look up. Read each verse, talk about it together, and then fill in the blank with the word that you think best fits.)

The following Scriptures teach us how important obedience is to God. Read Ephesians 6:1 and choose a word to fill in the blank.

Ephesians 6:1 "Children, _____ your parents in the Lord, for this is right."

How are children supposed to respond to their parents?

(Talk about your answer to this question. As you continue, there will be more questions to talk about, following Scripture verses you'll be looking up.)

The next verse will tell us why obedience is so important.

Deuteronomy 5:16 “Honor your _____ and your _____, as the Lord your God commanded you, that your days may be _____, and that it may go _____ with you in the land that the LORD your God is giving you.”

If we honor our parents, what kind of days will we have? If we don't honor our parents, how will it go with us?

Obedience goes hand in hand with a gentle and quiet spirit.

1 Peter 3:4-5 “But let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very _____. For this is how holy women who hoped in God used to adorn themselves, by submitting to their husbands, as Sarah _____ Abraham, calling him lord. And you are her children, if you do good and do not fear anything that is frightening.”

Here the story of Sarah is used to show us how a woman with a gentle and quiet spirit responds. How did Sarah respond to Abraham? How did that look in God's sight?

Obedience is more than just actions. Obedience needs to begin inside you, in your inner spirit, in your heart and mind.

Ephesians 3:16 “That according to the riches of His glory He may grant you to be strengthened with power through His Spirit in your _____.”

Where does God give us power? When our inner person is strengthened by God, we won't have a problem with obedience.

Heart Check

- ♥ Obedience starts inside us, with a little thing called attitude. Another way to think about attitude is moods. When we choose a good mood, God is pleased. But, when we have a sinful mood, that is sin. We must confess it to God, and to those around us who have been affected by it. Even if we obey on the outside, when we do it with a bad attitude or mood, it is still sin.
- ♥ Take a to think about attitudes or moods. What is a sinful attitude or mood? When we mope around, when we are grouchy, when we grumble or complain, when we stomp around, or when we get angry, that is evidence of a sinful mood. What is an obedient mood? An obedient mood is cheerful, helpful, energetic, agreeable, positive, generous, and respectful. (Elizabeth George in *A Young Woman After God's Own Heart*, OR:Harvest House, 2003). Which of these moods generally characterizes you?
- ♥ As girls grow to be women, sometimes a grouchy sinful mood seems to be the easier choice. However, there's no excuse for bad behavior! If so, people who are paralyzed, or persecuted, would be excused from contentment and joyfulness. But Philippians 4 teaches us that, in Christ, we can be joyful and contented at *all* times. As soon as you recognize a sinful mood, confess it as sin, and then you can walk in repentance. When our inner being is strengthened by God, we can always choose a cheerful and obedient attitude that flows from a gentle and quiet spirit.
- ♥ God grows a right attitude in us as we grow closer to Him. We grow in relationship with Him by reading His Word every day, praying every day (especially when you need help), being close with people who love and obey Him, and obeying His Word even when we don't feel like it.

Ephesians 6:10

Put on the whole armor of God,
that you may be able
to stand against
the wiles
of the
devil.

That you may be able
to withstand in the evil day,
and having done all, to stand.

...and take the
helmet of salvation...

...having put on
the breastplate of
righteousness...

...stand firm...
...stand having
girded your
waist with
truth...

...and the
Sword
of the
Spirit,
which is
the word
of God...

...having
shod your
feet with the
preparation of

the gospel of peace

...being watchful to
this end
with all
perseverance
and
supplication
for all
the
saints...

...praying
always
with all
prayer
and
supplication
in the
Spirit...

...Above all
taking the
shield of
faith,
with which
you will
be able to
quench
all the
fiery
darts
of the
evil one

for we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.

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Really Beautiful

When you look in the mirror, what do you see? Have you ever thought that you were too tall or too short? Too fat or too skinny? Too anything else? Think about this: Who made you? Did He do it wrong? No! absolutely not, He made you just right! Do not let yourself complain about what you see or don't see in the mirror.

Unless our thoughts are biblical, we are being deceived about what's beautiful. We live in a world that makes us want to be discontented with how we look. All around us, things that are not truly beautiful are being admired. The looks that people generally find cool are those that are sexy, or suggestive. As girls grow to be women, they face the temptation to show off the shape or curves of their bodies. God's word for it is immodesty.

If you want to dress in a way that is really beautiful, then you won't try to show off your body. You'll think about the best way to frame the face God gave you. And not because you have a straight nose, or because you've learned how to flash a cute smile. No, as a matter of fact, you might have a huge nose, or an oddly shaped chin, or tons of pimples. That's OK. No matter how crooked or different your face is, you can use it to give God glory. How? By choosing joy! By smiling! Show people the **JOY OF JESUS**.

Let's learn some truth about real beauty. Look up the following Scriptures and fill in the blanks. Then discuss the questions.

1 Samuel 16:6-7 "But God said to Samuel, "Do not _____ at his outward appearance. Even though he's tall and looks pleasing to you, I have rejected him. God doesn't look at people that way people do. Man looks at the _____ appearance, but God looks at the _____."

What outward appearances (besides height) do people find attractive? What does God look at?

1 Timothy 2:8-9 "As important as it is for men to pray, I desire with the same fervency that women should dress in respectable clothing. The important things are _____ and self control, not braided hair or gold or pearls or expensive clothing."

When we wear clothing that is immodest, we are not self-controlled.

Proverbs 7:10 "And behold the woman meets him, dressed like a prostitute, _____ of heart."

What is true about the heart of the woman who dresses in a way that looks sexy? She is "cunning" or "wily" or "crafty" or "devious."

Here's another verse that describes this type of deception.

Proverbs 31:30 "Charm is _____, and beauty is _____; but a woman who fears God is to be praised."

How is charm described in this verse? What type of things have appealed to you that were deceitful? There's one kind of lady who is to be praised, one who fears the Lord.

Philippians 4:4 "Rejoice in the Lord always, again I say, _____."

Instead of being charming, we are to choose joy in the Lord.

Heart Check

- ♡ First of all, are you joyful? Then, your job is to show that joy to others. Especially at times when life is hard, others can see how awesome God is if we show the joy of Jesus. The Bible calls that glorifying God.
- ♡ It's one or the other—you either dress to draw attention to your body or your face. Which way do your fashion choices point? What are some ways you could grow in modesty? What are some ways you could grow in joy?
- ♡ Mom, write down a quality of your daughter that you appreciate, one that has nothing to do with her physical beauty.
♡ _____
- ♡ Daughter, write down a Biblical character trait of your Mom that you appreciate.
♡ _____
- ♡ Are those qualities listed below?
 - ♡ A sense of fun, readiness to laugh
 - ♡ Compassion toward the hurting, kindness
 - ♡ Patience, not easily frustrated
 - ♡ Loyalty, hanging in there, faithfulness
 - ♡ Honesty, speaking the truth in love
 - ♡ Gentleness, not ramming opinions at people
 - ♡ Optimism, smiling at the future, seeing the bright side
 - ♡ Contented with the way God made me, thankful

From the above list, each choose one area in which you are weak, and discuss how you could grow to be more beautiful in that area.



Let her be pure and noble...

She must be sweet-voiced & gentle...

She must always have a kind word for all...

Her clothing must be modest and becoming...

She must be known for the beauty of her character...

To my beautiful girls...
love Mom



She must be loving, tender-hearted and sympathetic...

She must be true-hearted and loyal in friendship...

She must be a Christian, serving God with all her heart.

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Fakity Fak

Have you heard any of these folksy sayings?

“If you can’t find something good to say about someone, don’t say anything at all.”

“You might just have to vent a little so you’ll feel better.”

“Fake it till you make it.”

They sound good, at first. But when we think about it, questions arise. Are we supposed to let everyone know all our feelings? Are we supposed to act fake? What’s the right way to talk to people?

Let’s check the Bible. It never changes, as do folksy sayings. Rather than writing our own “how to talk” booklet, we should turn to God’s instruction manual. It’s got a lot to say about how we talk. God wants us to learn attractive speech, speech that people like and that God likes. From God’s Word, we’re going to learn what it’s like to be **GRACIOUS**.

Our speech is really important.

James 3:6 “And the tongue is a fire, a world of unrighteousness. The tongue can stain the whole body, setting

on fire the entire course of life, set on fire by _____."

Nothing's much more scary than a forest fire. When we set our world on fire by our speech, it's straight from hell. These words were written by Jesus' little brother James. Imagine growing up with Jesus, who never said a mean word or told a lie.

Luke 6:45 "Out of the abundance of the heart, the _____ speaks."

Where do the things you say come from?

Proverbs 30:32 "If you have been foolish, exalting yourself, or if you have been devising evil, put your hand on your _____."

When words leak out that reveal the foolishness, pride, or evil in your heart, what are you supposed to do? Cover your mouth!

Ephesians 4:29 "Let no unwholesome word proceed out of your mouth, but what is necessary to _____, that it may impart _____ to the hearer."

We may not say words that don't benefit people, that don't build up the body of Christ! What kind of words are we to use?

Proverbs 3:4-5 "Do not let kindness and truth leave you, bind them around your neck, write them on the tablets of your heart, and you will find _____ with God and man."

To speak graciously, which finds favor with both God and man, our hearts must be full of kindness (love) and truth (faithfulness).

Colossians 3:9 "Do not _____ to one another, since you have put off the old self and have put on the new self, which is being renewed in knowledge after the image of its creator."

Heart Check

After you read the verses below, you'll be instructed to "confess." What does it mean to "confess?" Confess means to agree with God. When you agree with God, it's good for you to talk about it (James 5:16). And, remember the beautiful truth in 1 John 1:9: "If we confess our sins, He is faithful and just to forgive us our sins and cleanse us from all unrighteousness."

♡ Read these verses aloud—Proverbs 2:16, 5:3, 6:24, 7:5, 7:21.

- ♡ Confess ways your speech has been fake, smooth, flattering, or seductive.
- ♡ Discuss a specific time, place, and person with whom you need to speak with honesty and sincerity.
- ♡ Record when and how you followed through:

Mom _____

Daughter _____

♡ Read these verses aloud—Proverbs 4:24, 8:8, 10:32, 15:4, 16:28, 31:26.

- ♡ Confess ways your speech has been harmful, perverse, strife-filled, or divisive.
- ♡ Discuss a specific time, place, and person with whom you need to speak gently, in a kind, acceptable way.
- ♡ Record when and how you followed through:

Mom _____

Daughter _____

♡ Read these verses aloud—Proverbs 6:17, 6:19, 8:7, 15:26, 22:11, 24:28b, 26:18-19.

- ♡ Confess ways your speech has been dishonest, wicked, or deceptive.
- ♡ Discuss a specific time, place, and person with whom you need to speak truth from a pure, gracious heart.

♡ Record when and how you followed through:

Mom _____

Daughter _____

♡ Read these verses aloud—Proverbs 6:19, 15:1, 16:24, 24:1-2.

♡ Confess ways your speech has brought discord, harshly stirred up anger, been quarrelsome, fretful, or troublesome.

♡ Discuss a specific time, place, and person with whom you need to speak softly, pleasantly, and build unity.

♡ Record when and how you followed through:

Mom _____

Daughter _____

♡ Read these verses aloud—Proverbs 7:11, 19:13b, 21:9, 25:24..

♡ Confess ways your speech has been loud, wayward, or quarrelsome.

♡ Discuss a specific time, place, and person with whom you need to speak gently and agreeably.

♡ Record when and how you followed through:

Mom _____

Daughter _____

♡ Read these verses aloud—Proverbs 10:19, 13:3, 15:2, 15:28, 17:27, 29:11, 29:20.

♡ Confess ways you have talked too much, and/or spoken hastily, foolishly, or without thinking.

♡ Discuss a specific time, place, and person with whom you need to restrain or discipline your tongue, guard your words carefully, and speak commendably.

♡ Record when and how you followed through:

Mom _____

Daughter _____

Helpful Hearts

Jesus and his friends ate a lot of meals together. At their last dinner before He was crucified, He did something really unusual. His friends (and an enemy) had dirty, stinky feet. We might say, “Eww, your feet stink,” or “Here’s some foot powder, go clean your feet so we can all breathe in here.”

But not Jesus. Instead, He poured water in a basin, got down on his knees, washed those stinky feet and dried them with a towel. Then he said, “Now you know what you need to do. Do it, and you’ll be blessed.” So, our job is to think about who’s got some dirty, stinkin’ business we can take care of for them, and do it.

My Mom was a nurse. She loved telling us stories, and some of the stories she told about caring for sick people were a little gross. But she said, “It’s OK. When you are serving someone, you do it for Jesus.”

Do it for Jesus. Serve for Jesus. Both Matthew and Mark tell us that Jesus didn’t come to be served, but to serve. That’s what helpful hearts do: **SERVE LIKE JESUS.**

Let's look at what else God says about serving. Fill in the blanks, and discuss the questions.

1 Corinthians 15:58 "Beloved, be steadfast and faithful, always give yourselves _____ to the work of the Lord, because you know that your labor in the Lord is not in vain."

Ephesians 6:6 "Obey your earthly masters, with fear and trembling, with a sincere heart, as you would Christ, not by way of eye-service, as people pleasers, but as _____ of Christ."

Colossians 3:23 "Whatever you do, work _____ doing it for the Lord and not for men...You are serving the Lord Christ."

If we serve God, what kind of a worker are we to be? Discuss how that looks at home and in school, when no one is watching.

OK, so we've identified that God is pleased when we serve Him by working hard. That's going to take some personal discipline, isn't it! As a matter of fact, personal discipline is so important for us, that in Proverbs 31, God tells young men to find a girl who clearly evidences the personal discipline of hard work!

Proverbs 31:13 "She seeks wool and flax, and _____ with willing hands."

Proverbs 31:17 "She dresses herself with _____, and makes her arms strong."

Proverbs 31:27 "She looks well to the ways of her household, and does not eat the bread of _____."

Do you think any of this sounds lazy? No way!

Matthew 10:39 "Whoever _____ his life will lose it, and whoever _____ his life for my sake will find it."

On the following page, you'll read some practical ways to "lose your life" and serve like Jesus.

Heart Check

- ♡ Do you have a few good friends whom you really like to hang with at church? And sometimes you talk on the phone, or spend time with them in one of your homes? Here's a service idea. Give up your one-on-one time with them when you are at church, and serve. Make an agreement with your best friends that you will serve others. Here's how. Instead of talking only with one another while at church, spread yourselves out so that you spend time with:
 - ♡ Someone who is new, or a stranger to you, or a first time visitor.
 - ♡ Someone who is hurting or lonely.
 - ♡ Someone who is not cool, or outcast.
- ♡ We read in Colossians 3:23, that we must pour ourselves wholeheartedly into everything we do, right? Consider this true story. A handsome and promising young man named Jim Elliot, who wrote a lot of profound things while he was in college, got married and became a missionary to South America with his young wife and daughter. His little girl was only a few years old when he was killed by violent natives. His wife Elizabeth took their little girl and went to live with and love the people who had killed him, and now some of them are Christians. Here's one of the things Jim Elliot wrote, "Wherever you are, be all there. Live to the hilt every situation you believe to be the will of God." (Elisabeth Elliott, *Through Gates of Splendor*, NJ: Fleming H. Revell Co, 1957).
- ♡ What does it mean to be "all there?" It means we pour ourselves into serving, whenever there's a chance in front of us. It means we die to ourselves, we give up doing what we like to do. Jesus told us that it's our job to "wash dirty feet." So, when you see an unpleasant task that needs to be done, be like Jesus, and serve with the joy of Jesus.

Want to study more?

- ♡ *Your Girl* by Vicki Courtney
- ♡ *True Princess* by Erin Davis
- ♡ *The Girl in the Mirror* by Michelle Grover
- ♡ *Growing Little Women (Capturing Teachable Moments with Your Daughter)* by Donna J. Miller
- ♡ *Big Truths for Young Heart (Teaching and Learning the Greatness of God)* by Bruce Ware

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