

# Women of the *Holy Spirit*

A Window into Biblical Womanhood





*Dear Sisters,*

*We pray that this window into biblical womanhood will drive us to Scripture and grow us to be more like Christ as His disciples. It's so wonderful that He didn't leave us helpless, but gave us His Holy Spirit. (John 16:7)*

*It is by the Holy Spirit that we are convicted of sin, righteousness, and judgment. (John 16:8-11) Welcome His conviction! Confess quickly! Embrace repentance!*

*It is by the Holy Spirit that we are empowered to change and grow. We can do nothing of kingdom value apart from the Holy Spirit, but in His power we put sin to death and walk in abundant life and peace. (Romans 8:1-13) What a gift Christ gave us in His Spirit!*

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# A Submissive Heart

*Then Jesus went with them to a place called Gethsemane... He began to be sorrowful and troubled... And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will."*

*And he came to the disciples and found them sleeping. And he said to Peter, "So, could you not watch with me one hour? Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."*

Matthew 26:36-41

Submission. The mere word send chills up the spines of most people. We live in a world that has turned submission into a dirty word that no one wants to hear, let alone obey. But our God who designed and instituted submission did so with so much more in mind for us.

Let's take a look at the only One who ever exemplified perfect submission here on earth, Jesus Christ. By His obedient and joyful submission to the cross for the world, He fulfilled the will of God the Father.

In all four gospels, we can read the account of Jesus' prayer in the Garden of Gethsemane before going to the cross to be crucified for the sin of all mankind. Take a moment to read Matthew 26:36-42 in the margin to the left. Note Christ's submission to the Father. We will consider how His submission flows from unfailing love, surrendering faith, and beautiful humility.

As Jesus prayed to His Father, knowing what He was going to face and how He was going to die, He asks "O, my Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will." Wow, in my life I have never nor have you I'm sure ever been faced with such a situation. Yet knowing exactly what was going to happen He graciously, respectfully and humbly shared His heart with His Father, and committed to do whatever He asked. What a LOVE!!!!

When we speak to our father, our boss, our husbands... is it with this unconditional love, with respect, with humility and grace, or is it with manipulation, anger and attempts at control?

Did you answer yes to the above question? Of course you did. Jesus understands our weakness, our frail and faltering love. In Matthew 26:41 Jesus said, "Watch and pray lest you enter into temptation. The spirit indeed is willing but the flesh is weak." As women, we can talk the talk about submission but do we walk the walk? We may be obeying and doing what we are asked on the outside but under our breath we are complaining and gossiping or even thinking in our minds how wrong or ridiculous the request is. This is nothing but a lack of faith in God.



There is a difference between simply obeying and submitting. When we obey, we may do what is asked all the while having thoughts in our heads or voicing our displeasure at doing what is asked. When we submit, we are trusting God to take care of the outcome as we willingly place ourselves under another's authority. We can only have joy in submitting when we come to the realization that God is big enough and we can trust Him to take care of everything.

God has called us to submit so why do we not trust Him to take care of everything? How much time do we spend praying about our submission to our authorities? Or are we spending more time sleeping as the disciples did that night instead of praying?

Our lives need to be bathed in prayer or we will not be able to submit as Jesus did. Jesus submitted to the point of death even death on the cross for US!

As we think further about Jesus in the Garden of Gethsemane, in Matthew 26:42 we see His humility as He graciously and respectfully shares His heart, "O, my Father, if this cup cannot pass away from Me unless I drink it, Your will be done."

*Again, for the second time, he went away and prayed, "My Father, if this cannot pass unless I drink it, your will be done." Matthew 26:42*

When we speak to our authorities what does it sound like? Is it marked by humility? The way we speak of them is often the view others will get of them, and more importantly the view they will get of our God.

From Christ's example, we see that submission flows out of love, faith, and humility.

Our joyful and willful submission to those in authority is a way we can encourage and teach others by example, especially as older women towards younger women. Our words can lift someone up and be a reflection of Christ by bringing glory to God. We can bring peace to our homes, our marriages and our workplaces by our submission.

*"Submission is free, not coerced. You give it because King Jesus summons you into this relationship to give it. We do not cancel out headship and submission lest we cancel out Christ and the church."*

John Piper

Dr. John Piper, in ***The Beautiful Faith of Fearless Submission***, states: "Submission is free, not coerced. You give it because King Jesus summons you into this relationship to give it. We do not cancel out headship and submission lest we cancel out Christ and the church." In other words, we are to submit not because someone deserves to be submitted to but because God commands us to and in doing so we are a reflection of Him. 1 Peter 3:1-7

Jesus submitted to His Father and went to the cross bearing our sins. He descended into hell to deposit those sins because He loves us. Praise the Lord! If we say that Christ is Lord of our lives it is our joy and privilege to obey His command and follow His lead in submission.

We as women have the privilege of changing what the world sees when we submit and we can do that to the glory of God or the opposite by seeking to glorify ourselves. Let's work together and change the view of submission to those that we come in contact with. Let's make it the beautiful word and act that God intended for it to be. Others are watching us and when they see us submitting joyfully, respectfully, humbly and graciously, the door is wide open to share the love that Christ has for us and them.

*Tammy Williamson*

# Day 1

## Being Amenable



Are you a yes girl? Do you respond to God's Word with, "Yes, certainly"? Amen means "so be it." A submissive heart is willing to be led, able to say amen. Consider the choices below.

- ☞ Am I agreeable or complaining?
- ☞ Am I responsive or resisting?
- ☞ Am I manageable or rebellious?
- ☞ Am I persuadable or obstinate?
- ☞ Am I teachable or stubborn?
- ☞ Do I yield or become rigid?

Would you rather be around a woman who is agreeable, responsive, manageable, persuadable, teachable and yielding, or a woman who is a complaining, resisting, rebellious, obstinate, stubborn, and rigid? Recently, a radio DJ announced an idea that convicted me (Ruth), because it wasn't even the Christian station! He said to try it as a New Year's resolution. He said it could save your marriage. Here's the advice: Every once in a while, say "O.K." Sad, how deceived I am that it's OK to be non-amenable.

When the angel approached Mary with shocking news that shattered her world, she evidenced amenability in her response. We know today that the angel's news heals every shattering, but she didn't. Read Luke 1:38 and write down Mary's response to the angel.

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We all know what it's like to have our guts churn with a "You're not going to tell me to do that" attitude. There are times when the last thing we want to do is lay down our desires and preferences. But a submissive heart chooses to esteem and yield to God's wise ordering of the world, a submissive heart is amenable to the authority of men.

Sarah was a beautiful woman, very desirable to kings and powerful men. She was also full of ideas and ways to work out what God had promised them. Neither she nor her husband perfectly worked out God's plan for their lives, and that's very encouraging. Through their example we learn that it is faith which God counts as righteousness. We can do the next right thing because God's righteousness has been imputed on us by faith. And women of faith choose amenability. Sarah teaches us what an amenable heart looks like. Read 1 Peter 3:5-6. What does God want us to learn from Sarah? \_\_\_\_\_

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*Whether married or single, an amenable woman affirms and encourages godly qualities and initiative in men by being responsive rather than resistant in her interaction with them. Of course, we're not talking about being amenable or responsive to sin. But even while saying no to sin, we can have a spirit that is inclined to be responsive, yielding, deferential.*

True Woman 101: Divine Design, page 179



# Day 2

## Reverencing and Respecting

Have you heard any of these phrases? “Respect is earned.” “Respect yourself.” “He doesn’t deserve my respect.” “He’s too harsh. Once he treats me better, I’ll respect him.” Any of these sound familiar? Read Titus 2:4-5 on the left. Notice what isn’t in there? Our husbands working to deserve or earn our respect. It’s just a command to us. We live in an age where submission and respect have been given negative connotations. Media and movies triumph women that are fearless, tough, and fiercely independent. Rather than thinking, talking, or acting with disrespect, we need a biblical view of respect that upholds and honors God’s word.

*...and so train the young women to love their husbands and children, to be self-controlled, pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled.”*

Titus 2:4-5

🔗 Read Proverbs 7:11-12 and 9:13. How does Scripture describe a foolish woman? \_\_\_\_\_

In contrast, how does God describe a beautiful woman? \_\_\_\_\_

🔗 Read 1 Peter 3:1-6. What does this passage say about respecting our husbands? \_\_\_\_\_

Jesus was the perfect example of humility and submission.

🔗 Read Philippians 2:6-9 and Matthew 26:39 and explain the significance of Jesus’ humility. \_\_\_\_\_

Jesus teaches us that submission is a privilege. Respectfully submitting to authority brings blessing. Respecting and submitting to harsh authority is something that many women (or even men) find themselves facing.

🔗 Read 1 Peter 3:1-2 and 1 Peter 2:18. Harsh authority is addressed in these passages. What do we learn? \_\_\_\_\_

Being respectful and submissive is something that is required in order to be godly. In a world that is especially anti-authority, being respectful of our husbands and authorities paints a really sweet picture for the world to see that depicts the way Christ submitted to the Father, and how the church submits to Him. It’s a way to attract others to the gospel, simply by fulfilling a role that brings calm in a world of chaos.



# Day 3

## Discerning

Doctrine is a set of beliefs. Everyone has one. What is yours? Every day, we are saturated with different doctrines. Every movie we see, song lyric we hear, contains doctrine. Every conversation with a girlfriend, every social media post or article we read contains doctrine. We live in a culture where political correctness quietly deceives our doctrine. It is so important to be able to discern what is sound doctrine. The Greek word for sound -- *hugiano* -- is close to our English word "hygiene." Sound doctrine is flawless, free from contamination. It makes sick people well. A godly woman needs to sift through ideas and opinions and determine which ones line up with sound doctrine. This requires discernment. On the right, you can read how Tim Challies points out that discernment is a skill.

*Discernment is a skill. It's not an inherent ability like breathing or chewing but a skill that must be practiced and improved.*

Tim Challies

🔗 Read Colossians 2:8 and Ephesians 4:14. What are some of the reasons we need to grow in discernment? \_\_\_\_\_

What are some of the deceptive messages we receive today about how we should live? \_\_\_\_\_

🔗 In 1 and 2 Timothy, Paul addresses the false teachers in the church who were introducing new ideas that were distractions to people who were trying to pursue holiness. The Cretan believers were encouraged to trust their own opinions rather than adhering to what they were taught by the Apostles and God's word. Read 2 Timothy 3:7. Why were the women especially captured by this false teaching? \_\_\_\_\_

🔗 Read 2 Timothy 4:3. Why do women in our culture reject sound teaching regarding womanhood? \_\_\_\_\_

🔗 In 2 Timothy 3:7, we read that the women were always learning but never able to arrive at the knowledge of truth. They weren't taken captive because they lacked information. They lacked desires that were holy.

*Sound doctrine is healthy. It's pure, uncontaminated, and free from error. It's like breathing in clean, fresh air. Unsound doctrine is a mixture of truth and error. It's like breathing in air that's tainted with a dangerous contaminant. You may not smell or notice the toxin, but it's inevitable that it will negatively impact your health. Unsound doctrine leads to spiritually sick and weak believers, which leads to spiritually unhealthy churches.*

TrueWoman 201

We have carbon monoxide alarms in our house to keep our family safe from an odorless but deadly toxin. What plan, or discernment alarms do you have set up in your life to keep you from breathing in the toxicity of false teaching and unsound doctrine? \_\_\_\_\_



# Day 4

## Honoring

What is honor? According to the thesaurus, honor has these synonyms: “esteem, respect, pay homage to, assigning value to.” When I (Ashley) think about honor, for some reason, the first thing that pops into my mind is honoring a fallen soldier. My in-laws lived in a small town in Michigan for many years. During that time, in 2009, a young man from their church who served in the Army was killed one week before he was due to return home from a deployment. When his body came through in the hearse, the entire town stood silent, lining the road, in honor of his life and the sacrifice he made. That honor was something you could feel in the air. Just as these people stood in honor and reverence for Corporal Nicky Roush, a godly woman seeks to live a God-centered life, honoring Him in each attitude, thought, and action.

Just as we honor the sacrifice of a fallen soldier, there is one Sacrifice that trumps them all.

🔗 What does Romans 5:15 tell us about this sacrifice? \_\_\_\_\_

🔗 How much more so should we honor the sacrifice of the One who is holy?! Read Malachi 1:6. What are some of the positions of honor that are mentioned, and how does that translate into your life? \_\_\_\_\_

🔗 Read Proverbs 14:2. What will our lives look like if we do not possess the critical virtue of honor? \_\_\_\_\_

Besides the fact that it is commanded, why is it so critical for us to honor the Lord? \_\_\_\_\_

What are some practical ways we can honor God above all other people and priorities in our lives? \_\_\_\_\_

Let's not be women who drift through life, just waiting for time to mature us in to the godly women we were designed to be. Let's show honor to the Lord; let it be an attitude of the heart that is manifested in the way we think and live.



# Day 5

## Valuing & Imitating Christ's Humility

Consider the difference between dogs and cats. The master pets a dog, and the dog wags its tail and thinks, "He must be a god." But the master pets his cat, and the cat purrs, shuts its eyes and thinks to itself, "I must be a god." Though Jesus in grace reached down to us, there is still a perverse human tendency to think like the cat!

Matthew 5:5 says, "Blessed are the meek, for they shall inherit the earth." There are so many things that Christ taught us by example, and humility is one of the most important. First, think of the humility it took for our Redeemer to step out of His Throne and wrap Himself in flesh, to be like us, in order that he could die for us! The reality of that is astonishing.

Humility is not something that is championed by the world. Explain how this is true. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Read Romans 7:18 on the right. What do we learn about self-esteem?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out.*

Romans 7:18

Do you ever feel like you do not have enough "me time?" This is one of the lies women buy into so often – that we somehow deserve an allotted time to ourselves. That we have earned a chunk of time that we can take and use selfishly. Our goal should be serving others with humility. Think about when Jesus was spending His time healing people. He had droves and multitudes of people following Him around, begging for healing. I imagine, had Jesus not been perfect, He would have been longing for a little "me time." Learning to deny ourselves and humbly serve others is one of the biggest blessings we can receive as believers. It's so important to make sure we do not have ulterior motives while serving others, though.

🔗 Read Ephesians 5:6-7. What does this passage teach us about serving? \_\_\_\_\_  
\_\_\_\_\_

🔗 Another area where it can be extremely difficult to have humility is in the area of defending ourselves. What did our perfect Redeemer do when he was accused and insulted in 1 Peter 2:21-23? \_\_\_\_\_  
\_\_\_\_\_

How amazing and difficult is that? Learning to esteem ourselves as nothing, and glory in pleasing our Lord should be much more important to us than defending ourselves so that we look good to others.

Take a moment and pray about and confess areas in which you struggle being humble.





# Memory Verse



*Wives, submit to your husbands,  
as is fitting in the Lord*

Colossians 3:18

## Discussion Questions

1. Why does our culture encourage sassiness/defiance and scorn amenability as a character trait for women?
2. Why do wives balk at submission in marriage, maybe not as a concept but certainly when the rubber hits the road? Genesis 3:16b provides a clue.
3. In studying Philippians 2:6-9 and Matthew 26:39, we noted Christ's humility that led to submission. Why is humility necessary for a submissive heart? Why does refusal to grow a submissive heart indicate pride?
4. In Ephesians 5:22-25 we read that submission in marriage is a living parable for a watching world. What is a wife's submission a picture of?
5. 1 Corinthians 11:3 teaches that a husband's headship is a living parable for a watching world. What is a husband's headship a picture of?
6. From questions 4 & 5 we realize that a submissive heart is more about Jesus than it is about us. When you recognize the gospel purpose of submission in marriage, how does that encourage a submissive heart? Why would it be important for unmarried women to disciple married women to greater submission?



# A Gentle & Quiet Spirit

*Do not let your adorning be external--the braiding of hair and the putting on of gold jewelry, or the clothing you wear-- 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 precious.*

1 Peter 3: 3 – 4

*M*m-m-m! A gentle and quiet spirit you say. I wonder, what does that look like? Do these adjectives describe you; do they describe me?

A former beauty pageant winner said, “ When you live in a country where a beautiful woman has greater career prospects than someone with a strong work ethic and first-class education, you are forced into the mindset that there is nothing more important than beauty”.

In the days in which Peter lived those with the means to do so went to great extremes in dress, cosmetics, and hair styling to look good to others. Ornate hairstyles were prevalent in the high society of the Roman world.

Peter is not saying that Christian women should never fix their hair, wear jewelry, or dress attractively, but he emphasized the “hidden man of the heart”. The cultivation of the inner spirit is more desirable than the ornamentation of the body. Beauty may fade, gold and silver may tarnish, and clothing will wear out, but the inner man is eternal.

So that a Christian wife may lack nothing, she is told how she should dress herself. Our perverse, crooked hearts turn everything we use into chaos. Few people know how to use the necessities of life----food and clothes. “For the mind to be pleased with such things is foolish and childish. This is a disease that few escape. It is strange what poor things men and women become vain about, thinking they are somebody. The soul that departs from God has lost its’ true worth and beauty, and so it descends to concentrating on how it may indulge and dress the body. GOD ALONE IS THE BEAUTY OF THE SOUL !” (J. I. Packer)

The apostle’s main purpose, in this Scripture, is to recommend an ornament of the soul, “your inner self”. (1 Peter 3:4) Peter commends a particular grace, suited for every Christian woman. These are a “gentle and quiet spirit”. These graces are what make up attractive behavior.

*A*tttractive behavior involves:

1. A gentle and quiet spirit. Peter says these are precious in the sight of God. These are also precious in the sight of others we come into contact



with. “Gentle” is the word sometimes translated “meek” It is used of Jesus in Matthew 11:29. It does not mean weakness, but rather strength under control.

Quiet does not mean mute, but rather tranquil or calm, not argumentative. A quiet woman is not out to prove anything, because she is secure in who she is in the Lord. She is not controlling or manipulative. She can present her point of view without demanding her own way or being obnoxious.

2. An emphasis on the inner person over the outward appearance.

Peter’s point here is that, as women, our emphasis should be on attractive, godly, character qualities which are imperishable. Our focus should not be on an elaborate outward appearance which fades with age. Inner beauty is attractive to our spouses, and is that which enhances a woman’s outward appearance.

3. Low maintenance.....doesn’t demand attention by appearance or conversation

We find in these verses the prescription for true beauty, God’s definition.

1. Emphasis on inward adornment
2. The source of true beauty is the “hidden person of the heart”. It isn’t something you wear; it is who you are.
3. Inner beauty is incorruptible. This means it doesn’t decay with age. It actually gets better with age, becoming of greater value. Without inner beauty, any outward beauty is like a ring of gold in the nose of a pig. (Proverbs 11:22)
4. It is very precious in the sight of God. (Proverbs 31:30 )
5. True beauty is reflected in contentment. (1 Timothy 6:6)

Several Scriptures speak of our spiritual adorning.

1. “...garments of salvation ....” (Isaiah 61:10)
2. “....I put on righteousness as my clothing...” (Job 29:14)
3. “....I will put rich garments on you....” (Zechariah 3:4)

When a woman ceases to act with a “quiet and gentle spirit” she begins to promote herself and bring attention to herself. Rather than being the glory of her husband, she steals the glory from him. The same is true of her attire. She may never utter a word publicly, but she may dress in a way that causes every eye to be fixed on her. To do so is to cast aside the headship of her husband and the submission required of her.

We, as women, have some work to do in the area of a “gentle and quiet” spirit. Not only in our own lives, but what are we teaching our daughters and granddaughters? What’s in your spiritual wardrobe?

Let’s purpose, in our hearts, to let our inner beauty, of a “quiet and gentle spirit” be our most noticeable feature.

*Carole Woodard*

*“A foolish woman  
is clamorous; she  
is simple and knows  
nothing.”*

Proverbs 9:13 (HCSB)

*“For the Lord takes  
pleasure in His  
people; He will  
beautify the humble  
with salvation.”*

Psalms 149:4 (NKJV)

# Day 1

## Choosing Affections & Passions

What do you find yourself daydreaming about? With what can your mind be consumed? Maybe it's the way you want to redecorate your house. Maybe it is your child's health problem. Maybe it is just the list of things you want to get done for the day. What we think about reveals our passions. Titus 2:3-5 says, "Older women...are to teach what is good, and so train the young women to love their husbands and children, to be self-controlled, pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled." The Lord set up our priorities for us, and Paul outlines them for us in this passage. What are the priorities given in this passage? \_\_\_\_\_

These are the ways of the kingdom of God, and they are totally countercultural! What are some things that are not on that list that we can struggle with having passions for? \_\_\_\_\_

God places such a priority and emphasis on the home and the family, because when we fulfill our roles and are passionate about the things He wants from us, we display His glory and His redemptive plan. It doesn't mean that things outside this list are necessarily sinful (though they can be), but if they come in at a higher priority than our biblical priorities, it is sin that needs to be confessed.

Both single and married woman need to be committed to these priorities! Both singleness and marriage are gifts to the church. Marriage displays Christ's love to the church and the church's obedience to Christ. Singleness displays that God's family grows by regeneration rather than propagation, that relationships in Christ are more permanent than families, that faithfulness to Christ defines life rather than marriage, and that marriage is temporary and finally gives way to the relationship of Christ to His bride, the Church. Single gals provide a living parable of full dependence and reliance on God, often while trusting Christ as the answer to a desire for marriage is "no."

Explain how a single woman can uphold marriage and family as valuable, while not falling to the sin of discontentment. \_\_\_\_\_

*A True Woman is committed to upholding marriage and family as God's method of putting the gospel on display. Even if you are not married, you can still uphold marriage and family as valuable."*

True Woman 201: Interior Design

In **True Womanhood 201** by Mary A. Kassian and Nancy Leigh DeMoss, on page 75, they provide the following list. Do the following women choose godly affections and passions? Why or why not?

- ☞ A woman who reads a book that glamorizes an affair
- ☞ A college student who sleeps with her boyfriend
- ☞ A bridesmaid who is envious and resentful that she's not the one getting married
- ☞ A divorced woman who speaks negatively of her ex
- ☞ A married woman who mocks her husband's shortcomings
- ☞ A widow who refuses to be in a Bible study with married couples



# Day 2

## Embracing Discipline

Have you ever looked at a body builder and wondered how on earth they got in that shape? If you talk to any of them, it is a daily routine, or discipline. Most of them get up at the same time each morning, eat the same breakfast, follow a strict workout regime, eat the same (probably tasteless, haha) lunch and dinner, and go to bed early each night. You most likely won't find them at Old Country Buffet, or watching Netflix for hours with their feet propped up on the couch. They have a goal in mind, and everything they do is done in order that they may attain that goal. As women, we have the goal to be godly women that glorify God. That doesn't happen by coincidence, or by flying by the seat of our pants. It happens by daily disciplining ourselves.

📖 Read 1 Thessalonians 5:20-22. What disciplines does this passage teach that godly women will adhere to? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

📖 Romans 13:14 gives us a good command to follow that helps us abstain from every form of evil. What is it? \_\_\_\_\_  
Explain what that would look like in your life. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

📖 1 Timothy 4:7 tells us to exercise ourselves in godliness. What are some exercises that a godly woman participates in? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

📖 Read 1 Corinthians 9:24-27. Explain what is at stake if we do not discipline our bodies. (verse 27) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Proverbs 31 was written by King Lemuel, and it was what his mother taught him to look for in a wife. We refer to the woman described as the Proverbs 31 Woman. She might be one of the most disciplined women there is. What are some of her disciplines? What are some of her disciplines that you personally struggle with? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Take time to confess and ask for strength and perseverance from the Holy Spirit.





# Day 3

## Controlling Yourself

🦋 Read Titus 2:12. How does Paul instruct us to live? \_\_\_\_\_

In Titus 2:5, Paul instructs the older women to teach the younger women to be self-controlled. Self-control isn't exclusive to women. Every believer is to maintain self-control by submitting to the Holy Spirit. However, Paul does specifically command it of the godly woman.

Self-control is more than just behavior. The Greek word for self-control is *sōfrōn*. The first part, *so*, means "safe." The second part, *phrēn*, means "mind." So basically, it means to have a safe, or sound mind. We always use the phrase "Think Right – Do Right – Feel Right." In order to live self-controlled lives, we need to have self-controlled minds.

🦋 Read Proverbs 25:28. What does it about a man without self-control? Explain the danger of lacking self-control.

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🦋 2 Corinthians 10:4-5 talks about how our war is not physical, but it is one that takes place in our minds. When I see a plate of chocolates, it does not physically jump into my mouth. I see it, and then I think about how good it tastes, and decide to just eat one, and then I eat seventeen. Sin works the same way. When we are tempted, we need to take our thoughts captive to the obedience of Christ.

*For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.*

2 Corinthians 10:4-5

On the following chart, look up each reference and draw a line to match it with the area in which it indicates the need to exercise self-control. (Taken from **True Womanhood 201**, page 94)

Proverbs 16:32	friendships
1 Thessalonians 4:3-5	body
1 Corinthians 9:27	emotions
Colossians 4:5	appearance
1 Timothy 2:9-10	speech
Proverbs 13:3	possessions
Luke 12:15	sexuality
Proverbs 1:15	time



Identify areas from the above chart that you need to confess and bring under submission to the Holy Spirit. Write out a game plan below how you will exercise self-control in these areas. \_\_\_\_\_

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# Day 4

## Keeping Calm

Remember the story of Shadrach, Meshach, and Abednego? Read Daniel 3:16-18. They had just been told what would happen to them if they did not bow to the golden image King Nebuchadnezzar had made of himself. What was their response? \_\_\_\_\_

I (Ashley) think that if anybody had reason to panic, it may have been these three guys. But they didn't. Why? Because they served the Most High God and trusted Him (Daniel 3:26, 28). They knew even death wouldn't separate them from Him. They didn't know they would be rescued from the fire. But they still were calm.

In 2 Timothy 1:7, on the right, we see that God has not given us a spirit of fear. Believers have had the wrath of God removed from them through Jesus Christ. Romans 8:1 and 4 teach that there is no condemnation for those who are in Christ Jesus, who walk not in the flesh but according to His Spirit.

*For God gave us a spirit not of fear but of power and love and self-control.*

2 Timothy 1:7

📖 Read 1 Peter 5:7. How does it tell us to live? What are some anxieties you carry rather than cast on the Lord?

📖 In Mark 4, the disciples encountered a storm at sea that Jesus was sleeping through. What happened in Mark 4:39? \_\_\_\_\_

*He made the storm be still, and the waves of the sea were hushed. Then they were glad that the waters were quiet, and he brought them to their desired haven.*

Psalm 107:29-30

Isn't it amazing that we think the God who can calm the wind and the sea isn't powerful enough to control our trials and our emotions? That He needs our help somehow? Sometimes we think we are doing something by worrying. I have heard women say that good moms worry. It's easy to be pulled into that trap of sinful thinking. But God commands us not to worry. So, sinfully doing so does not make us good. Worrying is being spiritually lazy.

📖 Read Philippians 4:5-7. What are we commanded to do when we are troubled about something? What happens when we obey? \_\_\_\_\_

Take a moment and ask the Holy Spirit to reveal to you where you have not been calm or where you have worried. Confess your sin of worrying.

# Day 5

## Propagating Purity

🔗 Psalm 24:3-4 says, "Who shall ascend the hill of the Lord? And who shall stand in his holy place? He who has clean hands and a pure heart, who does not lift up his soul to what is false and does not swear deceitfully." When you think of the word "pure," what comes to mind? \_\_\_\_\_

Most of the time, we think of purity in the sexual sense. Any sex outside of marriage is the opposite of pure, and those who live in that sin will not inherit the Kingdom of God, right? Yes, according to 1 Corinthians 6:9-10; but purity is so much more than just being sexually pure. It is a state of the heart. While our behavior can be good and make us appear pure, the Lord looks at our heart and our spirit, as we read in Proverbs 16:2.

*All the ways of a man are pure in his own eyes, but the LORD weighs the spirit.*

Proverbs 16:2

Read the following verses and write out how they each define purity:

🔗 Job 33:9 \_\_\_\_\_

🔗 2 Peter 3:14 \_\_\_\_\_

🔗 Philippians 2:15 \_\_\_\_\_

🔗 Daniel 12:10 \_\_\_\_\_

God takes purity and holiness very seriously. As we see from 1 John 1:5-10, He cannot fellowship with evil. In the Old Testament, when priests would enter the Holy of Holies, God provides a beautiful picture of the provision He made for fellowship with Him. Other days, the priest wore fancy bejeweled garments. But that day, he wore a simple white cloak, and by the time he was ready to enter the Holy of Holies, he had slaughtered at least fifteen animals. His white garment splattered in blood, carrying the blood of bulls and goats to sprinkle on the mercy seat, the priests' one-time entrance to God's holiness shows us our need for Christ's purifying blood (1 Peter 1:18-25).

Read Proverbs 6:16-19. What are some of the vices that we can fall habit to that are the opposite of pure? Which ones do we as women struggle to avoid the most? \_\_\_\_\_

Christ will present the Church to God as His pure, spotless bride. He does this by the washing of water with the Word so that she might present herself to Him in splendor, without spot or wrinkle. She is holy and without blemish (Ephesians 5:25-31).

*Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!*

Psalm 139:23-24

Read Psalm 139:23-24 to the left, and ask the Holy Spirit to prick your heart and reveal to you any blemishes of impurity that are keeping you from a life full of fellowship with the Lord.



# Memory Verse



*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 precious.*

1 Peter 3:4

## Discussion Questions

1. On pages 12-13, Carole Woodard points out three attractive behaviors. What are they, and in what practical ways do they convict you that you need to change and grow?
2. Gentle and quiet does not mean weak! On page 15, we learned that we need to embrace discipline. In what ways do you need to become more disciplined?
3. A gentle and quiet spirit does not insist on its own way, but rather takes thoughts captive to the obedience of Christ (2 Corinthians 10:4-5). In what ways do you need to grow a self-controlled mind?
4. Do you need to ask for accountability in the area in which you need to become more disciplined or self-controlled? (Try this accountability idea. If you ask for accountability, put concrete parameters on it (date, place, etc.). Should you fail to do what you are asking to be held accountable for, give yourself a consequence. Choose your own consequence, but make it something that costs you and blesses the person holding you accountable, such as cleaning her bathroom or baking a pie for her. The onus for accountability is not on her, it's on you.)
5. How do worry, stress, and lack of calmness during catastrophe indicate that you still need to grow in adorning your heart with a gentle and quiet spirit?



# Generous & Hospitable

*"When you give a luncheon or a dinner, do not invite your friends or your brothers or your relatives or rich neighbors, lest they also invite you in return, and repayment come to you. But when you give a reception, invite the poor, the crippled, the lame, the blind, and you will be blessed, since they do not have the means to repay you; for you will be repaid at the resurrection of the righteous"*

Luke 14:12-14 (NASB)

**G**iven To Hospitality"—The Greek word translated "given to hospitality" is composed of the words xenos ("stranger") and phileō ("to love" or "show affection"). It means to love strangers.

Have you ever heard it said that So-and-so has the gift of hospitality because she is a great cook or because she likes to have friends over for a visit? As gracious and important as those virtues are, they are not examples of biblical hospitality.

Biblical hospitality is showing kindness to strangers, not friends. Please read Luke 14:12–14 on the left. We can agree that showing love toward strangers requires vulnerability and can even be dangerous, because some may take advantage of your kindness. However, God doesn't ask us to discard wisdom and discernment as we deal with strangers (Matthew 10:16), He does require us to love them by being hospitable (Romans 12:13; Hebrews 13:2; 1 Peter 4:9).

When I consider my responsibility to love strangers, I am reminded that God received into His family we who were "aliens from the commonwealth of Israel, and strangers from the covenants of promise, having no hope, and without God in the world" (Eph. 2:12). Since those of us who are Gentiles have been welcomed by God, how can we fail to welcome strangers into our homes? After all, everything we have belongs to God. We are simply His stewards.

**H**OSPITALITY is the practice of entertaining strangers graciously. Hospitality was a very important trait in Bible times. In the New Testament, the Greek word translated "hospitality" literally means "love of strangers" (Rom. 12:13). In the Old Testament, Abraham was the host to angels unaware; he invited strangers into his house, washed their feet, prepared fresh meat, had Sarah bake bread, and later accompanied them as they left (Genesis 18:1–15).

Hospitality was specifically commanded by God (Leviticus 19:33–34; Luke 14:13–14; Romans 12:13). It was to be characteristic of all believers (1 Peter 4:9), especially church leaders. (Titus 1:7–8; 1 Timothy 3:2). Jesus emphasized the importance of hospitality by answering the question of who should inherit the kingdom: "I was a stranger and you took Me in" (Matthew 25:35).

Several Old Testament personalities set a good example for all believers in the practice of hospitality. These included Abraham (Genesis 18:1–8); David (2 Samuel 6:19); the Shunammite woman (2 Kings 4:8–10); Nehemiah (Nehemiah 5:17–18);

and Job (Job 31:17–20). Psalm 23 concludes with a portrait of a host who prepares a table for the weary, anoints the head of the guest with oil, and shows every kindness so that the guest’s cup runs over. The psalmist sees the Lord Himself as Host; His hospitality exceeds all others.

The New Testament also gives examples of gracious hospitality: Mary (Matthew 26:6–13); Martha (Luke 10:38); the early Christians (Acts 2:45–46); Lydia (Acts 16:14–15); and Priscilla and Aquila (Acts 18:26).

*P*urposeful hospitality is seen in Scripture, such as Romans 12:9–13—“Let love be genuine...practice hospitality.”

When Job was protesting against his sickness, one of the virtues that he said he never neglected was hospitality. In 31:32 he said, “The sojourner has not lodged in the street; I have opened my doors to the wayfarer.” And that’s not surprising because the Lord himself said that Job was an upright man who feared God and turned away from evil (Job 1:1). As far back as you want to go in the history of God’s people, one of the God-appointed duties of the righteous was hospitality—the willingness to welcome people into your home (or your apartment) who don’t ordinarily belong there.

In the New Testament the duty was reemphasized for the Christian community. Romans 12:13 says, “Contribute to the needs of the saints, practice hospitality.” Literally it says, “Pursue hospitality.” And the verb implies continuous action. So the command in Romans 12:13 is that hospitality not just be a once a year thing at Thanksgiving or Christmas, but a constant attitude and practice.

*Let brotherly  
love continue.  
Do not neglect to  
show hospitality  
to strangers, for  
thereby some have  
entertained angels  
unawares.”*

Hebrews 13:1-2

Our homes and apartments should stand constantly ready for purposeful hospitality—a readiness to welcome people who don’t ordinarily live there. Invite each other home. Nothing fancy. Forget trying to impress anybody. Paper plates are most appropriate for Sunday dinner. Nobody should have to spend Sunday afternoon washing dishes!

1 Peter 4:8–9 says, “Above all hold unfailing your love for one another, since love covers a multitude of sins. Practice hospitality ungrudgingly to one another.” Ungrudgingly! That means, be the kind of people who do it and like to do it! In other words the command to be hospitable is not just a command to do something. It is not just a command that can be legalistically fulfilled with a quota of guests. It is a command to be a certain kind of person, namely, the kind that doesn’t resent having to be hospitable. The kind of person who doesn’t look at the extra dishes and bedding and bother—and grumble. “Practice hospitality ungrudgingly to one another.” Without murmuring. As the next verse (4:10) implies, let your hospitality be an extension or an overflow of God’s hospitality to you. Be a good steward of God’s grace. 1 Peter 4:10 (NKJV) As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God.

Romans 12:13 said that we should “be constant” or persistent in our practice of hospitality. Hebrews says the same thing in a negative way: don’t neglect it. Evidently it is something that can easily fall into neglect. Indeed it can. The natural thing in the flesh is to neglect hospitality. It is the path of least resistance. All we have to do is yield to the natural gravity of our self-centered life, and the result will be a life so full of self that there is no room for hospitality. We will forget about it. And we will neglect it. So the Bible bluntly says, “Stop that!” Stop neglecting hospitality. Practice hospitality.

Why? What does hospitality have to do with God? The ultimate act of hospitality was when Jesus Christ died for sinners to make everyone who believes a member of the household of God. We are no longer strangers and sojourners. We have come home to God. Everybody who trusts in Jesus finds a home in God.

And why did God do it? Why send his only Son to die so that sinners could have hospitality in heaven? Ephesians 1:5–6: “He destined us in love to be his sons through Jesus Christ, according to the purpose of his will, to the praise of his glorious grace.” He did it for the praise of the glory of his grace. It was the same reason that he rescued unworthy strangers in Egypt—for his own glory. This was grace in the Old Testament and it is grace in the New. “By grace are you saved through faith; and this is not your own doing, it is the gift of God” (Ephesians 2:8). The ultimate foundation of Christian hospitality is God’s unwavering commitment to glorify the freedom and all-sufficiency of his grace.

*Randa Wright*

# Day 1

## Training in Virtue and Goodness

📖 Read Titus 2:3 and fill in the blank. "Older women are to teach what is \_\_\_\_\_."

📖 Read 2 Peter 1:5 and fill in the blank. "Make every effort to supplement your faith with \_\_\_\_\_."

When we think about training in virtue and goodness, two tensions enter the picture. On the one hand, there is nothing good in us (Romans 7:18) and anything good we do is like a filthy rag (Isaiah 64:6). On the other hand, God has imputed Christ's perfect righteousness onto us (Philippians 3:9) and has given us Scripture to equip us for every good work (2 Timothy 3:17). In other words, we cannot be virtuous and good, but in Christ we are virtuous and good, and by the power of the Holy Spirit we train towards what we are. Any virtuous and seemingly good action that does not flow from the indwelling power of the Holy Spirit really has nothing good in it.

Jesus knew some folks who devoted their lives to performing many virtuous and good acts. Read Mark 7:1-7, 20-23 and write down why their behavior displeased Him. \_\_\_\_\_

None of their outward goodness meant anything, because they were filthy on the inside. If we aren't walking in the cleansing of Jesus Christ's sacrifice, walking in confession and forgiveness, though we do a thousand virtuous and good acts, they mean nothing.

📖 Read Hebrews 9:13-14 and 10:19-23. What do we need in order to be clean on the inside before God? \_\_\_\_\_

📖 Read 1 John 1:9. When we confess our sins and are forgiven, what happens to our unrighteousness? \_\_\_\_\_

*It was granted her to clothe herself with fine linen, bright and pure" -- for the fine linen is the righteous deeds of the saints.*

Revelation 19:8

At weddings, do you love that moment when the handsome groom waits, a bit nervous, next to the pastor and his groomsmen? The lovely bridesmaids have sauntered down the aisle. They've taken their places. The music has changed. The back doors open. Everyone turns to gaze at the bride. There she is, dressed in white, radiant, eager to take the hand of her bridegroom and begin life together. We see many beautiful brides and experience many glorious weddings, but Revelation 19:7-8 describes the grandest bride of all, in the wedding to end all weddings. What is her dress made of? \_\_\_\_\_

Cleansed by the blood of the Lamb, we can do what is right and good. What do these verses teach?

📖 Hebrews 13:16: \_\_\_\_\_

📖 James 4:17: \_\_\_\_\_

📖 2 Peter 1:5 teaches us to grow in virtue. How can we grow in virtue? Match each verses with its corresponding statement regarding how to grow in virtue. (From True Woman 201, page 131)

Guard my way with God's Word

Philippians 1:10

Obey the truth

Psalms 119:9

Confess and forsake sin

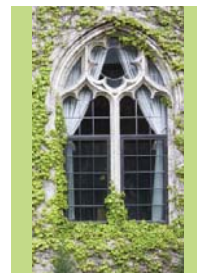
1 John 1:9

Draw near to God

1 Peter 1:22

Approve what is excellent

James 4:8





# Day 2

## Bearing Responsibility

🔊 Read Ephesians 5:28. What does this verse teach to be the reason for working? \_\_\_\_\_

🔊 Read Proverbs 31:20 and 27. What is a woman's responsibility? \_\_\_\_\_

🔊 Read Hebrews 13:2. What are we not to neglect? \_\_\_\_\_

Years ago we spent a week serving the Lord in Bolivia. It was our first experience in a third-world country, and the Christians in that remote village taught us many lessons. They welcomed us into their homes, where bricks, crude and rough, held up tin roofs to shelter dirt floors. Since those homes were too small to host our group for a meal, we ate supper at various churches. Dusk would fall, and we'd be brought, via the back of that town's one pick-up truck, to be hosted by yet another church. Each evening we'd arrive at a candle-lit scene, a long table set with table cloths and fancy china. The cloths were ragged and the plates were chipped, cracked, and broken, but still, their prettiest. By the end of the week, the mismatched collection of plates had grown familiar. We realized we had eaten from the same plates each evening, and we knew we had tasted generous hospitality. I like to imagine those wildly beautiful Bolivian women carefully and stealthily carrying their most precious plates to our next dinner destination, so that they could give us their best.

We have a responsibility to be generous and hospitalible, rather than stingy, begrudging, or careless. We don't need to serve on china plates. (Did you catch Randa's fantastic idea of paper plates for Sunday lunch?) But, we do need to be generous, cheerful, and care-filled. You can probably think of homes so perfect they feel like pictures in a magazine. Contrast that with a home where you feel warmly welcomed. Whether you live in a hut in a third-world village, a small apartment, a crowded cottage, or a spacious house, you can strive to make those who enter your home feel welcome. What are some ways you make others feel welcome in your home? \_\_\_\_\_

Galatians 6:10, on the right, teaches that it is our responsibility, as we have opportunity, to do good to everyone, but particularly to a certain group of people. Who are those people? \_\_\_\_\_

Now, think about our responsibility in biblical womanhood. Both the Old and New Testament teach married women that their generous hospitality is to be expressed first in caring for and taking care of their husbands and households (Proverbs 31:10-31 and Titus 2:3-5). This truth is equally important for unmarried and married women. An unmarried woman may need to deny herself time with a friend who is married, because the married friend needs to give that time to caring for her husband and family. The unmarried friend has a responsibility to encourage her in that role, and perhaps even to assist her in it.

Finally, let's give thought to our responsibility as image-bearers of God the creator.

Proverbs 31:22 presents the virtue of a woman's creativity in making her home beautiful. Not pinterest-perfect, but creatively unique (and, if married, in submission to our husbands, as per Titus 2:5). Our homes are a wonderful canvas on which to paint according to our God-given personalities—whether organized or free-wheeling, flamboyant or simple, systematic or wild, colorful or plain, classy or bohemian—all for the purpose of reflecting and glorifying our amazing God.

*So then, as we  
have opportunity,  
let us do good to  
everyone, and  
especially to  
those who are of  
the household of  
faith.*

Galatians 6:10

# Day 3

## Living Generously



🔊 Read 2 Corinthians 9:7. What type of person does God love? \_\_\_\_\_  
It's been said that cheerful people are cheerful people, and likewise, generous people are generous people. Joyful generosity is about a whole lot more than what we put into the offering plate.

Living generously flows from desire and motivation into thoughts, then into actions and words. We will consider living generously in two areas: "What I want," and "What I think."

### GENEROUS IN DESIRE AND MOTIVATION—"What I want"

🔊 Read Luke 12:15. What does Jesus warn us to be on guard against? \_\_\_\_\_

In ESV, Proverbs 11:25 reads "Whoever brings blessing will be enriched, and one who waters will himself be watered." In KJV, the phrase "whoever brings blessing" is translated "the liberal soul." Do you want to be a person who is stingy and greedy, or a person who helps others liberally and serves others liberally and gives to others liberally? It all starts with what you want.

🔊 Read Psalm 42:1. What do Christians long for? \_\_\_\_\_

As we long for God, we become like Him.

🔊 In Ephesians 2:4, what is God rich in? \_\_\_\_\_ Part of generous thinking is that we choose to think mercifully toward others.

Take a moment to analyze what you really want. Over the past half hour, did you think more about your rights or about giving mercy? Did you think more about getting or giving? Did you think more about what you could do for others or about what others could do for you? What would your thoughts be if you desired to bless others liberally and generously? \_\_\_\_\_

Confess selfish desires and ask the Holy Spirit to empower you to live generously.

### GENEROUS IN THOUGHT—"What I think"

Generous thinking requires contentment and thankfulness. If you aren't content, you'll be thinking about your own accumulation rather than what you can give. If you aren't thankful, your thoughts will tend towards complaint. There's nothing generous in complaining, only selfishness.

🔊 Read Philippians 4:11. Is contentment about a situation? Or is it a state of mind that we choose? \_\_\_\_\_

In Philippians 1:3, Paul says that he thanks God every time he remembers the Philippian church. We know though that there was a problem with that church, as Philippians 4 talks about two women who were kicking it up against each other and had to be called out so that the others could help them rejoice and continue to serve the Lord.

Living generously requires mental discipline. We must think with contentment and thankfulness. We must also choose cheerfulness as we think about giving, as we learned in 2 Corinthians 9:7. By the power of the Holy Spirit, we have 100% control over our thoughts. We can choose cheerfulness, contentment, and thankfulness that leads to living generously.

🌀 Read Psalm 131:2. How would you describe the person in this verse? \_\_\_\_\_

Rewrite Psalm 131 out in your own words in the space below: \_\_\_\_\_

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and is set against a dark background.

*T*ake a moment to pray. Confess your pride that has resulted in stressing out. Ask God to make you a daughter who puts her hope fully in her Heavenly Father from this day on and forevermore.

# Day 5

## Prioritizing Wisely

Here we go talking about priorities again, you might be thinking. We know this, you might be thinking. Titus 2:3-5 teaches us this priority structure:

1. Loving our husbands
2. Loving our children
3. Keeping our homes

Yes, of course. It's all very clear. There's nothing abstract about it. Unless, that is, you don't have those three things to prioritize. Which is a lot of us. But those who do have those three things in our lives are wildly tempted to lean to other orderings. So, we need to go back a little further and seek the whole counsel of God that will structure our hearts to embrace and welcome God's heart in prioritizing wisely.

🔍 Turn in your Bible to Psalm 90:12, and write the verse here: \_\_\_\_\_

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🔍 Now read Psalm 90:11-16. The context in which to prioritize wisely requires fear of God. A right understanding that He is not kidding. He cares how we spend our time. He wants us to eagerly wait for His return. He requires us to find our satisfaction in Him, to rejoice and be glad all our days. According to Psalm 90's teaching on how to order our lives, we could identify this priority structure:

1. Fearing God
2. Waiting eagerly for His return
3. Being satisfied and rejoicing in Him

Here's an idea. Before your head leaves the pillow in the morning, tell God He is awesome! Tell Him you want to fear Him and obey Him and let His will be done. Tell Him you are eager to see Him and be with Him, because He has cleansed you and forgiven your sin (and confess any sin that stands in the way). Ask Him to satisfy you and give you joy in Him. Then, if you are married, see if the Titus 2 priorities don't come easier.

For the first years of our marriage, I (Ruth) thought Monday was laundry day, Tuesday was ironing day, Wednesday was shopping day, Thursday was cleaning day, and Friday was baking day. In between I worked full time, then started raising kids. I was a mess every time those priorities got messed up, which was most of the time. I asked my friend Debbie how she managed it (we both had babies the same age and she ran a tight ship at her house). She must have noticed what a frazzled mess I was, because she had a sincere conversation with me. She said her days were not predetermined, but that she began each day asking the Lord what He wanted her to do that day. Wow. I never had thought of that. Never. It changed my life.

Debbie disciplined me in a James 1:5-8 way of thinking. Try it. Each day, ask the Lord for His wisdom regarding how you prioritize your day. Be reassured that if you seek the Lord without wavering from devotion to His Word, He will give you His wisdom.

*Look carefully then  
how you walk, not as  
unwise but as wise,  
making the best use of  
the time, because the  
days are evil. Therefore  
do not be foolish, but  
understand what the  
will of the Lord is.*

Ephesians 5:15-17



# Memory Verse



*Show hospitality to one another without grumbling.*

1 Peter 4:9

## Discussion Questions

1 Peter 4:7-10 (NKJV) -- 7 But the end of all things is at hand; therefore be serious and watchful in your prayers. 8 And above all things have fervent love for one another, for "love will cover a multitude of sins." 9 [Be] hospitable to one another without grumbling. 10 As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God.

1. Would friends classify you as a hospitable person? What makes you hospitable? What prevents you from it?
2. Would friends classify you as a grumbling person? What makes you grumble most?
3. What does Philippians 2:14 say about grumbling?
4. Read 1 Peter 4:9. When you don't want to be hospitable, what does this verse suggest?
5. Do you look at hospitality as a form of worship?
6. Are you kind and considerate to your family in the process of preparing to be hospitable? Ephesians 4:32
7. Are you supportive when members of your family extend hospitality?
8. Are you purposeful in extending hospitality? What are some ways you can plan to be purposeful in showing hospitality?
9. Do you have a heart of gratitude in the ability to show hospitality?
10. Are you thankful for the home the Lord has provided, the food you are able to share and the clean running water that flows endlessly out of the faucet?



# Kind in Heart & Speech

*Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer.*

Psalms 19:14

I can still hear my grandmother's voice call out to me, "What's down in the well, comes up in the bucket." As a little girl, I had no idea what that cliché meant exactly. Grandma would explain to me that my heart is like the well, and my mouth is like the bucket. Now as a grown woman, I recall that phrase more often than I would like to. It is one that is very thought-provoking, yet very convicting as well.

I am reminded in God's Word of a number of verses that resonate what my grandmother said to me so long ago. I now know the place where she went to as she shared nuggets of wisdom with me. In the two gospel accounts, Matthew 12:34-35 and in Luke 6:45, there is a strong correlation between the heart and the mouth. "For out of the abundance of the heart, the mouth speaks." What do these verses say? They instruct me to daily perform a "heart check". I know that from the scriptures, a daily "heart check" = quality of speech. For example, a well full of muddy water (if my heart is dark and full of unconfessed sin) will yield a bucket of murky, muddy water (my speech will be that of gossip, lying lips, flattery, etc...). Conversely, a well full of clean, spring water (a heart that is pure and sin is confessed daily) will provide a bucket of refreshing spring water (my speech will be kind, loving, gentle, etc...).

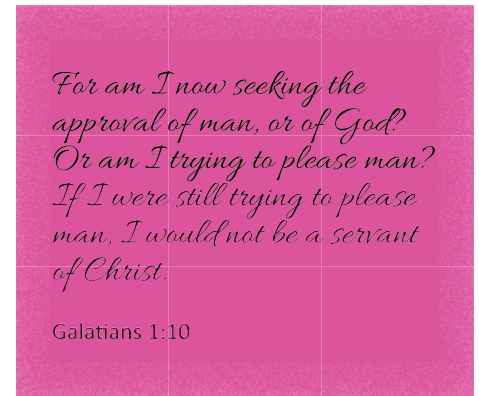
In Proverbs 4:23, King Solomon spoke about the heart when he wrote, "Keep your heart with all diligence, for out of it springs the issues of life." The very next verse he stressed, "Put away from you a deceitful mouth, and put perverse lips far from you." We see once again that link between the heart and the mouth. Scripture clearly teaches us over and over that the real issues of life are spiritual and are really matters of our heart, the inner man. Why is it so imperative that our heart is right with the Lord? As King Solomon said it is the "wellspring of life." Our heart is the source of everything we do. Our hearts overflow into our thoughts, words, and actions.

In Hebrews 4:12, it is written, "The Word of God is living and powerful and sharper than any two edged sword...and is a discernor of the thoughts and intents of the heart. I am so thankful that God not only gave us His Holy Word, but also gave us the Holy Spirit who convicts us of our sin, and then Jesus grants us the wonderful gift of forgiveness upon confession, so that our hearts can be made clean before Him.

When our hearts are truly devoted to the Lord, by daily practicing the “spiritual disciplines”, He is able to use it for His glory! As women who are walking in the Spirit, we will bear fruit that reflects the Spirit which indwells in us. Love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control will flow from our lips because it has taken root in our hearts.

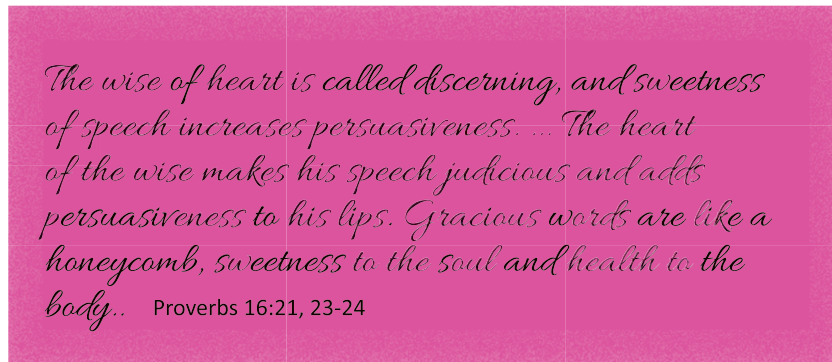
In the coming week, we will be studying five various topics which require us as “Women of the Word” to be kind in heart and our speech. They are:

1. Showing Charity
2. Being Kind-Hearted
3. Acting as a Motherly Mentor
4. Modeling the Gospel
5. Shining the Word of God



Being kind in our heart and in our speech is essential, if we are going to pour into the lives of women who truly desire to be “God-pleasers.” (Galatians 1:10) Speaking the truth in love to those we disciple starts with a kind heart.

The Greek word for kindness is “chrestotes”. It’s definition implies goodness, uprightness, kindness, and gentleness. Kindness is always connected to goodness. Kindness is love’s conduct. It’s how love behaves. While goodness is love’s character. Herman Ridderbos, the Dutch theologian and Biblical scholar in his writings on the fruit of the Spirit “stresses the fact that what the Spirit works constitutes a unity.” If you don’t show kindness, it means you don’t have love. If you don’t show kindness, it means you don’t have goodness.



Proverbs 16:21,23-24 (on the left) is a gracious reminder to us as women who truly desire to be kind in heart and speech. Take some time to meditate on these verses. You might wonder what it means to “makes speech judicious.” When we make our speech judicious, we are not speaking every thought or idea, we are carefully considering and instructing our mouths in what to say. As Proverbs 16:23 teaches, it all begins in the heart.

Remember, “What’s down in the well, comes up in the bucket.” What’s in your bucket today?

Lisa Woodard



# Day 1

## Showing Charity

Charity is one of those old-fashioned words, isn't it! Dictionary.com defines "charity" as: 1) Generous actions or donations to aid the poor, ill, or helpless, 2) Something given to a person or persons in need, 3) A charitable act or work, 4) Benevolent feeling, especially toward those in need or in disfavor, 5) Leniency in judging others; forbearance, 6) Christian love; agape. Well. Clearly, biblical womanhood calls us to charity, as we see in passages such as Proverbs 31:20, in the box below.

*She opens her hand to the poor  
and reaches out her hands to the  
needy.*

Proverbs 31: 20

Yet we must read Proverbs 31:20 in context. A reading of the entire chapter shows us that the first place for "charity" is at home.

While lovingly reaching out to those in need, our first obligation is to our own families. We need hearts tuned to the joy of meeting the needs of those in our homes (Titus 2:4-5), the needs of God's family and our extended earthly families (Galatians 5:13, 1 Timothy 5:8), and then the poor and needy.

It's freedom to live this way. It's a relief to show charity. But on this sin-cursed earth, our natural bent is toward the bondage of selfishness. The world bombards us with messages that send us shriveling inward, to seek "me-time" and "girl-power" and "you've come a long way baby."

🔗 Read Ezekiel 16:49 and write down the description of the daughters of Sodom: \_\_\_\_\_

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🔗 Read Proverbs 14:31 and describe the contrast between those who oppress the poor and those who are kind to the poor: \_\_\_\_\_

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When you read James 1:22 and 27, you'll see the Scripture that convicted FFC to begin giving oil changes and car washes to single women. Pray for those involved in this vital ministry, and consider whether God would want you to be involved.

🔗 Read Isaiah 32:8. Do noble things just happened or are they planned ahead? \_\_\_\_\_

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How will you plan ahead to show charity this week? As you plan, consider charity toward your husband (if married), then your children (if you have kids), then God's family and your earthly extended family, and then those who are poor and needy. \_\_\_\_\_

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Take a moment to pray and confess selfishness. Charity begins in the heart, so ask God for grace to be charitable in your heart, in order to have charitable attitudes and speech, and to show charity by your actions.



# Day 2

## Being Kind-Hearted



Look up the following passages and fill in the blanks:

- 🔊 Zechariah 7:9 ...show \_\_\_\_\_ and mercy to one another.
- 🔊 Job 6:14 He who withholds \_\_\_\_\_ from a friend forsakes the fear of the Almighty.
- 🔊 Colossians 3:12 Put on then, as God's chosen ones, holy and beloved, compassionate hearts, \_\_\_\_\_ humility, meekness, and patience,
- 🔊 Romans 12:10 (NKJV) Be \_\_\_\_\_ affectionate to one another with brotherly love, in honor giving preference to one another;
- 🔊 1 Peter 3:8 (NASB) To sum up, all of you be harmonious, sympathetic, brotherly, \_\_\_\_\_, and humble in spirit;
- 🔊 Ephesians 4:32 Be \_\_\_\_\_ to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Kindness is listed among other character qualities such as mercy, compassion, humility, honor, sympathy, and tender-heartedness. Why do we show kindness? Because God has been kind to us. In the following report card, grade yourself on these aspect of kind-heartedness, using the following scale (adapted from **TrueWoman 201**, pg. 166):

A=I am consistently like this      B=I am most often like this  
C=I am sometimes like this      D=I am seldom like this  
E=I am never like this

*But when the kindness of God our Savior appeared, He saved us, not because of works done by us in righteousness, but according to his own mercy...*

Titus 3:4-5a

ATTRIBUTE	DESCRIPTION	GRADE
MERCY	I do not repay evil for evil. I do not harbor resentment. I freely forgive.	
COMPASSION	I care enough to act when someone is hurting. I help them see the situation biblically.	
HUMILITY, MEEKNESS	I am willing to be the one who serves, or the one who is inconvenienced, even when I am mistreated.	
HONOR	I grant favor and preference to others. I am eager to see them acknowledged.	
SYMPATHY	I empathize with people's concerns. I am patient with their short-comings.	
TENDER-HEARTEDNESS	I am warm, welcoming, and caring. I genuinely like and am concerned about other people.	

**S**urely, like me, you were convicted about your score. What kindness do you need to improve in? \_\_\_\_\_  
 \_\_\_\_\_ Ask the Lord to forgive your hard-heartedness and grow kind-heartedness. What kindness will you show to reveal His grace at work in you? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

# Day 3

## Acting as a Motherly Mentor

What do the following Scripture passages teach about mentoring?

Psalm 71:18 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

1 Corinthians 11:1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 Timothy 3:10 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 Thessalonians 3:7-9 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

We're familiar with the Titus 2 mandate, that qualified older women teach younger women. Briefly, summarize a way in which you could mentor someone in each of the areas we have studied:

*Older women likewise are to be reverent in behavior, not slanderers or slaves to much wine. They are to teach what is good...* Titus 2:3

A submissive heart: \_\_\_\_\_  
\_\_\_\_\_

A gentle and quiet spirit: \_\_\_\_\_  
\_\_\_\_\_

Generous hospitality: \_\_\_\_\_  
\_\_\_\_\_

Kind in heart and speech: \_\_\_\_\_  
\_\_\_\_\_

Did you struggle to write down mentoring ideas? Was it because you know that you need to grow yourself? Good. Take a moment to pray and ask the Holy Spirit to convict and empower you to change. Then write down the ways He has convicted you, and practical steps you will take in each area in your own life.

A submissive heart: \_\_\_\_\_  
\_\_\_\_\_

A gentle and quiet spirit: \_\_\_\_\_  
\_\_\_\_\_

Generous hospitality: \_\_\_\_\_  
\_\_\_\_\_

Kind in heart and speech: \_\_\_\_\_  
\_\_\_\_\_

# Day 4

## Modeling the Gospel

What does it mean to model the gospel? By reading 1 Corinthians 15:3-4 (in the margin to the left) we understand that the gospel is this: Christ's death, burial, and resurrection.

- ☞ Why did Christ die according to the Scriptures? To fulfill what God had promised and foreshadowed in the OT, that He would atone for our sins.

Because Christ died, we can confess our sins and be forgiven by Him as our Savior. This is mercy. Mercy means we do not get what we deserve.

- ☞ Why was Christ buried for three days? To fulfill what God had prophesied and prove that He had truly died.

Because Christ was buried, we know God keeps every promise. In Christ's burial, we realize that the whale that swallowed Jonah wasn't about Jonah but about Jesus, and we know that every word, promise, and principle of Scripture points to Jesus Christ.

- ☞ Why was Christ raised? To gain victory over death and sin.

Because Christ was raised, we can submit to the victory He won, live up to the righteousness He imputes, and bend the knee to His Lordship of our lives. This is grace. Grace means we get what we do not deserve. By grace we are like Jesus—alive forever with victory over sin!

*Now I would remind you... of the gospel I preached to you, which you received, in which you stand, and by which you are being saved, if you hold fast to the word I preached to you--unless you believed in vain. For I delivered to you as of first importance what I also received: that Christ died for our sins in accordance with the Scriptures, that he was buried, that he was raised on the third day in accordance with the Scriptures...*

1 Corinthians 15:1-4

To model the gospel, we need to reflect God's heart in this broken world. We reflect His heart by living according to the realities of Christ's death, burial and resurrection. Modeling the gospel requires that we confess our sin readily, and we forgive sinners readily.

- ☞ In Christ's death, we have mercy so we quickly confess and repent.
- ☞ In Christ's burial, we see absolute truth so we live by God's living and powerful Word.
- ☞ In Christ's resurrection, we gain grace to model His merciful forgiveness toward any sinner because Christ is our living Lord whose Holy Spirit empowers us to obey.

Modeling the gospel means we are never haughty, self-righteous, or condemning. Rather than criticize, we encourage others to walk in the gospel with us. We know we are helpless and hopeless apart from the gospel, we know we are desperate for the mercy and grace of it. We cling to it so hard that the gospel is what people see in us. They see Christ's mercy because we confess and walk in forgiveness and repentance and change. They see Christ's grace because our hearts are ready to forgive and because in our hearts we pray for all sinners Christ's gospel prayer, "Father forgive them for they know not what they do" (Luke 23:34).

About whom do you need to pray Christ's prayer? As you pray, ask for the Holy Spirit to empower you with the mercy and grace of God, so that you become a woman who models the gospel.

# Day 5

## Shine the Word of God

**T**his final personal study focuses on the last part of Titus 2:5—"so that no one will malign the word of God." Women are called to biblical womanhood for the purpose of holding high the word of God. The Greek word describing what our lives do if we deny biblical womanhood is "blasphemeo." It means to vilify, defame, revile, rail at, malign, dishonor, slander, discredit. Ugly, right?

Rather, we are called to a great beauty. We are asked to adorn the gospel. We are given the task of holding the Word of God high. We are called to shine it forth. We are to honor God's Word, to speak well of it, to give it credit. How? By living according to God's wise ordering for our lives, by living according to biblical womanhood.

**T**he beauty of biblical womanhood is not about us. It's about Jesus Christ. The highly privileged role to which we've been called as women is that we live by the loving kindness of God our Savior that appeared in Jesus Christ. According to 1 Peter 3:4, we women are called to the humble meekness of a gentle and quiet spirit, which is how God defines beauty, because that is what Jesus Christ looked like. Gentle and quiet. Beautiful.

🔗 Read Zechariah 9:17, and fill in the blank. "How great is His goodness, and how great is his \_\_\_\_\_."

🔗 Psalm 96:9 (KJV) reads: "Oh, worship the Lord in the beauty of holiness!"

🔗 Read Psalm 27:4. What did the Psalmist want to gaze upon? The \_\_\_\_\_ of the Lord.

**C**onsider Titus 3:5 on the right. There is nothing saving by the works we do, but they are part of God's goodness, loving kindness, and mercy. Therefore we can stop wallowing in selfishness, rebellion, and discontentment over our role as women, and rather be washed and regenerated and renewed. In Titus 3:5, by whose power do we live in this new, beautiful way? \_\_\_\_\_

**W**e have looked into the window of biblical womanhood and seen that God calls us to:

- 🔗 Submissive hearts
- 🔗 Gentle and quiet spirits
- 🔗 Generous hospitality
- 🔗 Kindness in heart and speech

Titus 3:5-6 shows us that there is rich empowerment for the above. We cannot be and do these things apart from the Holy Spirit. But through Jesus Christ our Savior, Titus 3:6 says that the Holy Spirit has been poured out on us richly.

**T**itus 3:8 tells us to carefully devote ourselves to good, excellent, and profitable works. Remember we have the power of the Holy Spirit by which to shine God's Word through submission, gentle and quiet spirits, generosity, and kindness. Take a moment to thank God for His Spirit and ask Him to convict and empower you.

*Titus 3:4. But when the goodness and loving kindness of God our Savior appeared,*

*Titus 3:5 he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit,*

*Titus 3:6 whom he poured out on us richly through Jesus Christ our Savior...*

*Titus 3:8 The saying is trustworthy, and I want you to insist on these things, so that those who have believed in God may be careful to devote themselves to good works. These things are excellent and profitable for people.*



# Memory Verse



*Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer.*

Psalms 19:14

## Discussion Questions

1. On page 28-29, Lisa Woodard pointed out the necessity of a daily “heart check.” Why is this so important?
2. On page 31, we identified various aspects of kind-heartedness. Which do you struggle with the most?
3. How does Titus 3:4-8 encourage you in that struggle?
4. How will you devote yourself to kind-heartedness in the area that you struggle with the most?
5. Read Ephesians 4:29-32. Why are words so important when it comes to kindness? Discuss practical ways to speak with grace.
6. Scripture makes it clear that kindness begins in the home. Does that clear teaching reveal the need for some changes in your life? If so, what will you do?
7. When we are treated unkindly, our own hearts are revealed to us. How did you respond the last time you were treated unkindly? What does this teach you about your own heart?
8. How is the kindness of Christians different from kindness of those who don’t know Christ?