

11478 Main St. Clarence, NY 14031

Phone: (716) 759-6632 Fax: (716) 759-1290 Website: www.faithfellowship.us Email: rfroese@faithfellowship.us

Faith Fellowship Biblical Counseling Center Phone: (716) 759-0591







What Does the Bible say to Young Women?

Young Daughters Of the King

what does the Bible say to young women?

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INTROPUCTION

Do you want to join the uprising movement of women who desire to think and live biblically? "Young Daughters of the King" will help you look at what God says regarding important topics that are relevant to your life.

Five of us contributed to this book. Since it is designed to be read together as mother/daughter, or older woman/younger woman, we decided to introduce ourselves by telling you a little something about us and our Moms. Here goes...

Hi! I'm Ruth Froese, Pastor Bob's wife, and mother of our four wonderful sons. I had a Mom who taught me to love God—she recently underwent open heart surgery. In the months prior, she would wake up at night unable to breathe, which must have been quite frightening! But, rather than talking about fear, she talked and sang about the wonders of God, with unwavering trust in Him, just like she did all my life. I love you, Mom. Thank you with all my heart.

Hello, my name is Randa Wright, wife of Brian, mother of Tahleen, Maya, and Raffi. My mom is 78 years old and I am most thankful to her for teaching me about Jesus. Her Bible was always on her lap every morning, her arms were always raised toward us as we left the house for His protection, and our kitchen floor met her face and knees in constant prayer. Thank you mom for sharing with me the greatest comfort of all, my Savior Jesus Christ.

I'm Sara Kutter, a college student. While I was in my sophomore year of college, I had the privilege to stay with a woman from my

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church for a couple of months while I transitioned into my new apartment. She taught me what it meant to be a lady and how to honor God by my words and actions. We would stay up until the early hours of the morning talking about how our thoughts and actions affect not just ourselves but others around us. She is a constant encouragement...still...and has helped me to understand what being a lady entailed and what a blessing it is to be a child of God.

I'm Jana Milligan. I have been serving as a youth leader along side my husband for two years. I have really grown to love those dirty rotten sinners! But with that love came the awareness of what a responsibility youth leaders have to be godly examples, which leads me to think of two examples in my own life; my mom and my mother in law. My mom (or mum, as we like to say it in Canada) has been such an example to me of a servant heart and selflessness. Many of her decisions when I was young —and to this day for that matterwere made to "look out for the interests of others" as it says in Philippians 2. My mother in law has been a great example to me of having an open home and showing hospitality to all. Thanks mums! I love you.

My name is Sue Smith. My loving husband John and I have been blessed with two children, John and Katie, and a wonderful daughter -in-law, Lesley. One of the greatest joys in my life has been to attend FFC along with my grandmother Dolores, my mother Carol, and our daughter Katie. For years, my mother & grandmother have faithfully prayed for their children and grandchildren. It is my prayer that as you study what Scripture has to say to young women, you will consider how your relationship with Christ today will impact future generations.

How and why to use this Book

"Let's get a latte!" "OK, grab our Bibles and books please!" And off you go. A mother/daughter discipleship team, learning to know and obey God together. Or, an older woman/younger woman team, enjoying a special relationship that honors God.

If you are a mother/daughter team, consider the fact that you may not be living together under the same roof for very much longer. Now is a wonderful time to devote yourselves to working through this book. Sure you've got busy schedules. That just means you'll have to plan ahead and set aside time when it's not too crazy at your house (maybe once school starts in September, or maybe during school breaks..).

Why is this a good idea? First of all, Moms, you are commanded by Jesus to make disciples. There's one older woman whom your daughter watches and follows more than anyone else—that's you. As the most influential woman in her life, you are passing on to her what womanhood is. By reading through this book and the suggested Scriptures together, and talking about the discussion questions, it will help you to pass on *biblical* womanhood. Also, your

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relationship will grow stronger as you take this opportunity to show your daughter how much you love her.

Daughters, it's true that your high school and college years find you super active—worshipping, studying, working, hanging out. By devoting this time to your Mom or an older Christian woman, you'll get to know her better. You'll have the chance to talk with her about what the Bible says it means to be a woman. Instead of blundering forward into womanhood foolishly, you'll be able to gain biblical wisdom and confidence. You'll get the opportunity to raise questions about your future that all girls have, but often don't have the courage or aren't given the opportunity to ask.

Taking time to work through this book will be one of the wisest and most rewarding discipleship investments you'll ever make. So, set aside about two hours per week for five weeks together. We've made some suggestions as to how to use the time, but what matters is that you figure out what's best for you.

- One idea would be to set aside an hour early in the week to read the chapter aloud together, taking turns reading paragraphs to each other. Then later in the week, choose another hour to read and talk about the Discussion Questions and Scriptures.
- A second idea would be to sit together for a few minutes on a daily basis to read one segment of each chapter, kind of as a daily devotional. When you've finished the whole chapter, take an hour to read and talk about the Discussion Questions and Scriptures.
- There is another way that will also work, however, you both need to be diligent readers. Read the chapter on your own early in the week, highlighting areas that you want to talk about. Then take an hour later in the week to talk about what you've read, and to discuss the Questions and Scriptures together.

We'd also like to suggest finding a *place* that works for you. To ensure that you don't have distractions and to make this an eagerly anticipated time for you both, choose a location that's out of the

ordinary. Some ideas to choose from could be: a coffee shop, a bookstore, or even driving to a park with a thermos of iced tea or hot chocolate (you can always sit in the car on a rainy day). Find a location you'll both enjoy and try to go to the same place each week. For the rest of your life that place will bring back precious memories.

Moms, it's really important that you let your daughters know you are excited and enthusiastic about this special time of discipleship. If you are having fun with this, your daughter most likely will too. So, be fun! Laugh together! And, be committed!



Some people love sports, some people don't. How about you? Are you an athlete, a cheerleader, or someone who whole-heartedly avoids athletics? Whichever describes you, while you read this chapter, please picture yourself as a hockey player. It might be a stretch for you, but bear with me. Here's why. Hockey is all about getting goals and working together as a team (and you thought it was just a bunch of sweaty, stinky boys knocking each other down). In this chapter, we'll see how looking at hockey helps us have meaning in life, and how it helps us have better relationships.

What's different about hockey players than other athletes? Well, they play on skates and they wear tons of equipment. When Pastor Bob started playing goal in the NHL, his equipment weighed a whopping 40 lbs! Could you imagine moving around with that kind of weight on your body? No wonder he was drenched with sweat every game! Although hockey equipment is a lot lighter these days, it's still crucial to the game. Even our church floor hockey league (which obviously doesn't include skates) has piles of equipment (yes, it's stinky). Without equipment, hockey would be extremely dangerous and quite impossible. Us girls need equipment for life, just like hockey players need equipment for games. To have meaning and relationships, we need to remember to wear seven pieces of equipment. Have you ever failed? Sure you have. It's because you didn't have your equipment on. Without it, you're doomed to lose. With it, you're a winner!

Watch almost any hockey game, and you'll likely see a fight. We also fight every day! Our battle isn't on ice, or in an arena, or in our homes or schools. Our battle is super huge, but at the same time it's really small. It's huge because the score of the game lasts for eternity with losers spending eternity in hell and winners spending eternity in heaven. It's small because the arena floor is only as big as your mind. Point your fingers to your head above both your ears. Now pull your hands out so you can see them, leaving your fingers pointed. Com on, just do it, who cares if you look silly! How large is that area? Would you say about six or eight inches? That's the size of your arena for this huge battle – your mind is the arena in which the battle of life takes place.

You don't need to be afraid of the fight, because there's a star player who jumps in. Honey, *you're* not the star of the game. There's only One star player, only One can play well enough to beat the opposing team—and He's already done it! Jesus died for your sins and defeated your enemy, so you've got to play on His team. That doesn't mean you can relax and sit the bench. It also doesn't mean you can make up your own rules and try to play the game the way you want to. You can't try to win by being skinny, beautiful, popular, having a boyfriend, living in a dream world, drinking or taking drugs to make yourself temporarily feel like you're winning, or hurting yourself so that you forget about the game for a little while. If you play on His team, it means you're becoming more like the star player every day, but you can't play without wearing your equipment every day. So, are you ready? Here we go!

<u>truth</u>

The first piece of equipment to wear every day is called the belt of truth. In hockey, it's the first piece of protection that gets put on,

and it's really important. The belt and pants protect the pelvic area. (No distractions please—just focus on the equipment). Ephesians 6:14 tells us to put on truth first. Philippians 4:7-8 tells us the first way to guard our minds is to think about things that are true. How can we put the belt of truth on our minds? We have to know and focus on the facts, instead of on worries and "what ifs." The true fact that Christians must focus on is that we have a Heavenly Father who loves us unconditionally and provides everything we need to be able to honor Him, even when it seems our life is falling apart. Truth will protect you from responding based on feelings, and from living in a fantasy world. A lot of women are characterized by depression and mental illness, because they choose to be driven by feelings instead of the truth, or because they choose to live in a fantasy world rather than facing the facts. The belt of truth is an extremely important piece of protection that you need each day.

Focusing on truth also helps us make decisions. Proverbs 18:13,15 states that if we address a matter without all the facts, we're fools. Rather, we need to ask a lot of questions and gather all the facts before we make a decision. So, when you have a choice about something, you can look at the facts by making a "Pros and Cons Page." Here's how.

Get out a piece of paper, and write the decision you are thinking about on the top. Now, draw a line down the middle of the page, dividing it into 2 columns. Write "pros" on the top of one column, and "cons" on the top of the other. Under "pros" write down all the reasons you can think of to support your decision, backing them up with Scripture. Be sure not to use a verse out of context, forcing it to defend your reasoning. Under "cons" write down all the negative things that may result from your decision, including Scripture that speaks against your decision. This gives you a better picture and lets you know where Scripture supports and where your feelings may be driving your decision. Don't forget to include Scripture, because you may be writing down facts from only your point of view, and neglecting God's. If you don't know passages that address the decision you're making, ask your parents or an older Christian woman. Tiffany slowly opened the door of the college bookstore, students streaming past her in both directions. When she finally found the aisle carrying the book she needed, she looked at the price sticker. Tiffany's mind raced, "Oh no! There's no way...how will I ever pay for gas this week?" Tiffany gathered her courage and asked the cashier if there were any used books. One had just come in that day! Tiffany bought it for half the price of a new book, exactly the amount of cash she had available. After she paid for the book, the cashier handed her an application for a credit card, saying "You'll never be able to afford college unless you use credit."

All year, Tiffany scraped and scrounged to pay her expenses, the cashier's words ringing in her ears. That summer, as she looked at her finances for the year ahead, the only way she could figure out to pay for her books, food, and gas was by opening a credit card. Finally, Tiffany grabbed a piece of paper, drew a line down the middle, wrote "reasons to open a credit card" on one side, and "reasons not to open a credit card" on the other. In the "reasons not to" column, she included Proverbs 6:1-8. Those verses tell us to run from debt, to work hard to store up what we need. So Tiffany decided to work and save for a year. Then, she went back to school with enough money saved to cover her expenses without using credit. While many of her friends developed treacherous habits of buying more than they could afford on credit cards, when Tiffany graduated she was able to pay all her bills on the salary she earned.

Considering the facts is an important part of putting on truth, and protects us from living in a dangerous fantasy world.

<u>RIGHTEOUSNESS</u>

You can find out how to put on the second piece of equipment by watching the star player. Just ask yourself one little question - WWJD (What Would Jesus Do). Listen up! It is *not* your own right-eousness that you put on...it is the righteousness of Jesus Christ, imputed onto you when you first looked at the cross and saw Jesus blood flowing from His body to cover your sins. You *are not* righteous, and *nothing* that you do apart from Jesus Christ is righteous.

Let's look at Jesus' righteousness. What did it look like? Start with His birth. He left His place of creating and ruling galaxies, and being adored by angels, to take on a frail body with skin like ours. He chose to enter our world (which He created) covered in blood and mucous, squished through a birth canal, wrapped in a scratchy rough cloth, and laid in a gob-slobbered feeding trough. He submitted Himself to the authority of sin-cursed parents, whom He would die to redeem. He ministered to the "unpopular crowd" nobody else would even consider to talk with, and He helped diseasestricken people nobody else would touch.

How did He get treated? He got teased, taunted, and humiliated. His skin was beaten, bruised, and ripped apart. He sacrificed His body so we could spend eternity in Heaven instead of Hell. God accepted the righteous sacrifice of His body as payment for the damnation we deserve because of our unrighteousness.

Don't stop thinking about Jesus' righteousness yet. He didn't stay dead, but was resurrected. However, His recognizably battered resurrected body didn't stay here. He ascended to Heaven, where the angels are again bowing to their darling Ruler as He sits to the right of Almighty God. But there's something different about Him, something that defines righteousness. He still has two scarred up holes in His hands. And when we get to Heaven, it won't be by anything we've defined as righteous, it will be by Jesus' scars. Those scars are the righteousness we need. Every time we look at Him and see the scars on His hands, we'll be reminded of why we're rejoicing in Heaven instead of hopelessly wailing in hell.

For us here and now, the game must continue. We, the church, represent His presence on earth. How we play on His team (church) tells people who Jesus is (John 17:21). Jesus gave the church His Holy Spirit so we wouldn't be quitters, but winners, with power to play out the battle of our lives in His righteousness. The stuff we do in attempting to feel righteous—the good works, dieting, eating, looking beautiful, being popular, covering up inner pain by addictions such as drugs or cutting—all this stuff is not the righteousness of Jesus Christ.

The breastplate of righteousness gets put on by training so that our lives look more like Jesus' life (Ephesians 6:14). Jesus said He got baptized to show us righteousness (Matthew 3:15). Baptism is the first step in being a disciple of His righteousness (Matthew 28:19-20). So, have you been baptized? If not, let your parents and youth leaders know that you want to be baptized.

What else do we need to do to put on Jesus' righteousness? In His first sermon, Jesus said He came to fulfill the law. If you wonder whether something is right or wrong, see if it lines up with the 10 commandments (Deuteronomy 5). Ask yourself these questions:

- Does it show that I love God most?
- Does it put God's Word first?
- Does it show God that I worship Him?
- Does it hold God's Name high?
- Does it set aside Sunday to worship God?
- Does it honor my parents?
- Does it show love for others?
- Is it faithful to promises I have made?
- Can I afford it?
- Is it honest?

Did you answer yes to all of these questions? If not, it doesn't line up with Jesus' righteousness. Say no, dear one, say no.

The last commandment tells us not to covet. When we want something we don't have, we aren't putting on righteousness. James wrote that wanting what we don't have leads to arguments and problems in relationships (James 4:1-5). Our desires get us into big trouble. We manipulate and take control to get what we want. The deepest longing of our heart must be for God, otherwise we'll do whatever it takes to get what we want. Wearing Jesus' righteousness means we're content where we are with what we have.

GOSPEL OF PEACE

In the locker room, after the players put on their pants and chest protector, they put on their skates. Ephesians 6:15 tells us to put

the gospel of peace on our feet. That means we've got to think about the gospel every day.

Imagine your mind is like a hockey rink with boards around it, and the gospel of peace is written on the boards. Picture each of the following important sentences written on boards surrounding your mind (don't leave any of them out). God punishes sin and I am a sinner! God loves me and punished Jesus for me! When I confess my sin and look to Jesus, God forgives me and makes me His child! As His child, all my life on earth, I play hard with all my equipment on, and God changes me to look more like Jesus! The game has been won—nothing can keep me (God's child) out of Heaven!

But often we don't focus on this gospel of peace. Instead, we focus on our problems and how we feel. As a result, we worry and ask "what if" instead of trusting God. We complain and forget to be thankful instead of remembering the benefits of the gospel. We choose moodiness instead of rejoicing in Jesus. Instead of all this worrying, here's what God wants you to do so you'll have peace:

- Be gentle—quit ramming your worries and moods into your day. The gospel means the Lord is with you. Bow to His Word instead of your feelings (Philippians 4:5).
- Pray. Tell God every detail of your troubles (Philippians 4:6).
- Be thankful. Tell God and the people in your life that you're grateful. Show it by smiling! (Philippians 4:7)
- Take your thoughts under control according to Philippians 4:8.
- Ask an older, joyful, Christian woman for help, and follow her example (Philippians 4:9).

<u>FAITH</u>

We're getting close to being ready for the battle! We've got our legs, feet, and chest covered, now it's time to pick up a piece of equipment that we can put in front of the arrows the enemy shoots at us (Ephesians 6:16). Without faith, it's impossible to please God (Hebrews 11:6). Faith believes that God exists. Not only that, but it also believes that God rewards. Faith results in a joyful life. In the next chapter, you'll read specifically how God puts a shield of faith in place over you while you are living in your parents home. Your part involves being obedient to your parents because you have faith in God. As you become a grown woman, faith will cause you to choose a biblical perspective on womanhood. The Bible says that men and women are equal in God's eyes, both sinners who can be forgiven, with differences in the way we function. Faith means you'll embrace role differences, and so be protected from Satan's attacks on relationships. Hang in there on this one, we'll tackle it more in the next chapter, OK?

SALVATION

Almost game time! Just before hockey players stand up to go on the ice, they put on their helmets. Has God saved you (Ephesians 6:17)? Then, every time you face a battle, you've got to put on your helmet. Every day, remind yourself that Jesus' blood has paid for your sins and you're God's child. Remember, you're saved.

When I (Ruth) was a girl, my Mom would call out the same thing every time I left the house. As my hand turned the knob on the porch door, her cheerful voice would say, "Don't forget whose child you are." Sometimes she gave me a hug with a whispered, "Remember, you're a child of God." Or, when I needed it, she'd say "Now, Ruth, you are a daughter of the King of Kings. Act like it!"

Wearing the helmet of salvation does not mean we act all perfect and self-righteous. Remember, we have no righteousness of our own, only Jesus' righteousness. Here's how putting on the helmet of salvation looks—humble and forgiving. When Jesus was on the cross, He prayed for the cruel men who had torn His skin to shreds and pushed thorns into His head and pounded spikes into his hands and feet. They didn't ask Him to forgive them, but He prayed for their forgiveness (Luke 23:34). There's only one way we can pray for the forgiveness of people who are cruel and nasty to us—that is by recognizing our own sin, confessing it, and accepting Jesus' forgiveness for it (Colossians 3:13).

What does it mean to confess sin? It means that rather than being

upset about the sin others have committed against us, we agree with God about our own sin and are broken over it. Then Jesus forgives us and He never mentions it again. By His blood He cleanses us of the sin and replaces it with His righteousness. The result is that we totally quit doing the sin, and we don't talk or think about it anymore. In other words, we act forgiven. Next time, we do a different thing instead—we do whatever Jesus would have done.

It's important for you to see that there's a difference between your own sin and the sin of others. But, if someone has sinned against you and you keep thinking about what they've done, then you've sinned too. You've become bitter. Let's say a person hurt you and never asked you for forgiveness. If you don't have an attitude of forgiveness, ready to forgive whenever they ask, you've added your own sin of bitterness (Mark 11:25, Matthew 6:5). When you wear the helmet of salvation, you can forgive even the most horrific sin against you. You can forgive because forgiveness has nothing to do with the actions or words of people. Forgiveness has to do with the most horrendous event—the brutal murder of a perfect, pure, innocent Man who chose to sacrificially pour out His blood to cover sin. The *only* way we forgive is because we've been forgiven by the precious blood of our Savior, Jesus Christ.

What does it mean to forgive (or have an attitude of forgiveness toward) people who sin against you? When God forgives you, He chooses not to remember your sin but He removes it from you totally. Forgiving like God does means making these three promises:

- 1. I won't let my mind dwell on what happened.
- 2. I won't talk about it to the person who sinned.
- 3. I won't talk about it to others.

These promises are the attitude of people wearing the helmet of salvation. We are always ready to give forgiveness whenever someone asks, just like Jesus forgives us whenever we ask. Even if people never ask you to forgive them, when you wear the helmet of salvation you wear Jesus' attitude of forgiveness. You're always ready to forgive—not because the person changed, but because of Jesus' blood.

word of god

Now, picture yourself in the locker room, getting ready for the game. In the background, you hear the rumble of the gathering crowd. The coach has given you the game plan and ended his pep talk with, "Let's go get 'em!" You stand up, all your equipment on, ready to go. There's a row of hockey sticks near the door. You grab yours and go, ready to put it to work.

In our lives, there's a row of books on a shelf. We've *got* to grab one of those books and put it to work. That book is the Bible. We've got to read it, study it, memorize it, and use it to win the battle of the mind (Ephesians 6:17). Whereas all the other equipment acts as protection, now we're picking up the piece of equipment with which we aggressively play the game. We fill our hearts with it so we won't sin (Psalm 119:11). We think about it and talk about it so we will have success (Joshua 1:8).

So, what verses are you memorizing that you can pull out and use anytime? Want some ideas as to how to memorize? Write out the verses you are memorizing on a card. Carry the card with you and read it a bunch of times each day. As soon as you wake up in the morning or when you lie in bed at night, recite it. Soon, you'll be able to remember it and the Holy Spirit will use it to comfort, teach, and convict you when you struggle in battle.

PRAYER

A player who never talks with the coach or asks Him how to play sets herself up for failure. When we pray (which simply means we talk with God about our lives) it shows that we know we need Him. We can't possibly win the battle unless we pray in needy dependence, not on people, but on God. In prayer, our desires and our patterns of relating with people are changed. How? The Holy Spirit intercedes in our prayers so they line up with the will of God (Romans 8:26-29). By prayer, our relationship with God and others becomes humble and loving instead of proud and rebellious. We all need to pray about our lives, and we need other Christians (including our parents) to pray with and for us.

DISCUSSION QUESTIONS

ABout Truth...

1. Read Philippians 4:8. What's listed first for us to think about?

Think of and discuss times when you have mistaken your feel ings for truth.

2. Read Proverbs 18:13 & 15. What type of person gathers all the facts about a situation before making a decision?

Write down one choice or decision you have to make in the near future: Make a "Pros and Cons Page" about it together.

ABout righteousness...

1. Read 1 John 1:8-10. What's the only way to be cleansed from our unrighteousness?

If we say that we haven't sinned, what kind of person are we?

2. Read Deuteronomy 5:7-21. Name one struggle or hard decision you are facing in your life:

Talk about how it lines up with these questions.

- Does it show that you love God most?
- Does it put God's Word first? •
- Does it show God that you worship Him? ٠
- Does it hold His Name high? •
- Does it leave Sunday to worship God?
- Does it honor your parents? •

AM I READY

- Does it show love for others?
- Is it faithful to promises you have made?
- Can you afford it?
- Is it honest?

ABout the gospel of Peace...

- 1. Talk about the gospel the way the Bible does. What problem does the gospel solve?
 - The problem = condemnation (Romans 1:18-3:20)

Who solves this problem?

• The solution = justification (Romans 3:21-5:21)

When we have been justified, what is the result in our lives?

• The result = sanctification (Romans 5:22-8:17)

What is our eternal reward?

- The reward = glorification (Romans 8:18-39)
- 2. Read Philippians 4:4-9. When you worry, no one would believe that you are wearing the gospel of peace. Which of the following five commands do you need most to be obedient to today?
 - 1. Be gentle—quit worrying and letting your moods control your day. Focus on the fact that the Lord is with you (Philippians 4:5).
 - 2. Pray. Tell God every detail (Philippians 4:6).
 - 3. Be thankful. Tell God and your peeps that you're grateful. Show it by smiling! (Philippians 4:7)
 - 4. Take your thoughts captive according to Philippians 4:8.
 - 5. Ask an older, joyful, Christian woman for help and encouragement, and follow her example (Philippians 4:9).

ABout salvation...

1. Read Romans 3:23. We all fall short of giving God glory in our thoughts and actions. We are in constant need of God's forgive-ness for our sins. What do you need His forgiveness for today?

Moms, ask your daughter if she has ever asked God to forgive her sins and save her. If so, when? Write down the answer.

If not, ask if she would like to do it now. Write down her prayer—confessing her sins, and asking to be saved.

 Read Colossians 3:13. Because you are forgiven, you will forgive others. Is there someone you need to ask forgiveness of or forgive today?

About the word of God...

1. Read Psalm 119:11. What Scripture verse are you memorizing this week? Write it out here: _____

ABout Prayer...

1. Talk about one way you can pray for each other every day this week. Write down the request you will be praying for:

2. GOP'S UMBRELLA OF PROTECTION

Maybe I looked cold, because he took off his denim jacket and put it on my shoulders. (Ok girls, you can let out that sigh, and say "ahhh".) I remember the clean, masculine smell. Our arms brushed as he stood just a little closer than he had to, and my heart did this weird flip thing. That was the first time I (Ruth) met Pastor Bob. He doesn't remember that meeting, but I'll never forget. Girls dream about this stuff—the charge you get when your eyes meet, the flip of your stomach when he smiles at you, electricity when he brushes against you. We even imagine getting married and living happily ever after the big wedding, with the beautiful dress and the cake! But stop right there, honey. The "happily ever after" vision is a romantic fairy tale that doesn't automatically come true. Expecting a dreamy romantic life will only cause you problems.

So, you're probably wondering, "What should I think about then, if I'm not supposed to dream about a "happily ever after" life?" Great question. When we think about guys, what should our thoughts focus on? Whether we're going to get married or not, we've got to think about relationships and marriage God's way. God's way isn't popular, but He's the One who created us and He knows how relarelationships work. He didn't leave us to try to figure it out on our own, but He told us everything we need to know in the Bible.

WISPOM ABOUT Womanhoop

What you'll read here about womanhood will be radical, unless you're part of a family that follows Jesus Christ and/or you belong to a church where the Bible is accurately preached. Why? Our culture is all about feminism. I'll bet you don't know how feminism got started. After World War II, women with loud voices and hatred for their fathers openly criticized the bad things about men, and brashly lectured on the good things about women. Their agenda picked up steam, and people began to agree with the insistent argument that women are better than men. Feminist thinking, which is stinking thinking, leads us to believe women are superior, independent, and in control.

More than half a century later, the movies you see and the magazines and books you read pretty much all come from the feminist point of view. As a teen, I (Jana) used to love watching a show called "Home Improvement." It was a comedy involving a father who was constantly doing dumb things, getting into trouble, and making frequent trips to the emergency room. I thought this show was so funny, but looking back, I see that it portrayed a warped, unbiblical view about men. Things haven't changed—look at how men are portrayed in "The Office" or "Family Guy."

Just listen to the little things people say—"Anything he can do, she can do better." "Boys drool, girls rule." "Girl power." I've actually heard a young wife say, right in front of her husband, "I'd like to let him lead, but he'd mess up." We've been deceived by the idea that women are better than men.

> The truth is that men and women are created equally in God's image, for the purpose of functioning in different roles. Different roles is a good thing! Here's proof although He is One, God has different roles within Himself. The Father plans, the Son obeys (John 8:28-29). The role of Jesus Christ, obedient Savior, is as important as the role of the Father, master Planner. Only a fool

would say that Jesus' role is of less value.

Sadly, a lot of us are fools who listen to the lie that one type of role is better than the other. Believe the truth that men and women are equally created in God's image, each with special roles (Genesis 1:26-27, 2:15-18). God put this in place when He created us, and He knows how relationships work. He created us for different functions in the home and church. We're not of any less value when we do it God's way. Instead, we're wise. We choose to live in freedom according to the wonderful plan we were created to enjoy.

So, are you ready for how this looks in day to day life? Here goes. A wise married woman is the respectful helper of her husband, and a wise married man is the responsible leader of his wife (Genesis 2:16-18, Ephesians 5:22-33). When a husband provides loving biblical leadership, he holds an umbrella of protection over his home. He directs his wife toward obedience to God's Word. He commands obedience to God's Word from their children, with his wife at his side as his helper (nope, sorry, she's not the leader). This is God's way for the fiery darts of the devil and the schemes of Satan in the battle against wickedness to be stopped (Ephesians 6:1-4, 11-13, 16).

The reason the umbrella stays up isn't because a husband does a great job of leading and his ideas are always biblical. It doesn't work because a wife is such a great helper, always falling under his leadership. It doesn't work because they have such a dreamy romance. The umbrella stays up because of faith in God and His Word. "Ok," you ask, "but what does this have to do with me since I don't have a husband yet?" Faith in God and His Word means you agree with God's Word about marriage and relationships way before you ever get married.

HOW TO CHOOSE A GUY GOD'S WAY

Driving around the countryside (that's a fun part of family vacation, isn't it), they noticed that a lot of barns had a target painted on them. Smack dab in the middle of each target was a bulls-eye shot! In the quaint little village, Dad asked the friendly cashier at the gas station, "Who's got the great shot and hits the target every time?" "Oh, that's no great shot, that's the village idiot. He walks around every day taking shots, then goes up to the barn and paints a target around his shot."

That's how a lot of us think about marriage. We take a shot at any guy who shows interest, then think we'll be able to make it work we'll be able to paint a romantic life together. But idiots take shots without looking carefully at the target. If you want to be wise, when you are dreaming about getting married, instead of dreaming that you've already hit the target, plan ahead. Make a biblical list for yourself of the type of guy you would consider marrying. Then, don't get interested in guys who don't meet your requirements. Don't be rude to other guys, but also don't lead them on.

Sound like a good idea? Maybe you're wondering what to put on your list. 2 Corinthians 6:14 says that believers don't even have relationships with unbelievers. You are who you date. If you would consider dating a guy who is not a Christian, the Bible teaches that you are not a Christian yourself. So the first item on your list has to be about his relationship with the Lord.

I (Sue) once heard a wonderful ladies Bible teacher talk about her list. She had been single until her late thirties. During those years she had been busy studying and obeying God's Word, and sharing it with other women. She lived by a three item list that a man had to fill before she would even consider a relationship with him. Here's her list:

- 1. He had to know God's Word better than she did.
- 2. He had to love God more than he loved her.
- 3. He had to love her "as is" (she made everyone laugh when she shared this because her size is not society's ideal image).

The man she married was a college professor. What did he teach? Old Testament Hebrew. To find out if he loved God, she watched him show his love for God by obedient involvement in Christ's church. Finally, she was thrilled with how he adored her "as is." She hit every item on her target. Aim at nothing and you'll hit it every time! If you think you can paint the target after you take a shot at a guy, you're being like the village idiot. Scripture is really clear: followers of Christ do not date guys who don't know and live by God's Word (2 Corinthians 6:14). Girls with a personal relationship with Christ will only be attracted to guys with a personal relationship with Christ. You show whether Christ is your life by who you hang around with (Colossians 3:2-4). Psalm 1 is a strong warning that when we hang around ungodly people, we are unstable and will be judged.

One more thing, and this'll really help you. Don't picture Zach Effron when you're making your list. When you quit focusing on physical appearance, you'll be surprised what doors open. Stop looking for gorgeous eyes or great muscles, make your list by considering inner qualities.

Ok, I'll look for a guy who does everything right

Wrong. That's just about as dangerous an attitude as having nothing to aim at. What does God look at? Does He look at *your* righteousness? No, you have no righteousness apart from Jesus Christ. How do you get Jesus' Christ's righteousness? By admitting that you are a needy sinner. So let's gas the self-righteous attitudes that look for a perfect guy to match our righteousness.

You will only find this confusing if you are a proud person. If you humble yourself before God and confess your sin, instead of focusing on what others aren't doing right, this will make perfect sense to you. The Bible says we have all sinned, and the more we grow in Christ, the more we recognize our own sin. A Christian who is growing in Christ is not a person who does everything right or tries to make it look like they do everything right, but is a person who confesses sin. Paul, in Romans 7, admits his sin and describes himself as a wretched man. That's the attitude we need about ourselves.

So, you don't look at a guy and say, "Well, he says he's a Christian and he's faithful at church, but I don't think he's marriage material because look, here's an area where he sins." That's true of every guy, and it's true of every girl too. You are not marriage material either, because you are equally trapped inside a body of death that, apart from walking in the Spirit, chooses sin every time. The key is, do you confess your sin? Does he confess his sin? A prideful outlook is not only hated by God, it is also devastating to marriages (Proverbs 21:4). So be quick and willing to admit and confess your sin, and watch for a guy who does the same.

I THINK I MIGHT HAVE MET A GOOD ONE

Great! One more thing to think through carefully. If you get married, it'll be his job to lead you, and it'll be your job to submit to him. So, ask yourself one more question. "Is this the man I want making every major decision for me for the next 50 years?" You need to be able to answer, "Yes," knowing that you'll stand on God's Word and not your emotions to become a wife who submissively and respectfully helps her husband, whether or not your heart does the weird flip thing. (Just so you know, Ruth's still does).

IT ALL STARTS NOW

Choosing God's way doesn't begin the day you get married. It starts now. Here's how. You prepare to be a godly wife by being a submissive daughter. As a submissive daughter of the King, you obey your Dad (Ephesians 6:1-4). If you don't submit to your Dad, you're going to struggle with submitting to your husband.

So, when your Dad says something, practice obeying right away, completely, with a joyful heart and a smiling face. That sounds like—"Yes, Dad," or "I would love to!" If you don't make this your habit now, once you're married, you'll respond to your husband with the same rebellion you now show your father. Before you know it, you'll be controlling, manipulating, and finagling things to get your way. And if things don't go your way—everyone around you better watch out because you'll make life miserable.

Another thing to practice now is edifying your Dad with your speech. Talk to him and about him using honorable and respectful words. You might even have a chance to ask your Mom, with good manners and a humble attitude, to come alongside you and teach you to only speak respectfully to and of your father. Once you're married, you will have practiced how to speak to and of the man who leads you.

Practicing respect for your Dad will also help you be a better teammate in parenting someday. How? A good team player always plays her position, and backs up her teammate. In marriage, your position will be to help, so you'll prioritize and back up what your husband says to your children. You won't disrespect him by giving your children the impression that you think he's too harsh, or that he doesn't understand them like you do. You'll respect your kid's Dad, like you've practiced respecting your Dad.

UMBRELLA HOLPERS

Picture it this way. At this point your life, while you are still living with your parents, you submit to them under your Dad's umbrella of protection. Someday you'll move out. You will have already practiced submitting, so it will be easier to submit to God. Then if you get married, it will be easier to submit to your husband. You'll help him hold the umbrella of protection over your kids, instead of trying to take control. When guys move out, they also need to continue to submit to God, which, if they get married, means they move from submission to their parents to holding the umbrella of spiritual protection over their own households.



Did you notice that guys have a harder task than girls? They have bottom line responsibility. If a wife doesn't help her husband by

YOUNG PAUGHTERS OF THE KING

submitting and respecting, it's easy for him to just hand over leadership to her. But that does not make for happy and harmonious marriages, and it doesn't please God.

It's really important to think about this while you're still young. It takes work to become strong in thinking biblically about womanhood. Whenever you watch a movie or TV show or read a magazine, and probably in most of your conversations, you're being bombarded by an opposing mindset. One day, I (Ruth) was teaching the ladies of an adult Sunday School class about how God views roles, and a teen girl was sitting in the class. After the class, the girl said to me in disgusted voice, "You've been brainwashed." No, the truth is, she had been brainwashed by the world's opinions. Similarly, the world is attempting to brainwash all of us, but we can have our minds renewed by God's Word.

SHOUT OUT

This is an appeal to you as a young, single woman—to stand strong in Christ's righteousness instead of what's politically and socially correct in our culture. Isaiah 3:12 describes our culture—children run the show and women are the leaders in most homes. But God has not changed just because society has. In homes where children do whatever they want and women take the lead, the family ultimately ends up in destruction, and often times divorce. Biblical femininity is a God's way that we can promote beautiful relationships.

Role differences are not a set of rules and regulations to be imposed, they flow from the heart of God, the Creator of beauty and harmony, the King of the Universe. As His daughters, we need to understand, accept, and cling to His way—His higher agenda. In the face of opposition and ridicule, courageous, single women must embrace and express God's plan for women. Take the example of Paul, who lived as a single man, yet so pointedly taught God's plan of role differences (Ephesians 5; Colossians 3; 1 Corinthians 11). As you are shaped deep in your heart by God's Word and driven to biblical womanhood by God's grace, your life will reflect the joy and wonder of God's design and calling.

PISCUSSION QUESTIONS

About girls and guys....

- 1. Read Psalm 1:1. A person who chooses certain types of people as friends will not be blessed. How are those types of people described in this verse?
- 2. Read Psalm 1:4-5. What is true about wicked people?
- 3. Read 2 Corinthians 6:14-15. It is impossible for a believer and an unbeliever to have harmony. Why? _____
- 4. Read 2 Corinthians 6:17-18. Why do people who are God's keep themselves separate from people who are not God's?
- 5. Make a list of three qualities you will look for in a young man before you think of him as more than just a casual friend. Discuss this list with your parents, and ask them to help you stick to it.

About husbands and wives....

- 1. Read Genesis 2:18. What was a wife's job back when the world was perfect?
- 2. Read Ephesians 5:22 and Colossians 3:18. What is a wife commanded to do? _____

Moms, ask your daughter whether they see you submitting to your husband. How can you change to be a more godly wife?

3. Ephesians 5:33b. What is a wife's attitude toward her husband commanded to be?

Moms, ask your daughter if your attitude towards your husband is respectful. How can you change to be more respectful?_____

Daughters, ask your Mom if your attitude towards your Dad is respectful. How can you change to be more respectful?

ABout Dabs and Daughters....

1. Read Ephesians 6:1. What is a child commanded to do?

Daughters, ask your Mom if obedience describes your actions towards your father? How can you change to be more obedient?

3. But my Life is Different

Rayna stumbled around the corner, her bruised body clinging to the concrete wall for support. The pain of the beating didn't drown out the throbbing heartache of permanent rejection that meant she would never be welcome in her home again. If the club in his hand hadn't forced her out of the door, her father's cold and cruel eyes certainly would have. Rayna could still hear her mother sobbing, pleading with her to change her mind. She knew her Dad had been merciful because of her mother's tears. For an Islamic daughter who had chosen to follow Jesus and be baptized in water, she had not received as horrific a beating as could have been expected. Rayna shuddered as she recalled the preceding hours, but then remembering her Savior, her heart was soon filled with peace and gratitude.

NOT AT MY HOUSE

Although your experience likely isn't as hard as Rayna's, you might be thinking, "My parents didn't protect me from wickedness. I've never experienced an umbrella of protection." Perhaps you don't have a Dad in your home, or your Dad isn't interested in protecting you spiritually. The good news is that there's *always* a divine umbrella of protection held by your Heavenly Father. He provides what you need. The fact that you're reading this book shows that He has drawn you to Him.

Dear daughter, even if you have no Dad, you need to know that you are not alone. You are loved with an everlasting love (Jeremiah 31:3). You are loved by a Heavenly Father and that love goes beyond anything an earthly dad can give you.

God is real and He eagerly waits for you. He waits to hear from you, to fellowship with you, to comfort you. He knows and understands every part of your being (Psalm 139:13-14). He knows more about you than you know about yourself. Matthew 10:30 says even the very hairs of your head are all numbered. Psalm 56:8 says that He keeps track of all your sorrows. He collects all your tears in His bottle. He records each one in His book. Can you even imagine this? How important to Him do you feel right now? How mind blowing is this? He loves you so tenderly and with such intense attention. Great is our Lord and mighty in power (Psalm 147:5).

GOD'S SOVEREIGNTY

Webster's dictionary defines "sovereign" as: supreme in power, possessing supreme dominion (as a sovereign prince), supreme, superior to all others, chief, a supreme Lord or ruler, one who possess the highest authority without control. God is the sovereign ruler of all the universe. God is the sovereign good of all who love and obey Him.

Psalm 103:19 says the Lord has established His throne in Heaven, and His kingdom rules over all. How blessed are we to be loved by a Father who is royal and powerful! His greatness is beyond our understanding.

Your walk here on earth without an earthly father is not one by mistake. Whether your Dad is deceased or has left, the Lord is not taken by surprise. Nothing catches Him off guard. Nothing goes unseen and certainly nothing happens without Him allowing it (Romans 8:31, Ephesians 4:4-6). There is much comfort in knowing we are being looked after by the Almighty. We are protected and shielded by the One who created Heaven and earth. Please know that the circumstances of your life are not by chance, punishment, or mistake.

When I (Randa) was a little girl, I used to lay in bed at night and think I had done something terrible to deserve what happened to me. To be left on this earth alone, my mom without a husband and my siblings and I without a father. (It wasn't true that I was left alone, but I didn't understand that yet). I worried about my mom, how hard she worked, and how tired she would get. Would I lose her too? The truth is, God Almighty had her under His wings and in His hands, and intended for all things to work together for good to those who love Him (Jeremiah 29:11, Nahum 1:7, Luke 12:32, Romans 8:28-29). I see more and more of the big picture now. Being from a Middle Eastern culture, if my dad were alive, I would have never been able to marry my husband, Brian. My spouse would have been chosen for me. My life would have been very different.

LOOKING FOR LOVE IN ALL THE RIGHT PLACES

Dear daughter, there's no fluff here. Put God first! Give Him your first fruits (Exodus 20:3). Give Him the best of your day, not your leftovers. Don't give to others what belongs to Him. Not having a steady male figure in your home may leave you feeling that you need to look for love and attention, in many of the wrong places. *Beware! Stop here!* Be mindful what you cling to for company, strength, and help. Unless it is from the Lord, you will be greatly disappointed or deceived. We all have a void in our hearts—a Jesus void. Only He can fill it. Our greatest mistake is trying to fill it with someone other than Jesus Christ. It will not work no matter how hard you try!

You may not have an earthly father you can see and touch. But, even if you did, your earthly Dad will still let you down at times. Praise God you have a Heavenly Father who is perfect and flawless and knows all about you. He is there at every moment of your day, knowing the severity and depth of every breath you take. He knows you, and even at your worst, He loves you (Romans 5:8). Trust Him and lean on Him (Prov. 3:5-6). Listen and be blessed (Prov. 8:32).

<u>REJOICE</u>

Pelight yourself in the LORP, and he will give you the Desires of your heart. Commit your way to the LorD, trust in Him, and He will act. He will Bring forth your righteousness as the light. Be still Before the LORP and wait Patiently for Him. Psalm 37:4-7

Even without an earthly father, you can rejoice and be free. There is joy even in the hard times, and there will be hard times! Some days are easier than others. If you don't have a Dad, but do have a Mom, thank the Lord for your mother and give her the respect and obedience she is due. You will be blessed for it (Ephesians 6:1-3).

Count it **all** joy (James 1:2-4)! The Lord knows what is best even though we may think this walk is too hard for us (1 Corinthians 10:13). He can fill every void and it is your relationship with Him and your fulfillment in Him that completes you. You cannot have another person complete you! When you walk in His fullness, He will show you how to love. Philippians 4:19 says that God will supply all your needs according to His riches in glory by Christ Jesus. God can give you contentment and joy in any situation you're in.

When you're deciding whether to say "yes" when a guy wants to marry you, even though you may never have experienced it, look for a guy who wants to hold the umbrella of spiritual protection over you. The Bible is God's love letter to you. It is your guidebook. It teaches you specifically about relationships. Study it, rest in it, apply your life to it. You will always be blessed for the time spent in God's Word, where God tells you over and over that you are loved. When you get married, only choose a guy who loves God most.

WHAT ABOUT NOW?

If your Mom became a Christian after she married your Dad, then God says she is a missionary to him. God uses her life of holiness to draw your Dad and you to Him (1 Corinthians 7:14). How does this happen? Not because she talks about it to your Dad, not by preaching or trying to teach him. It's her changed life, her respectful behavior and words that make the difference (1 Peter 3:1-2). He'll notice that because she lives by God's Word as part of His church, she submits to him and respects him, instead of making demands and being disagreeable. He'll recognize that instead of arguing, she follows his leadership in every area as long as it doesn't stop her from submitting to God first. He'll be drawn by her kind and tender words to him and his children, her lack of moodiness, and her gentle and quiet spirit. Your obedience as a Christian daughter matters too.

Also, a wife whose husband is not a follower of Christ has another very important job—to train their children in Scripture. Timothy was a pastor of a New Testament church in Ephesus. It wasn't his father who taught him Scripture, it was his mother (2 Timothy 1:5, 3:15).

Amy listened to her Dad and Mom argue and fight almost every day. She covered her head with the pillow at night to try and drown out the sound. But it kept getting worse. Eventually though, the noise stopped. Dad didn't come home at night any more. Mom became silent and looked horribly sad, until one day she realized that she had a job to do—to teach her kids about God, no matter what. She began reading the Bible with Amy every day. They read Old Testament stories and talked about how powerful the God of the Hebrews is, and they read New Testament epistles about Jesus on earth, and New Testament letters to see how to live. As they spent time reading and talking about the Bible, two things happened. Amy's Mom became more joyful, and Amy became convinced that no matter what happens, God is bigger.

BUT MY MOM'S THE SPIRITUAL ONE

The Bible clearly teaches that in homes where parents are disciples of Christ, the umbrella of protection is held by the head of the home, the husband (1 Corinthians 11:3, Ephesians 5:25-6:4). Maybe that's not what your house looks like. There's definitely a battle going on in all homes. Someday you'll want to hold the umbrella yourself, no matter what you've seen happening in your house. You'll be tempted to listen to the voices of the world that say you can do a better job of holding the umbrella. A lot of women in churches think they are better at spiritual matters than their believing husbands, but this mindset is opposed to God's Word. This cannot be the mindset of a woman who has faith in God.

When you're married, your husband won't lead because he's good at it. He'll do it because it's his God given role. You won't submit because you're good at it or because you feel like it. You'll do it because it's your God given role. Our reasons for submitting aren't because our husband makes great decisions and we like how he's leading us. We also don't submit because we think that's how we can hang on to a husband. We submit because we are obedient to God's Word—so people get a more accurate opinion of God and so His Word isn't discredited (Titus 2:5).

When wives think their husbands can't do their God-given job, they say things like, "If I don't take spiritual leadership then no one will," or "I'm so thankful that he lets me lead." Often a wife has ideas about how leadership should look, and thinks the way he leads isn't good enough, so she slides in and takes over his role. Then, when he tries to lead, she criticizes and interferes, causing arguments and problems. She might even talk about how she has to lead because her husband doesn't. Maybe this sounds like your house. Don't think that your Mom is the only one who struggles. All wives struggle with the desire to lead, it's part of the curse of sin (Genesis 3:16). It's also evidence that we doubt God's Word

At the sound of her Mom's voice, Debbie looked up from the book she was reading. "What are you reading, dear?" Debbie named the book—one her Dad had suggested. A frown crossed Debbie's Mom's face. "I don't want you reading that book, honey." Oh, oh. What has Debbie's Mom done? She has disrespected and discredited her husband in front of Debbie. Debbie's Mom needs to see that the influence of her self-righteousness is just as ugly in God's eyes, and perhaps more so, than the influence of the book she disapproves of. Consider how Jesus hated the self-righteous Pharisees (Matthew 23:27). The solution to self-righteousness is submissive humility, like Jesus modeled for us. In being submissive, a wife imitates His beautiful example.

TRULY BEAUTIFUL

Submission isn't about what makes sense. Submission is about love...and beauty. To get a picture of the beauty of submission, take a look at Jesus. He commands wives to submit as the One who voluntarily submitted himself all the way to death on the cross. When a wife submits to her husband, she is showing everyone that she has confidence in the God who loved her so much that He sent Jesus to the cross for her sins. That's beautiful.

Here are two great ways every wife can submit to her husband and help him lead, no matter what he does:

- She can talk with God about her husband, and not *anyone else*. Instead of talking about him, she can pray constantly and walk faithfully, trusting God and humbly confessing her own sin.
- A wife can become enthusiastic about her husband's ideas, even if she doesn't like them (as long as they aren't sin). How? By talking less about what she considers important, and listening more to her husband talk about what he considers important.

A wife who gently and quietly embraces submission makes it easier for her husband to lead. On the flip side, there are controlling wives who treat their husbands like a child. The Bible says it would be better for a man to live in a tiny corner than with a woman like that.

So, while you might be thinking that your home is the exception, it's important to trust God's umbrella of protection. As you trust your Heavenly Father, look to Christ on the cross. He died and rose again because He loves you, and that gives you hope no matter what your home is like. God has given wives the important job of imitating Jesus by submitting to their husbands (1 Corinthians 11:3). If you get married, you'll submit to your husband as to the Lord in imitation of Christ's submission to the Father. In the meantime, all of us have a job to do—to love and trust God, to submit to His Word and rejoice in Him. Never forget, dear daughter, your Heavenly Father loves you and cares for you.

DISCUSSION QUESTIONS

ABout God's love ...

- 1. Read Psalm 103:11. How would you describe God's abundant love for you? _____
- 2. Read John 3:16. What did God do to prove His love for you?

ABOUT GOD'S SOVEREIGNTY ...

- 1. Read Acts 17:24-26. What does God have control over?
- 2. You are the reason God controls things the way He does. Read Acts 17:27. What does God want from you? _____

Talk about ways in which you have been driven to seek God.

ABout GOD'S PLAN and Protection ...

1. Read Psalm 17:3-7. What does God protect you from when you seek refuge in Him alone?

Discuss how God has protected you during difficult times. Take time now to thank Him. _____

ABOUT GOD'S GOODNESS ...

1. Read Psalm 34:8 and 84:10-11. How will you know that God is good? _____ What do you have to do to taste God's goodness? _____

ABOUT GOD'S LOVE LETTER FOR YOU ...

1. Read Psalm 119:141-142 and 147. How does God's love come

to you? _____ What is your response to people who give you a hard time?

Discuss your favorite times and ways of reading God's love letter to you. _____

4. PROVERBS 31 GIRLS

GOP FEARING

An excellent wife, who Can find? For her worth is far aBove jewels. Many Daughters have Done noBly, But you excel them all. Charm is Deceitful and Beauty is vain, But a woman who fears the LORD, she shall Be Praised. Give her the Product of her hands, and let her works Praise her in the gates. ~ ProverBs 31:10 & 29-31

Did you notice that God says it's hard to find a young woman who fears Him? If you truly fear Him, you are worth more than diamonds! That means the big question is, "Do you fear God?" Take a look at a few clues to find out if you fear people more than God.

- If you dress so guys will notice your cute clothes or body more than you dress to please God, then you fear guys.
- If it matters more to you what your friends think than what God thinks, then you fear your friends.
- If popularity with people is more important to you than being wise and obedient to God, then you fear people.

- If you complain about how others treat you, and act nice to people who treat you the way you want to be treated, then you fear people.
- If you get upset when others say something negative about you, rather than being willing to look at your own sin, then you fear people.

In our world, fearing God doesn't get the same attention and acceptance that beauty and charm does. But fearing God is what matters not having a nice body, or being popular, or having clothes and things that impress people.

What does it mean to fear God? Proverbs 1:7 and Job 28:28 state that the fear of God leads to wisdom. If you fear God, you're a wise young woman. If you don't, you're a fool. Three "a" words help us understand wisdom that fears God: *awe* of God's creation, *apprehension* of His wrath for our sin, and *appreciation* of His great love that meant He would murder His own Son so we wouldn't have to experience His wrath.

You'll see these three corresponding attitudes when you fear God:

- You'll be amazed every day by the world that God has made, and deliberately thank and worship Him.
- You'll regularly confess your own sin, instead of focusing on the sin of others.
- You'll be joyful even in tough times because the power of God is changing you to be like Jesus. (Joyful means you wear a smile most of the time, not a frown).

Gina keeps a diary to write out a prayer before bed. Read over her shoulder and you'll see that Gina is a God-fearer: "God, it's thundering tonight. The rumble sounds so cool. You made that! Oh, wow, lightening just crashed! You sure are powerful. I love the stars you hang in the sky too. But what You did to save *me...*that blows my mind. Thanks, God. Today, I was way focused on myself. I got bugged by what Hailey thought of me when I prayed at lunch. Please forgive me. I love You so much."

TRUSTWORTHY

The heart of her husband trusts in her, and he will have no lack of gain. She does him good and not evil all the days of her life (therefore) her Children rise up and Bless her; her husband also, and he Praises her.

~ ProverBs 31:11-12 & 28

Do you like it when people trust you? What do you like about it? That you get to hear all the good secrets? Or are you grateful that you have a reputation as a God-fearer who can be trusted to do good to others?

Maybe you'd like to be trustworthy, but wonder how to get there. You know you're not naturally loyal, obedient, and good to others. There's only one way. First you have to realize that God showed you mercy by sending His Son to die for you, then agree with God about your own sin and receive His forgiveness. As a result, you'll be trustworthy to show God's mercy to others and treat them the way God has treated you. You'll be able to be depended on to show compassion and kindness (Colossians 3:12-13).

On the other hand, untrustworthy young women often complain about parents, teachers, and others not being fair. Instead of obeying, they'll talk about how mean their father is, or how teachers give them a hard time. They often feel sorry for themselves. Rather than forgiving people who mistreat them, they get back at them. They can't be trusted because they look down on or talk about others. They break unity wherever they are, including church, when they disrespect people in authority over them.

Tara Trustworthy was talking with her older sister one night. "I know you don't understand why I'm kind to those girls who tease me, but try to understand. No matter how mean they are, I can't be mean back to them. See, Jesus showed me mercy when He died on the cross for me. That's why I ask God for strength to show mercy and grace to them. It doesn't matter how others act toward me. No matter what they say or do, I think about how I'm treating them. I'm trustworthy to show Jesus' love to them."

HARP WORKING

She looks for wool and flax and works with her hands in Delight. She is like merchant shiPs; she Brings her food from afar. She rises also while it is still night and gives food to her household and Portions to her maidens. She Considers a field and Buys it; from her earnings she Plants a vineyard. She girds herself with strength and makes her arms strong. She senses that her gain is good; her lamp does not go out at night. She stretches out her hands to the distaff, and her hands grasp the spindle. She looks well to the ways of her household, and Does not eat the Bread of idleness.

ProverBs 31:13-19 & 27

If a guy was watching you, would he see a hard worker or someone who's lazy? Do you jump in and help when work needs to be done? Do you get up early to make sure you're prepared for the day and available if your parents need help? Or, are you more focused on sleeping in and taking care of your own needs?

A hardworking young woman keeps her body strong and in good shape, but doesn't obsess over it, because she's busy. What's she busy doing? Completing whatever tasks are given her at school, work, or home. Nobody could ever call her lazy or self-centered. She's always finding ways to do things for others (Ephesians 4:28). On the other hand, a lazy young woman is often tired or moody. She never seems to have enough money to be generous with others because spends it on herself.

Hunter was attracted to Hannah Hard worker, so he watched her for a while. At church, some days she wasn't in Youth Group, so he checked it out, and found out that she was serving the Lord in nursery. One morning he jogged by her house, and saw that her light was on and she was sitting in the window reading her Bible. At the grocery store, he ran into her picking up groceries for the family When he called her house, she was busy vacuuming for her Mom. Hunter knew that Hannah was a hard worker without saying a words about it.

GENEROUS AND KIND

She extends her hand to the Poor, and she stretches out her hands to the needy. She opens her mouth in wisdom, and the teaching of kindness is on her tongue. \sim ProverBs 31:20 \ddagger 26

There was a new girl at Youth Group. One blustery cold day, she came in wearing an old ripped coat. As the others girl watched, she hung up her tattered coat really quickly, hiding it underneath the other coats, obviously embarrassed about it. Kelsey Kindness decided to do something about it. With her own money she went out and bought a new coat, and left it inside the new girl's front door. Other girls in the group had also noticed the old coat, but all they did was roll their eyes and make fun of the girl.

The generous and kind young woman doesn't do things to impress people, but because she loves God. She does things like making her Dad a hot drink after work, or baking cookies as a snack for her brothers and sisters. She's the one that parents, teachers, and leaders in the church go to when they're looking for a joyful servant. Her eyes are open to those who have needs, and her hands are open to share. Not only does she *act* kindly, but she also *speaks* kindly. Because of her tenderhearted actions and words, she encourages those around her to do the same.

PREPARED AND CHEERFUL

She is not afraid of the snow for her household, for all her household are Clothed with scarlet. Strength and dignity are her Clothing, and she smiles at the future. ~ ProverBs 31:21 $\ddagger 25$

There's a song that says "Girls just want to have fun." It's a bit true but mostly mixed up. A godly young woman knows how to have fun

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but it's not from partying all the time. Her joy comes from the Lord. There's a smile on her face and a song in her heart, she isn't moody, easily upset, or lazy. Why does she smile instead of worry? Because she's prepared! She does what she can, then trusts the Lord for whatever happens.

So, how about you? Would people describe you as crabby, stressed out, worried, lazy—or cheerful and prepared? Does your face show people the joy and strength of Christ, or are you emotionally insecure and self conscious because you're focused on what people might think or say about you?

Chelsea Cheerful is confident and poised, quite a difference from Worried Wanda, who is always self conscious. Chelsea Cheerful thinks ahead and prepares for the work ahead of her, then she does it to the best of her ability. She doesn't think any task is too menial for her. Worried Wanda gets frazzled and easily thrown off track, driven by feelings or moods. You'd rather be with Chelsea Cheerful, she always chooses to smile at whatever the future holds.

CREATIVE

She makes Coverings for herself; her Clothing is fine linen and Purple. She makes linen garments and sells them, and supplies Belts to the tradesmen. \sim ProverBs 31:22 \ddagger 24

Did you see the movie Napoleon Dynamite? There's a girl in the movie whom Napoleon is attracted to—Deb. Deb's the door-to-door "boondoggle saleswoman / glamour photographer / seamstress of puffy sleeves". She has this uncanny ability to market her creative skills. Bet you didn't know this was biblical.

The real question is, how about you? What abilities has the Lord given you that you can use to bless others and glorify Him? Are you an artist, or a singer? Can you sew, bake cookies, or make jam? Are you good at organizing and cleaning? How about crafts or gardening? Taking care of kids? What do you enjoy doing that you might be able to market?

How wise are you with your money? Do you spend cash only? Have

you been tempted to open a credit card account? Or, do you already have credit card debt? Maybe you don't have credit debt, but have you thought about how many hours you have to work to buy a cappuccino or a new top at the mall?

One of the things you'll need to think about is working to provide for your own expenses and maintaining a budget. It may not seem like a big deal now, but learning to discipline yourself with spending will help you someday when you're a keeper of your own home. It will also make it possible for you to help out at home and be generous with others (Ephesians 4:28).

WHAT'S THE GOAL?

Her husband is known in the gates, when he sits among the elders of the land. $\ ^{\sim}$ ProverBs 31:23

Before you try to understand this verse, turn to the next page. This verse is in the top box. Get a picture in your mind of how it fits into the whole passage. A woman worthy of praise is described—now here in the middle of it all is a verse that places no focus on the woman. Doesn't it seem kind of weird that a verse about her husband suddenly appears? The fact that this verse is here, at the peak of this poem, shows the importance God places on role differences.

God is consistent about His plan for roles from Genesis through the New Testament. The world tells us that our worth comes from things like how we look, who our friends are, or what we own. But God tells us that our worth comes from fearing and obeying Him, and that includes how a wife shows respect for her husband. The world's idea for women is to take control and be in charge. God's idea for women who follow Christ is to be respectfully submissive to authority...our fathers, pastors, teachers and someday, Lord willing, our future husbands.

You may be thinking, "This is **so** not for me... I don't have a husband." Proverbs 31:10-21 is actually written to guys, telling them what to look for in a wife. Do you want a guy to consider you for a wife? Well, do you see how there are six characteristics in the text when you study the diagram on the next page?

There was a memory trick in the original Hebrew of this poem each point started with the next letter of the alphabet. I'm not saying for us to memorize it. But, did you know that Hebrew teens had to memorize it and recite it every Friday night at dinner? That way, girls knew what a godly wife looked like, and guys knew what to look for in choosing a godly wife.

There's a type of girl that some guys like to hang out with, but she isn't the one they'd want to marry. She's responsive, good at flirting, sasses her Dad, and blows off church if something more fun comes up. She is *not* the kind of girl a godly guy is looking for. You'd be surprised to know how much guys think and talk about making a wise choice. A wise guy (seriously wise) will watch you by the six characteristics of this passage.

So what type of girl are you? Would your husband someday be respected because of the type of woman you are. Would he have a good reputation with the elders of the church because of you? If a godly young man were watching your life, would he see that you:

- Fear God
- Are trustworthy (proven by how you respect your Dad)
- Work hard
- Are generous and kind
- Are prepared and cheerful
- Use your abilities creatively?

Do you see how the passage builds up to *the husband* gaining public respect? Not the wife? This does not mean that women are of lesser value in personhood. God clearly says that men and women were created equally, just with different roles—husband is leader, wife is helper. She certainly is not less capable—the woman described in this text is very capable.

Do you want to imitate her? Just do your best at the things God has made you able to do. But first, imitate her motivation—to give God glory instead of yourself. Then when you get married, you will do all the things you are good at to help your husband glorify God, instead of doing them to get glory for yourself.



PISCUSSION QUESTIONS

ABout fearing God

1. Read Proverbs 1:7 and Job 28:28. What does the fear of God lead to?

Talk about what it would mean in your home to be wise.

- 2. When we fear God we are in *a*we of His creation. Talk about what you are in awe of.
- 3. When we fear God, we have *a*pprehension of His wrath for our sin. What sin have you confessed today?
- 4. When we fear God, we are *appreciative* of His great love that caused Jesus to be crucified. Pray together, thanking God for putting the punishment for your sin on Jesus so you could be forgiven.

ABout Being trustworthy ...

1. Read Colossians 3:12-13. Why can we be trusted to forgive others?

ABout working harb ...

1. Read Titus 2:3-5. With regards to the home, what is an older woman to teach a younger woman? Mom, choose an area of home making to teach and hand over to your daughter (eg. weekly vacuuming, or dinner every Tuesday).

Read Proverbs 31:15. A biblical homemaker is the first one to rise in her home. She does this not for selfish purposes, but to

you been tempted to open a credit card account? Or, do you already have credit card debt? Maybe you don't have credit debt, but have you thought about how many hours you have to work to buy a cappuccino or a new top at the mall?

One of the things you'll need to think about is working to provide for your own expenses and maintaining a budget. It may not seem like a big deal now, but learning to discipline yourself with spending will help you someday when you're a keeper of your own home. It will also make it possible for you to help out at home and be generous with others (Ephesians 4:28).

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5. God, my Heart and My Body

WORSHIP

Wait. What does worship have to do with modesty? Isn't worship what we do in church on Sundays and Wednesdays? Good question. Let's begin by looking at a definition of worship.

John Piper said, that "worship is the term we use to cover all the acts of the heart and mind and body that intentionally expresses the infinite worth of God... All of life is worship... Isaiah 43:7 says that this is what we were created for: 'Everyone who is called by My name, Whom I have created for My glory.'" That means that we were all created for the purpose of expressing the infinite worth of God's glory. Basically, we were created to worship and bring glory to God in all areas of our life.

Piper goes on to say, "Let every act of your body, in living, be an act of worship. That is, let every act of your living body show that Christ is more precious to you than anything else. Let every act of your living body, be a death to all that dishonors Christ." If all that I do in life is worship, the question is "who or what am I worship-

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ping?" The next question is, "Is it possible to worship God by how I think about and dress my body?"

If I am going to be a true worshipper of God, the outside—in this case, what I choose to wear—needs to be a reflection of the God who lives on the inside. When I worship myself, my focus is on me and on getting what I desire. How I dress may reflect that I desire admiration, approval and attention from others (especially guys).

How we dress is a reflection of what we think and believe to be valuable. If we value admiration, approval and attention from others (especially guys), and desire to fit in and look like the world, then we will dress to get those things. If we value Christ above all else and desire to glorify God, we will dress in a way shows that we treasure and value Him above all else (Matthew 6:19-21). Now that doesn't mean you have to wear a robe, or something your grandma might wear!

Paul Washer said, "If your clothing is a frame for your face, God is pleased with your clothing. If your clothing is a frame for your body, it's sensual and God hates what you're doing." Think about it ... He hates what you're doing. God is serious about sin and serious about His glory and will not share it with anyone. He is holy and pure and He commands us, His children, to be holy and pure as well.

When we don't worship God with how we think about our bodies, and how we dress our bodies, sometimes it's because we just don't "get it." We don't get that we deserve to be crushed for our unrighteousness. We don't get that there is nothing we can do to be righteous. We don't get that righteousness is something that is imputed onto us—and it's never our own. We don't get that righteousness *is* Jesus Christ.

No matter how much we obsess about something, what we're trying to attain is only available by the righteousness of Jesus Christ. Once you understand this, then you start to worship God with your life. You will think about and do whatever it takes to look more like the righteousness that has been imputed onto us. So, if you've never thought about whether or not you're worshipping God in the way that you dress, you can begin by asking yourself these questions:

- As I am choosing what to wear today, whose attention and approval am I craving? God's or others'?
- Do I spend lots of time shopping and picking out my outfits (more than I spend working on growing in godliness)?
- Do I desire to dress appropriately and modestly as an act of worship to the God who created me?
- Does the way I dress reflect that I value the infinite worth of God? Or does it reflect the ideas and values of the world?"

If your answers don't reflect that you treasure God above all else, spend some time studying and meditating on Romans 12:1-2, 14:8 and 1 Corinthians 6:19-20. Then, confess the sin of pride and pray that you will desire to worship and value Jesus Christ above all else.

<u>Lies we like</u>

Ask yourself, what stops me from worshipping God with my heart and body? Lies. Lies that we like. We let them fill our thoughts and influence our behavior.

Here's a list of lies we women commonly listen to, that stop us from worshipping God. As you read each one, stop and think about whether you might have listened to that lie.

 I must be skinny. Hmmm . . . All of us girls are tempted to worship the idol of skinniness. When we try to meet the world's standards of approval, we are believing this lie. That's not OK. It's Satan doing his thing and winning.

Worship idea: Eat three healthy meals a day, with no snacks, and do it with gratitude.



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 I must look as beautiful as possible, because girls who look beautiful are worth more. What a lie. God clearly tells us that a gentle and quiet spirit inside of us is what's beautiful (1 Peter 3:3-4). It doesn't take long to see how unattractive an outwardly beautiful woman is who forcefully rams her opinions at people.

Worship idea: Pray for a gentle and quiet spirit.



 If the people who are important to me don't think I look beautiful, there must be something wrong with me. Well, in a way there is, but the problem is not with how you look. The problem is that you're choosing the wrong people to influence you. The people who are important to you should be the ones who look and encourage you to be holy.

Worship idea: Choose friends who want to be holy and encourage you to be more holy.

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• My worth has something to do with how my body looks. I (Ruth) didn't think I believed this lie, until I realized that I looked in a mirror or window every time I walked by one, and felt better or worse based on what I saw. I was involved in selfworship. In order to worship God, when I look in a mirror, it will be to see how to do my best in presenting His creation for His glory. Do I dress to frame my body and get attention? Or do I dress and put on makeup to frame my face so that my eyes and smile show God's love and joy?

> Worship idea: Ask God if how you look shows that you love Him and rejoice in Him.



If I dress seductively, it's OK. It's not my fault that men are tempted. We will each stand before God and answer to Him on this one. Then you'll agree that it wasn't OK.

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Worship idea: If you get comments from guys about your body, change what you choose to wear.

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No one can tell me what to wear. The real question here is not whether anyone can say something, but whether you will listen to what people in authority over you say. If you don't want anyone to tell you what's appropriate, you are rebellious. Plain and simple.

Worship idea: Ask an honest, godly, older woman if what you're wearing is modest.

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If I dress to bring attention to my body, I'll attract a guy who will make a godly husband. No you won't. You'll attract a guy who wants sex. And he won't be a guy you'll want to marry for the very reason that he's attracted to girls who dress to bring attention to their bodies.

Worship idea: Do acts of kindness for guys (and girls) instead of dressing to show off your body.



I need a guy. My Dad doesn't love me enough, so I need a guy to protect me. You'd be amazed at how many girls pay attention to this lie...girls whose Dad didn't keep their promise to their Mom, girls whose Dads aren't around for whatever reason. Listening to this lie shows that you don't have faith in God. He is your Heavenly Father who watches over you. Your father is God. Say it to yourself—your father is God. Your father loves you so much that He crushed Jesus so you could be His child.

Your father is the Almighty God, ruler of the universe. Your father is God.

Worship idea: Tell your Father you trust Him, and show it!

It's OK for me to be judgmental of other girls when they have short shorts or a low cut top, and to look down on them. That's not Jesus talking. He told us to look at ourselves and confess our critical spirits. If you look down on someone who doesn't want to worship God, are you giving them the precious gift of God's love, or are you just pushing them further away? Rather, talk with them about how Jesus died for you and your own sins. Now, let's be careful. Dads, Moms, or Youth Group leaders have the responsibility to make sure girls under their care don't dress provocatively, the same as they'd pull them out of the deep end if they couldn't swim. That's not the same as looking down on someone.

Worship idea: Talk with people outside of your comfort zone.

 If I dress modestly I can think I'm better than others. Here's a lie that catches quite a few of women. No, pride will only bring you down. But you can praise God for Jesus Christ's righteousness that is shining through. And you can be joyful!!!

Worship idea: Is your heart singing with joy?

When we are worshipping God, these lies won't catch us. But we do listen to them. I'll bet you've listened to each of them at one time or another. Here's the answer—confess your sin now, and repent. Jesus will forgive you and cleanse you from ALL unrighteousness. Then you can move forward in His righteousness, worshipping Him. Here's how that will look with regards to clothing that you choose.

LET'S GET POWN TO BUSINESS

We can put what we've learned and applied to our hearts into practice in our lives. Here are some ways to put on modesty in the practical sense.

If there is ever a situation in which you are unsure about what you are wearing, take this advice from a wise friend—*don't wear it.*. Isn't it easier to just change into something that you know has your bases covered (so to speak)! There is probably a reason you have that question in the back of your mind.

Layer! Layer! Layer! Stock up on tank tops because they can be layered with just about everything. This way you can still wear that cute blouse you saw at Forever 21. Yes, I (Jana) know about the cool stores...it is still cool, right?! Another great layering tool is a cardigan. Not the geeky grandpa kind, but you can get some really cute ones!

One final piece of advice! Do a complete 360° before you leave the house. Bend down and check the mirror to see if you need a higher neckline. If so, layer up! Then reach your hands up (its good exercise, too) to make sure nothing is showing. Check for straps or lines that shouldn't be showing. For shorts and skirts, do the sit down test -make sure they are not riding up to high.

Have you heard the song by Audio Adrenaline that says "I want to be your hands, I want to be your feet. I will go where you send me. Go where you send me!" Well, that is a great song to hum while you are getting dressed or even to blast from your stereo! Think about it...if we want to worship and obey God by serving others...then we should dress to do so. How hard would it be to help an elderly lady pick something off the ground dressed in a mini-skirt? Or work with children if you can't pick them up because you have to use both your hands to hold your skirt in place? Or lean over to show somebody a Bible verse and have them be distracted by your body? Think of all the ways you can be Jesus' hands and feet—and test out your clothing to make sure it will stay put. Then, you can focus on worshipping God!

PISCUSSION QUESTIONS

ABout worshipping GOD with your BODy ...

1. Read 1 Corinthians 6:19-20. What is the connection between our bodies and glorifying God?

ABout worshipping God and modesty...

1. Read 1 Timothy 2:9-10. When you put off immodesty, there are at least two things listed here that you are supposed to put on. What are they?

Ask an older woman if you dress modestly, then discuss specific ways of putting on modesty in your wardrobe.

ABout you and Beauty...

1. Read 1Peter 3:3-4. What does real beauty look like? _____

Discuss how you can grow in becoming beautiful in God's eyes. Write out your prayer asking God to grow a gentle and quiet spirit in you.

ABout your focus...

1. Read Romans 14:8. Are you focused on what you look like or on what God looks like? Discuss ways you focus on your body, and how you could change to focusing on how glorious God is.

Suggested reading for further encouragement as Young Daughters of the King

Nancy Leigh DeMoss and Danah Gresh, *Lies Young Women Believe and the Truth that Sets Them Free*, (Moody Press, Chicago IL, 2008).

Nancy Leigh DeMoss, *Biblical Womanhood in the Home*, (Crossway Books, Wheaton IL, 2002.

Linda Dillow, *Creative Counterpart*, (Nelson, Nashville TN, 1977).

Elyse Fitzpatrick, *Helper by Design*, (Moody Publishers, Chicago IL, 2003).

Elizabeth George, *A Young Woman after God's Own Heart,* (Harvest House Publishers, Eugene, OR, 2003).

Wayne Grudem, *Biblical Foundations for Manhood and Womanhood*, (Crossway Books, Wheaton, IL, 2002).

Susan Hunt, *The True Woman: The Beauty and Strength of a Godly Woman*, (Crossway Books, Wheaton IL, 1997)

Carolyn Mahaney, *Feminine Appeal*, (Crossway Books, Wheaton IL, 2003).

John Piper & Wayne Grudem, *Recovering Biblical Manhood* and Womanhood: A response to evangelical feminism. (Crossway Books, Wheaton IL, 1991).