

- BUT A WOMAN OF STRENGTH -

Proverbs 31:25 - "She is clothed with strength and dignity; she can laugh at the days to come."

A **STRONG WOMAN** is a woman with a forceful personality -

WOMAN OF STRENGTH doesn't necessarily have a forceful temperament but a gentle personality

A **STRONG WOMAN** works out every day to keep her body in shape -

WOMAN OF STRENGTH kneels in prayer to keep her soul in shape

A **STRONG WOMAN** isn't afraid of anything -

WOMAN OF STRENGTH shows courage in the midst of her fear

A **STRONG WOMAN** won't let anyone get the best of her -

WOMAN OF STRENGTH gives the best of her to everyone

A **STRONG WOMAN** walks sure footedly

WOMAN OF STRENGTH knows God will catch her when she falls

A **STRONG WOMAN** wears the look of confidence on her face -

WOMAN OF STRENGTH wears grace - LOVE

A **STRONG WOMAN** has faith that she is enough for the journey -

WOMAN OF STRENGTH has faith that it is in the journey that she will become strong.

1. SHE ACCEPTS HERSELF

YOU ARE GOD'S MASTERPIECE IN PROGRESS!

After God created Adam He said: "It isn't good for man to be alone; I will make a companion for him, a helper suited to his needs. And so he created Eve. We are special! - The cherry on top.

What do you like about yourself?

Write down just two things. Share with the person sitting next to you.

You cannot love others if you don't love and accept yourself!!! Pride/I love me

Did you know that the no. 1 source of depression amongst women is a low self image:

A feeling of worthlessness, not good enough, inadequacy and a lack of self confidence.

90% of our self image is what we think others think about us.

1. Feed your mind with positive data - imagine yourself successful

Eg. My first seminar on parenting - peanuts - Starting up a Bible Study in my home

Jill Briscoe: "If a job is worthwhile doing, do it ... even if you do it badly because you may end up doing it goodly."

2. Get positive feedback from other people and accept it -

Eg. Hairstyle, dress - Billy Bob said: "Thank you. I'll take that!"

Eg. Make a card - THE NEW ME!

"Liking yourself more comes from learning to let IN the 'NICE THINGS' other people say about you.

3. Believe what God says about you - *Psalm 139:13-16 - Unworthy/worthless*

"I praise You because I am fearfully and wonderfully made; You were there while I was being formed in utter seclusion! You saw me before I was born and scheduled each day of my life before I began to breathe. Everyday was recorded in your Book! How precious it is, Lord, to realize that You are thinking about me constantly!

"I like me 'cause God don't make no junk!"

Is. 43:4 and Is 49:16 - I have engraved you on the palms of my hands.

Don't compare or compete; just contribute!

Be a colourful person and fun to be with!

Do what you want to do and wear what you want to wear. Don't be a people pleaser!!!

(Whenever I elevate someone to the position where their interaction with me, or their approval of me, is necessary to me - to function as an individual that person is my life and I am a PPI!)

Be yourself and don't try to be somebody else. It just won't suit you.

Don't be a fashion model - Be a role model!

2. SHE IS MAD ABOUT HER HUSBAND

On June 3, 1937, King Edward V11 gave up the throne of England to marry the woman he loved.

In a moving broadcast that shook the world, he had declared, "I have found it impossible to carry the heavy burden of responsibility and to discharge my duties as King, as I wish to do, without the help and support of the woman I love."

The romance between King Edward v11 and Mrs Wallis Simpson became a legend - the love story of the century.

To think that I was especially created for my husband and that I have a ministry in his life that no one else can fulfil. I like being that special!!!

Your children need a strong marriage - a united authority.

If the marriage does not function, the family does not function.

If the family does not function, society does not function.

What about your 'MARRIAGE' or your 'SINGLENESS'?

Marriage is God's idea and commitment and trust is essential to a successful marriage.

When that trust is violated there needs to be true repentance - a turning around.

Mike and Jacqui - "I will remain faithful to you not because of who you are but because of who I am. I am a man of integrity."

Maybe you are DIVORCED -

A precious lady over 50 was telling me how that after 30 years of marriage her husband wanted a divorce. She was devastated and felt lower than the mat. How can he leave her and their 3 precious daughters? She remembers the day she was about to commit suicide.

She heard God speak to her: (we cannot hear Him with our human ears - but in our hearts we understand what He is saying to us. It is a strong impression on the mind.)

'How can you take your life?

It is not yours to take.

I have bought you and paid the price with my blood.

You are mine. You belong to me.

I still have a purpose with your life even though you are broken."

She decided there and then to hold her head high and become someone special, making a difference in other people's lives.

It was a choice of the will. Now she heads up a Singles' organization.

SUBMISSION -

- **Allowing your husband to make the final decision and support him wholeheartedly - only AFTER you have shared your insight and you still can't reach consensus. Eg., White cupboards, Lounge carpet.**

- **It is setting yourself under your husband's authority and allowing him to function in his responsibility with your full support - awesome responsibility.**

A man will do anything for his wife except if she insists on it.

- **For a man it is not so important WHAT the decision is but rather WHO makes it!**

Remember - Your husband cannot meet all your emotional needs.

His primary role is provider which drains his emotional energy.

The way to a man's heart is through his

HUSBANDS NEEDS - EGO - to be honoured, respected and admired openly - Eph. 5:22

To be acknowledged as head of the home

Sex - he craves affection - emotional need / not physical

WIFE'S NEEDS - To be understood

To be protected from the children and mother-in-law

To be treated tenderly and romantically

To be encouraged, praised and supported - respect, be considerate, responsible

AS COMPANION - Am I fun to live with?

Accept him the way he is

Tell him what you like about him

Don't tell him what to do. eg. Dent in car

May I share something with you? Tell him what you would like to happen/not good at guessing!

Support him - Be on his side - Believe in him

AS HOME MANAGER - Is your home a castle or a cage?

Accept his gifts graciously - Don't say it's too expensive!

Express appreciation eg propose a toast if he gets promotion or providing for you

Homecoming

Button!!!

AS MOTHER - Do you cleave more to your children than to your husband?

Support him in the upbringing of the children

Honour him in the eyes of the children eg. Duane - 9 years and TV

Love their dad and be kind to him. Children need a role model. Get along with his mother.

AS LOVER - Do you make an effort to be attractive for your husband ?

SIGHT - TOUCH - respond actively to his expression of affection

Sexual Drive - electric light (battery - ever ready) - old fashioned iron

Enjoy sexual intimacy with him eg. Relax and enjoy the journey/destination -

Think about giving your husband pleasure -

Initiate the love-play from time to time eg. It's a man's language of love, sexy nightie

(A good sex session eases pain and relieves tension. Special chemicals called endorphins

are released into the bloodstream during exercise and during sex. These hormones of

life' have stimulating, calming and pain-killing properties and sometimes work even better

than medication - Use candles !!!

That is why exercise is so good for you. Sex does all this and more.

AS SPIRITUAL PARTNER - Does my Godly conduct attract Him to God?

Do you pray for your husband? - jealousy, stress, fear of entrenchment . . .

3. SHE IS PASSIONATE ABOUT HER CHILDREN

AIMS - Healthy self image

Walk with God

NEEDS - Unconditional love - enjoy them

Eye contact - boy cups his Mom's face

Focussed attention - Listen - listen - listen - Communication - Am I understanding you

correctly - Is this what you are trying to say to me?

Physical contact - touch

Be available -

When the children came home from school, I would shout from the kitchen:

"Hi, how was your day?" Thud, thud, thud. Then I was very ill with tonsilitus.

Mike prayed: "Please make mommy better as she is not fun to live with. Amen."

SUPPORT - Mike Mol - Not chosen as prefect - Mr South Africa (left out of 1st team)

UNDERSTANDING - Duane and Therina at a crossroads -

Eg. Duane and Therina were at a crossroads work-wise and I had been burdened for them. While I was reading my Bible, the Lord gave me such a special scripture for them. So I phoned. I actually wanted to speak to Duane but when Therina answered I decided to share with her rather. To my amazement she said that she had not slept the night before. She was longing for someone to give her some sort of encouragement - a friend or even just a hug. But she never thought of her mother. And here I phone her and I am an answer to her prayer. I felt so special . . . She felt so special . . .

That was God's way of telling Therina that he loved her and is caring for her.

LETTING GO - Col - leaving home early -

Mother/daughter relationship is the most intimate, tangled, beautiful and frustrating relationship shared by women.

The little girl in the garden pulling out the prize plant.

A little girl was walking in a garden when she noticed a particularly beautiful flower.

The child admired its beauty and enjoyed its fragrance. "How lovely!" she exclaimed.

As she gazed on it, her eyes followed the stem down to the soil in which it grew.

"What a shame!" she cried. "This flower is too pretty to be planted in such dirt!"

So she pulled up the plant by its roots and ran to the tap to wash away the clinging soil.

It wasn't long until the flower wilted and the plant began to die.

The gardener saw what she had done and scolded her. "You have destroyed my finest plant," he said. "But I didn't like it in that dirt," whimpered the child.

The gardener replied, "I chose that spot and collected and mixed the soil because I knew that only there it would come to maturity."

Contentment is the soil in which true joy thrives.

4. SHE GIVES OF HERSELF TO OTHERS

Cares/Compassion - Your Mother/Mother-in-law

- My Mom's death and Tribute

Shares -

Forgives - **With relationships comes pain** - can only have about 2 or 3 special friends

CORRIE TEN BOOM and her family were sent by the Nazis to an extermination camp at Ravensbruck, Austria. Only Corrie survived. Two years after the war, Corrie was speaking in Munich on the subject of FORGIVENESS . . .

"It was at a church service in Munich that I saw him, the MAN who had stood guard at the shower room door in the processing centre at RAVESNSBRUCK . . . And suddenly it was all there - the room full of mocking men, the heaps of clothing, Betsie's pain and blanched face . . .

He came up to me . . . "To think that as you say, He has washed my sins away. I know God has forgiven me for the cruel things I did there, but I would like to hear from your lips as well - will you forgive me?" His hand was thrust out to shake mine. And I who had preached so often to forgive, kept my hand at my side. It could have been many seconds that he stood there, but it seemed hours as I wrestled with the most difficult thing I had ever had to do.

FORGIVENESS IS NOT AN EMOTION. IT IS AN ACT OF THE WILL - A CHOICE!

"Lord Jesus I prayed, forgive me and help me to forgive him. Jesus, help me. I can lift my hand.

I can do that much. You supply the feeling." I tried to smile. I struggled to raise my hand. I could not. I felt nothing, not the slightest spark of warmth or charity. And so again I breathed a silent prayer. "Jesus I cannot forgive him. Give me your forgiveness." And so I thrust my hand into the one outstretched to me. As I took his hand the most incredible thing happened. The current started in my shoulder, raced down my arm and sprang into our joined hands and then . . . This healing warmth seemed to flood my whole being. Tears . . .

And so I discovered, when He tells us to love our enemies, he gives, along with the command, the love itself.

The BELL - YOUR EMOTIONS CATCH UP WITH YOUR FORGIVENESS.

ARNOLD AT UNISA - (Private practice as a Management Consultant)

(You treat the other person as if they had not hurt you.)

Friends come and friends go -

People come into your life for

A REASON,

A SEASON or

A LIFETIME.

When you figure out which it is, you know exactly what to do.

When someone is in your life for a REASON, it is usually to meet a need

you have expressed outwardly or inwardly.

They have come to assist you through a difficulty, to provide you with guidance and support,

to aid you physically, emotionally or spiritually.

They may seem like a godsend and they are.

They are there for the reason you need them to be.

Then, without any wrong doing on your part or at an inconvenient time, this person will say or do something to bring the relationship to an end.

Sometimes they die.

Sometimes they walk away.

Sometimes, they act up and force you to take a stand.

What we must realize is that our need has been met, our desire fulfilled, their work is done.

The prayer you sent up has been answered and now it is time to move on.

Some people come into your life for a SEASON, because your turn has come to share, grow and learn.

They bring you an experience of peace or make you laugh.

They may teach you something you have never done.

They usually give you an unbelievable amount of joy.

Believe it, it is real.

But only for a season!

LIFETIME relationships teach you lifetime lessons,

things you must build upon in order to have a solid emotional foundation.

Your job is to accept the lesson, love the person and put what you have

learned to use in all other relationships and areas of your life.

5. SHE HAS A PRECIOUS LOVE RELATIONSHIP WITH GOD

Eg. Mahatma Gandhi - The greatest leader in India who led them to independence said:

"You Christians have in your keeping a document with enough dynamite in it to blow the whole of civilization to bits;

to turn society upside down;

to bring peace to this war-torn world.

But you read it as if it were just good literature and nothing else.

We are living in a day and age where we are wanting the truth/not fairy stories.

Because the truth will set us free.

1. She spends time with God - praying (talking to God) and reading His Word.

We are all from different cultures and different religions; I speak as a Christian.

I cannot go a day without spending time with my manager, God.

I go to Him for my marching orders for the day. Then I thank Him at night.

I have a journal and record precious moments with my Father.

He is a 'Jealous God.'

He is passionate about His relationship with you/me.

2. She has an inner calm and confidence

That is where my strength really lies. Eg. Shirley, Elzabe - embolisms in the lung and needing oxygen.

I can do all things through Christ who gives me the strength and the power.

"I'm tired of trying. I have been down so long.

I can't muster up the faith to believe God for deliverance anymore."

"First, you can never justify quitting, because you have the Lord on your side. He won't quit on you, He promised He'll 'never leave you nor forsake you (so)...do not be discouraged'

(Deuteronomy 31:8 NIV).

Second, His Word says, 'If we believe not, he abideth faithful: He cannot deny himself'

(2 Timothy 2:13). It's not just a matter of your faith, it's a matter of His faithfulness.

When you can't seem to believe, instead of focusing on your faith in Him (or the lack of it), begin to focus on His faithfulness to you".

Third, God doesn't owe us an explanation so we should not look for one, but He promises us an exit. He "will, with the (testing)...make a way to escape, that you (might) be able to bear it" (1 Corinthians 10:13).

Until HE gets you out of it, He'll get you through it. Your part is to stay on the roller coaster.

Fourth, He's producing good in all your circumstances.

"And we know that all things work together for good to them....who are the called"

(Ro 8:28). God puts pits and peaks together, and out comes your good.

Fifth, while He does so, the Son and Spirit interceded with the Father for you, daily.

(See Romans 8:26-32 and 34-39). With all of that going for you, how can you fail to make it?

3. She copes with any situation

I have learned that I must be thankful in all situations because He knows what He is doing.

Don't worry - Tell God - Thank Him - Peace

God is good.

(The suspicion that God is not good is the real root of sin.)

He has our best interests at heart.

Nothing will ever happen to you that will not eventually be used by God for some good purpose in your life. Everything that happens to you has to first go through God's hands.

I have just come out of a broken relationship and have known burnout!

He carried me.

That's why I am here today.

4. She has a fragrance about her

I have grown and would not have missed this experience for anything.

Please have patience with me. God isn't through with me yet!

YOU RAISE ME UP -

When I am down and oh, my soul, so weary;

When troubles come and my heart burdened be;

Then I am still and wait here in the silence,

Until You come and sit awhile with me.

You raise me up, so I can stand on mountains;

You raise me up, to walk on stormy seas;

I am strong, when I am on your shoulders;

You raise me up - To more than I can be.

It wasn't right that people spit into the eyes that had wept for them.

It wasn't right that soldiers ripped chunks of flesh out of the back of their
God

It wasn't right that spikes pierced the hands that formed the earth

And it wasn't right that the Son of God was forced to hear the silence of
God.

It wasn't right, but it happened.