Lessons for Women

2018



SUNDAY SCHOOL AND DISCIPLESHIP MINISTRIES INTERNATION

**LESSONS FOR WOMEN**

We present this series of lessons for women. They are of various genres that will undoubtedly help in the growth of the daughters of the king.

Suggestions for the use of this material;

* In Sunday School classes
* In small groups
* Women’s meetings
* Also, you can use 1 lesson each month, make copies and deliver them to women

May God bless you.

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**THEMES**

1. THE ROLE OF THE WOMAN

2. THE POWER OF PRAYER

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4. NAOMI – AN IDEAL MOTHER-IN-LAW

5. THE WIFE OF MANOA – AN EXEMPLARLY WOMAN

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7. WHY WOMEN PRAY - 1

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**THE ROLE OF THE WOMAN – GIFT FROM GOD?**

I remember when I was a little girl, my mom told me that, "I had to learn to be a woman," and every activity that we had to do at home said, "This is something that will help you when you are the woman of your house and taking care of your family." At that time, I didn’t understand what she meant.

***Titus 2:3-5***

“Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. Then they can urge the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God.”

Over the years, I realize that being a woman is a gift from God and that it is perfected over time. Accepting that gift and divine purpose allows us to bless each member of the family that surrounds us. First of all, it seems today that being a woman is optional or underrated. We often see women who want to be men or imitate their actions when doing other things and neglecting the family by passing their care to the background.

Nowadays, women have the opportunity to have a professional and working life serving the community outside the home as well, because God made us capable, valuable and with a very hard-working and detailed love. But today, more than ever, women must remember that gift that comes from above TO BE A WOMAN OF GOD.

Knowing our body is very important, because God formed us with specific characteristics that in essence no one else has. Each woman must take care of herself physically, mentally and spiritually, in childhood, adolescence, youth , maturity, and old age. Each stage has a purpose.

Accepting, knowing, caring for and managing our life as women, whether as mothers, sisters, daughters, aunts or grandmothers will help us fulfill God’s divine plan and purpose for which we were born. The one who gives warmth from a home to a house is the woman; with her arrangements, her details, cleanliness, her food, her affection, her words and actions of love and respect to each family member. (Proverbs 31: 10-30)

When teaching your daughters to bake a cake, cook, sew, clean; we are sharing that message of divine love to take care of the family, to teach the boys to care for, to repair, to have responsibilities at home helps them to develop the role of a man who enjoys home and family.

God gave us the gift of being a woman or man, do you accept it? So let's be grateful and enjoy this gift. Let's enjoy this gift, because it comes from the one who created us.

For there to be a happy family, behind it there must be a woman striving to fulfill the role that God gave her, be it wife, grandmother, mother, aunt, sister, friend. Let us bless our family with this beautiful gift of being "WOMEN OF GOD".

SONIA ESCOBEDO RAMÍREZ

**THE POWER OF PRAYER**

One of the important and significant requests of the disciples to Jesus was: Teach us to pray, and Jesus taught them the Lord's Prayer as a Model Prayer. (Matthew 6:5-13)

But why and for what why was prayer necessary? Let's see its importance when Jesus himself prayed continuously.

Matthew 14:23 – “After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone.”

Matthew 26:39 - Going forward a little, he fell on his face, praying and saying, “My Father, if it is possible, let this cup pass from me; but not as I want, but as you.”

Matthew 26:42 – “Going a little farther, he fell with his face to the ground and prayed, ‘My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.’”

Mark 1:35 – “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”

Mark 6:46 – “After leaving them, he went up on a mountainside to pray.”

Mark 14:32 – “They went to a place called Gethsemane, and Jesus said to his disciples, ‘Sit here while I pray.’”

Mark 14:35 – “Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him.”

Mark 14:39 – “Once more he went away and prayed the same thing.”

Luke 3:21 – “When all the people were being baptized, Jesus was baptized too. And as he was praying, heaven was opened.”

Luke 5:16 – “But Jesus often withdrew to lonely places and prayed.”

Luke 6:12 – “One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.”

Luke 9:18 – “Once when Jesus was praying in private and his disciples were with him, he asked them, ‘Who do the crowds say I am?’”

Luke 9:28 – “About eight days after Jesus said this, he took Peter, John and James with him and went up onto a mountain to pray.”

Luke 9:29 – “As he was praying, the appearance of his face changed, and his clothes became as bright as a flash of lightning.”

Luke 11:1 – “One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, ‘Lord, teach us to pray, just as John taught his disciples.’”

Luke 22:41 – “He withdrew about a stone’s throw beyond them, knelt down and prayed.”

Luke 22:44 – “And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.”

John says that not all of Jesus' actions were written, but we already have enough evidence.

***Jesus and Prayer*** – Why did he pray? To whom did he pray?

I. Prayer is a Relationship

With the Father, since he is the Son of God, his relationship is very close. There isn’t anything that he does that the Father doesn’t already know about since their relationship is so intimate and close.

II. Prayer is Communication

Speaking with God constantly

Telling him how we feel: frustrated, in need, exhausted

Communicating with him our desires: “If it is possible …”

III. Prayer is our secret weapon

But you, when you pray, go into your closet and close the door, and pray to your Father who is in secret; and your Father who sees in secret will reward you in public.

***Why and to Whom are we to pray?***

1. Why should we pray for those who do us harm? Because we follow Jesus’ example on the cross. “But I tell you, love your enemies and pray for those who persecute you.” (Matthew 5:44)
2. In order not to fall into temptation - As humans, we are exposed to temptations, to the attacks of the devil, but if our relationship and communication with God is constant, we will be freed from temptation. “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.” Matthew 26:41
3. To wait for the coming of our Lord Jesus. “Be always on the watch, and pray that you may be able to escape all that is about to happen, and that you may be able to stand before the Son of Man.” (Luke 21:36)

***Requirements for Prayer:***

* A clean heart – Who may ascend the mountain of the Lord? Who may stand in his holy place? The one who has clean hands and a pure heart.” (Psalm 24:3-4)
* Faith – “If you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.” (Matthew 17:20)

Since Prayer is like a Power Source, start this beautiful discipline today and you will be a powerful Woman of Prayer.

**RUTH – A GOOD WOMAN**

To speak of Ruth is to talk about romance, adventure, poverty, etc.  
  
She was a Moabite girl, a foreigner to the people of Israel who decided to be the wife of a Hebrew and live in a family with customs different from her own, customs to which she had to adapt.  
  
No doubt, her first years of marriage are romantic and happy. Everything is going well, but misfortune comes to her life; her husband, her husband's brother and her husband's father die and she remains under the protection of her mother-in-law. The day go by sad and monotonous until another misfortune hangs over her, there is not food in the community.  
  
The head of the family, her mother-in-law, makes a decision. "I must return to my hometown,"  
she announces. “They tell me there is food there.” She then dismisses Ruth along with her other daughter-in-law.  
  
Thoughts undoubtedly crowd Ruth's mind. If I go back to my parents, I will be safe there. I will work and I will marry again, but my mother-in-law will go the way alone. She will have to work, but she is old and weak. Who will take care of her?  
  
All these considerations hit her very deeply and she decided to stay with her mother-in-law permanently. So she announces, "Do not beg me to leave you, for I will not turn away from you, because wherever you go, I will go, and wherever you live, I will live. Your People will be my people and your God my God.” (Ruth 1:16)  
  
This passage is often used at weddings, showing fidelity to the bride and groom, but what a wonder since they are not words for a lover, they are words for a mother-in-law in need.

RUTH’S DECISIONS

1. A PLEA – “Don’t beg me to leave you.”  
   Ruth’s decision goes to the extreme to help the one who needed help the most.
2. SHE SPECIFIED HER RESOLUTION  
   She would go wherever Naomi went: close, far, city or town. She would live wherever she lived. It didn’t matter to her if she lived in a big or small place, rich or poor.
3. SHE WOULD ADOPT NAOMI’S WAYS  
   Ruth determined to leave what was hers: her people, family, and even her gods. “Your people will be my people.” This was a decision that transcended everything, because she would change everything. Naomi would continue to be like her mother-in-law, but most important:

YOUR GOD WILL BE MY GOD - a radical change.

1. SHE DEFINED HER DECISION (Ruth 1:17)

“Where you die I will die, and there I will be buried. May the Lord deal with me, be it ever so severely, if even death separates you and me.”

What determination! Ruth speaks with determination, her gaze is challenging and she takes hold of Noemi’s shoulders or hands.

THINK ...

Where did Ruth get all that strength and determination that made her forget everything and face everything?

1. Ruth was a good woman.

* The theological Dictionary defines “good” as: Honest and morally correct.

1. Ruth was an honest woman

* Her commitment did not end with the death of her husband.

1. She defined what was right

* Respect for single women
* Respect for poor women
* Respect for elderly women

4.- Ruth saw herself as the solution

* I will go with you.
* I will live with you and stay with you.
* Your people will be my people.
* Your God will be my God

So Ruth felt happy **"the goodness made possible by grace, provides happiness."**

The Apostle Paul, in his letter to the Ephesians, includes kindness as the fruit of the Holy Spirit; and it is only through the Holy Spirit that we are able to be good, kind, we are able to see others; to observe them and see their need.

Ruth saw her mother-in-law, but around us there are many people in need, who need company, who need help to walk the road, to share their frustrations and poverty, their discouragement, despair and loneliness. There are people who need us to defend them and support them.

Today, God needs good women

**NAOMI – AN IDEAL MOTHER-IN-LAW**

Easily, the book of Ruth could be called Naomi, since in many ways it was she who inspired the attitudes of Ruth. Her immortal words have been recorded and remain inspiring:  
  
“But Ruth replied, ‘Don’t urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God. Where you die I will die, and there I will be buried. May the Lord deal with me, be it ever so severely, if even death separates you and me.’” (Ruth 1: 16-17)  
  
Let's see some of the characteristics of Naomi.

Faithful Wife: How old would Naomi have been? She had lived with her husband Elimelech in Bethlehem in times of prosperity. When there was a famine in the land (Ruth 1:1), Elimelech and Naomi with their two sons went to the fields of Moab.   
  
Note that they had lived well, perhaps even with abundance and wealth, and then they were in poverty. It is likely that after much conversation, they decided to go to Moab to look for food, always together. " So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.” (Matthew19:6)   
  
So Naomi would be between 35-45 years old, considering that women in their time married young, and she still didn’t have grandchildren.

**Committed mother**: How difficult it is to leave the home of our youth, relatives, friends, and lifestyle, and start again in a foreign territory, without knowing anyone (new school, new neighbors). What could be better? Did Naomi think to leave the children in the care of their grandparents or relatives? To stay with her children and have Elimelech go alone? These and many other questions surely went through her head. “My children need food, it is true, but they also need their father,” And then she made the right decision: we will all go, we will protect our children. A family is not only a commitment, it is a relationship, which should not be broken for any reason. Maintaining unity and love in the family is a commitment of each Mother.

**Ideal Mother-in-law:** The Bible does not record Naomi’s behavior with her daughters-in-law, but it does records the results of her attitude.

* 1. Ruth and Orpah’s decision to go with her back to Bethlehem: "We will certainly go with you to your people." (Ruth 1:10)
  2. The love of her daughter-in-law Orpah while saying goodbye to her: "And they raised their voice again and  
     they cried; and Orpah kissed his mother-in-law." (Ruth 1:14)
  3. Ruth's decision "Only death will separate us from each other." (Ruth 1:17)
  4. What Boaz said about her: “I’ve been told all about what you have done for your mother-in-law since the death of your husband—how you left your father and mother and your homeland and came to live with a people you did not know before.” (Ruth 2:11)
  5. Ruth's obedience to her: "And she answered, ‘I will do all that you command me.’" (Ruth 3:5)
  6. The neighbors, women of Bethlehem, said, "Your daughter-in-law who loves you ... she is of more value to you than seven sons." (Ruth 4:15)

**Loving Grandmother:** Ruth married Boaz under the proper guidance of her mother-in-law who fought for her daughter-in-law to have a good husband … and succeeded.

Obed was born, while not her direct grandchild, nor the son of her son or daughter, but her former daughter-in-law. The women said, "He will restore your soul and sustain your old age.” (Ruth 4:15)

Without a doubt, Naomi was happy now, because when she arrived in Bethlehem, she had said, “Don’t call me Naomi,” she told them. “Call me Mara, because the Almighty has made my life very bitter.I went away full, but the Lord has brought me back empty. Why call me Naomi? The Lord has afflicted me; the Almighty has brought misfortune upon me.” (Ruth 1:20-21)

Naomi remembered when she had left Bethlehem with her husband and her two children – “I was full” - and for her, her family was everything. She had left with dreams, plans and projects, and returned alone ... with her daughter-in-law. But now, things were different. "Naomi took the child in her arms and cared for him.” (Ruth 4:16) Naomi was a grandmother! She had the privilege of educating King David's grandfather!

Do you remember another grandmother in the New Testament? Her name was Lois, and she was Timothy's grandmother of whom Paul says, "I am reminded of your sincere faith, which first lived in your grandmother Lois.” (2 Tim. 1:5) and adds, "and how from infancy you have known the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus." (2 Tim. 3:15)

How can you be an ideal mother-in-law? With much prayer and the direction of the scriptures.

Exercise: The mother-in-law is often the object of ridicule, bad words and not very much appreciated (well, some, not all). Divide the group into smaller groups, discuss and record your answers:  
  
1. What makes an unwanted mother-in-law?  
  
2. Why does the mother-in-law often assume those attitudes?  
  
3. What are some tips to correct those attitudes and be an ideal mother-in-law?

**THE WIFE OF MANOAH -** AN EXEMPLARLY WOMAN

Passage: Judges Chapter 13

1200 years before Christ, there lived among the tribe of Dan, in the town of Israel, a woman whose name is not mentioned, but her husband's name was called Manoah.  
  
Manoah's wife lived extraordinary experiences, as the women of God live. She saw the angels of God, as other women later did. Like Mary, the mother of Jesus, and Elizabeth, mother of John the Baptist, her experience with these angelic beings was extraordinary.

Some characteristics of the wife of Manoah:

* **SHE WAS A FAITHFUL WOMAN**

She had no secrets for her husband. She told him with confidence everything that happened every day. Without a doubt, this way of being helped her to bring peace, trust, etc ... into her home. So she told her husband about the angel who had come to her, and what his message was.  
  
" You will become pregnant and have a son." (Judges 13:7)  
  
Upon hearing his wife's testimony, Manoah became interested in the message and prayed to God, asking him to see the angel of the Lord as well.

* **SHE WAS A SPIRITUAL WOMAN**

Knowing her husband’s interest, that woman was thoughtful and interested in helping him. So the next time the Angel came, she ran and told her husband. (Judges 13:10) What a wonder when a wife intervenes to connect her husband to God!

Manoah followed his wife to where the Angel was. When they had received instructions, Manoah and his wife offered together a burnt offering, and in their sight, a miracle occurred.  
  
When the flame of the sacrifice rose, the Angel ascended in the flame and Manoah and his wife together fell on their faces before the Lord. (Judges 13: 19-20)  
  
Another aspect in the life of this woman was that it had been said no one could see God and live, so when the Angel was seen by the couple, Manoah said, “We are doomed to die,” but the spiritual sensitivity of his wife was different, and she said, " If the Lord had meant to kill us, he would not have accepted a burnt offering and grain offering from our hands, nor shown us all these things or now told us this." (Judges 13:22-23)

* **SHE WAS AN OBEDIENT WOMAN**

Manoah’s wife was also an obedient and self-denying woman. She had been told, "Now see to it that you drink no wine or other fermented drink and that you do not eat anything unclean.” (Judges 13:4)

She was not only a woman who took care of her soul, but she also took care of her body. In her home there were no vices, nor did they eat improper things.

Proverbs 14:1 says, “The wise woman builds her house, but with her own hands the foolish one tears hers down.*”*

Without a doubt, this wise wife of Manoah was the spiritual leader in her home.

**ASPECTS TO REMEMBER ABOUT THE WIFE OF MANOA**

1. She was a sterile woman without bitterness.
2. The miracle of conception is announced.
3. She sees the Angel of Jehovah.
4. She shares everything that happens with her husband.
5. She wanted her husband to see God.
6. Her husband followed her to the encounter with God.
7. She did not want the keep the experience only for herself, so she shares it with her husband.
8. She joins her husband in giving.
9. She is a healthy woman, spiritually and physically.
10. Together; she and her husband bow down before God.

How wonderful was the life of this woman whose name we don’t even know.  
  
It’s important that women of today can, like that woman, see God and allow him to instruct us in what to do; and thus be able to guide our husbands to the blessed experience of communion with God through prayer and full knowledge of His will through the reading of the Bible.

**SOME QUESTIONS:**

1. What should be my attitude toward circumstances such as sterility, loss of husband, children, etc ...?  
  
2. How do I receive a vision from God that radically transforms me?

HAGAR – GOD TAKES CARE OF US

PASSAGES: Genesis 16 & 21

The story of Hagar develops alongside Sara, of whom she was a servant. Sara saw her as the means by which God could fulfill the promise of giving her a child. Agar became pregnant and saw Sara as old and sterile; and despised her. Sara complained to Abraham, who then told her to do as she pleased. Then Sara (not very correctly) began to make life hard for Agar, who then decided to leave. So she fled from Sara's presence.  
  
In the desert where she had fled, she was found by the angel of Jehovah, who told her to return home and be obedient. And he gave her a message, “Your son will be called Ishmael, and his offspring will not be able to be counted because of the multitude. Hagar called Jehovah, "You are God who sees."  
  
Therefore, she called that place "Well of the Living One who sees me," and returned to her house, where after some time she gave birth to Ishmael.  
  
Ishmael would have been about 14 years old when Isaac was born, but Ishmael mocked the boy. So Sarah said to Abraham, “Cast out this servant and her son.” Although it hurt Abraham, he took a skin with water and food, and told Hagar to go with his son.  
  
Agar walked wandering through the desert until she ran out of bread and water. Then she realized that her son and she would die shortly. Agar did not want to be around when her son died, so she left him under a bush and she walked away; from where she watched him.  
  
What a tragic picture, a mother and her son alone in the desert without water and without food, exposed to death.  
  
Then the miracle happened, when circumstances are adverse to us, when we have made a mistake, when there has been injustice; Whatever the reason for our loneliness, lack and lack of direction, God is there.  
  
God saw that mother alone with her son, without resources and without being able to do anything. She had no hope - and what happened? The boy began to cry, accompanying no doubt his mother's tears. The Bible says, "God heard the boy crying.” (Genesis 21:17) They were not alone, the biggest help was with them.  
  
Do you remember the first time that Hagar was in the desert and God found her and asked her, “Where do you come from and where are you going?” God is interested in knowing what direction we are taking. Now God turned again to Hagar and asked, “What is the matter, Hagar?” (Gen. 21:17) The Bible doesn’t say that Hagar gave him an answer, but maybe she could have answered, "everything."  
  
To receive from God, we must empty ourselves, keeping nothing to receive what He has for us. God continues to speak with Hagar. He knows her loneliness, her fear of death and the future, and gives her security:

*A) DO NOT FEAR* - Genesis 21:17

In this phrase, God gave her what she needed - PROTECTION - “Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.” (Psalm 91:1)

*B) SECURITY -* “My presence will be with you.” (Exodus 33:14)

*C) PROVISION -* “The Lord is my shepherd, I will not be in need.” (Psalm 23:1)

***WHAT DID GOD ASK HAGAR TO DO?***

A. GET UP

(Genesis 21:18) You have been wronged, you have not done the right thing, you have been mistreated and humiliated, but you cannot stay lying down. Get up, stand on your feet. Raise your head, I redeem you.

B. LIFT UP THE BOY (Genesis 21:18)

How is it possible that, in your condition of suffering, hunger, pain, brokenness, you are asked to help your child with the little strength you have? The apostle Paul would say "I can do all things through Christ who strengthens me." (Philippians 4:13)

A week body sustained by the grace of God can life up the other weak one.

C. HOLD HIM WITH YOUR HAND

(Genesis 21:18) Not only lift him but sustain him. You need to walk alongside him, showing him the way.

D. SEE WHAT IS AHEAD OF YOUI

Then God opened her eyes and she saw a spring of water. Had god just put that well there, or had Hagar just not seen it before? Do you remember Mary Magdalen, sitting in the garden by the tomb, crying because of Jesus’ death? Jesus approached her and she asked, “Where have you put him? Then Jesus spoke to her. (John 20:15)

Observe – our suffering, sadness, anger, etc. can blind our vision, making it impossible to see what we need. We must lift up our head, stop crying, and clean the tears to be able to see the wonders of God.

God will open our eyes to help us see the resources that are within our reach to help us. Many times, the answer is very close and we don’t see it. Therefore, it’s necessary to ask God to open our eyes.

Hagar gave water to her son – their primary need was supplied. This spring became Hagar’s spring. She probably became an entrepreneur, selling water in the desert.

It is possible that there are many women who are alone: single mothers, divorced, widows, etc. No matter the circumstance that led them to that condition, God wants to accompany them in their solitude and says:

**DO NOT FEAR, GET UP, AND HELP OTHERS**

¿How can I help others if I need help myself?

With prayer and confidence in the promises of the Bible, everything is possible. If you feel lost, ask God to open your eyes so that you can see all the resources that He has for you.

“I lift up my eyes to the mountains—where does my help come from?   
My help comes from the Lord, the Maker of heaven and earth.”

Psalm 121:1-2

**WHY WOMEN PRAY**

Part 1

Prayer has come to mean in the Christian life; a break, rest, emptying, etc. because it is through prayer that we are well. Jesus said:

**“**Come to me, all you who are weary and burdened, and I will give you rest.”

**(MATTHEW 11:28)**

What a relief to have Jesus by our side!  
  
Without a doubt, every day we pray for food, family, situations of the Church, we intercede for our friends, etc., but in this study, we will focus on the prayer of the wife:

***Why does a wife pray?***

What are the needs of a married man? They could include: Work, temptations, his thoughts, his priorities, fatherhood, his integrity, the purpose of his life, health, and decision making. Let's look at each one of them:

**1. PRAY FOR HIS WORK**

There are two extremes in this regard; a lazy man, of which the Bible says, “The craving of a sluggard will be the death of him, because his hands refuse to work.” (Proverbs 21:25)

The other is the workaholic. “Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun.” (Ecclesiastes 2:11)

It is not easy these days to have and keep a well-paying job, so if your husband has one, pray with gratitude and may God continue to prosper him. But if one of these two vices is your husband’s, it is important to pray that he thinks again, and refocuses his life.  
  
Some reasons to pray about work are:

* May God give him grace with his superiors and subordinates.
* May God open doors of opportunity that no one can close.
* That his work is in the correct position of priorities, 8 hours to work, 8 to rest, and 8 to enjoy his family, serve God and more.

**2. PRAY FOR PROTECTION AGAINST TEMPTATIONS**

There are couples who may be experiencing adultery in their marriage. But where there is a wife willing to pray and a husband willing to change and be restored, their marriage can remain intact. Intentional prayer and a submissive heart, as well as the power of the Holy Spirit, will bring this miracle of overcoming temptations and having a happy marriage.

**3. PRAY FOR HIS THOUGHTS**

What things can attack the mind of a man? Among others: "I’m like this," "I cannot change – it’s impossible," "I’m desperate," "I’m useless," "I’m the best," "I’m a failure," "Why pray? This is how we are doing it,", in addition to impure thoughts.  
  
When the enemy attacks, it is time to remember, “For the Word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.” (Hebrews 4:12)

**4. PRAY FOR HIS PRIORITIES**

A man’s priorities must be God, his wife, his children, his ministry, his work, etc.

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.” *(Matthew 6:33)*

If in the life of your husband, God is the first priority, everything else, including you, will be in the right place. Practice the advice of the Bible regarding Prayer:

“But when you pray, go into your room, close the door and pray to your Father,   
who is unseen. Then your Father, who sees what is done in secret, will reward you.”

*Matthew 6:6*

**WHY WOMEN PRAY**

Part 2

We talked in Part 1 about the importance of a wife’s prayers for her husband. Here are some more reasons to pray:

**5. PRAY FOR HIS RESPONSIBILITY AS A FATHER**

What is the biggest fear of a father? Without doubt, it is not being a good father.

What is needed to be a good father?

A. LOVE

* That is unconditional
* That covers all failings
* That is given

B. PATIENCE

Without doubt, patience is indispensable for fathers because we need to patiently talk with our children again and again, and patiently help them to grow, and fail, and get back up, and learn, and fail, and get back up … Also, the Apostle Paul says that patience is one of the fruit of the Holy Spirit.

C. RELATIONSHIP

One writer says, "Discipline without relationship equals failure." A father must fight for a relationship of absolute trust with his children, in the same way that he has with his Heavenly Father God.

**6. PRAY FOR HIS INTEGRITY**

* In integrity, you do not respond to others, you respond to yourself.
* To see clearly.
* A man of integrity is honest.
* That he knows when to say “yes.”
* That it is brave to say “no.”
* That his motivations are pure.
* That he is reliable and always tells the truth, even if it costs him.

**7. PRAY FOR HIS PURPOSE**

God has given each of us a purpose in life, and your husband certainly has one. You cannot define his purpose, you can only pray for God to clarify the him the direction of his life. If he is frustrated by lack of achievement, he may not be focused on God's purpose for his life. Your intentional prayer can help him follow the right goals for his life. Pray for God's vision for him.

**8. PRAY FOR HIS HEALTH**

Jesus' ministry focused on the heart, mind and body of people. “Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness.” (Matthew 9:35)

Health is an incalculable blessing. A disease in the father or husband almost always results in a tragedy, because when this happens, things change, stress comes, and fears loom over the family. In circumstances so adverse, it is especially important that we trust in the Lord. God has power to heal, strengthen, and help us face the circumstances. "I can do all things through Christ who strengthens me." (Philippians 4:13)  
  
If your husband is in good health today, pray with gratitude and for his health to be saved. Also, do your part: good nutrition, exercise and medical check-up. Pray that he understands perfectly that his body is the temple of the Holy Spirit.

**9. PRAY FOR HIS DECISION-MAKING**

The Bible says: “A person may think their own ways are right, but the Lord weighs the heart.” (Proverbs 21:2)

It’s not always possible to interfere in the decisions of your husband, although the phrase "two think better than one" should be a reality. Since he is to take the lead in decision making for the family, it’s important to pray for God to clear his mind, and give him a complete view of the situation before deciding. Your prayers will make great changes.  
  
We have listed some reasons for praying for your husband, you can add others. Remember when praying: “Everything is possible for one who believes.’ (Mark 9:23)  
  
EXERCISE  
On separate sheets write complete sentences listing your husband's needs. These will help you keep on task while praying.

BECOMING EXCELLENT

There are two very similar stories, but with different endings:  
  
One story is about an Indian who found an eagle egg and put it in the nest of a chicken. The eaglet came out of the shell, and began to live like the other chicks. He did everything they did; look for worms, bugs and small grains, pecking on the ground.  
  
The eagle grew and became old. One day he observed a magnificent bird that crossed the skies. What a beautiful bird. He asked, “What is that?” “It's an eagle, the king of the birds,” his neighbor answered, “but don’t think about it. You can never be like it.” And the eagle that lived like a chicken never thought of flying high. And he died believing he was a chicken.  
  
The other story is similar. There was an eagle that was growing among the chickens, believing he was one of them. He ate worms and bugs, and looked for small grains and flew low. Until one day he saw an eagle flying, and dreamed of doing it too, but could not. Then an old chicken watching him said, “You aren’t a chicken, you are an eagle like that one flying.” Then the eagle worked hard until one day, he managed to fly, and as the eagles passed, he went with them.  
  
These simple stories remind us that we have been created "FOR THE PRAISE OF HIS  
GLORY” (Ephesians 1:6), to dwell in heavenly places in Christ Jesus.  
  
It could be that we have not really realized who we are and what we are capable of. The Bible recommends: "And whatever you do, whether in word or deed, let it be for the glory of God" (Colossians 3:17).

***Being excellent for the glory of God must be the goal of our life.***

We see some obstacles for becoming excellent.

**1. Not having goals**

Not having goals is like walking aimlessly without a plan or route, without knowing where you are going. Without goals, we won’t get anywhere.

**2. Fear of failure**

The fear of failure or fear of not achieving what we intend can be a paralyzing force. Fear can stop you from trying and moving forward.

**3. Conformism - settling for what everyone else has achieved**

I’ve done enough, so why do more? I’ve achieved just as much as everyone around me. I’m fine.

**4. Laziness**

There’s so much I would have to do to achieve more. It’s a lot of work. I’m tired. It will take too much time …

**5. Lack of vision**

I don’t see how I can achieve it.

Mediocre people are often accompanied by these and other obstacles, but strong Christians accept the promise of the Lord that says, “But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” (Isaiah 40:31)  
  
The Bible encourages us to seek excellence … the highest. “So that you may be able to discern what is best and may be pure and blameless for the day of Christ.” (Philippians 1:10)

Philippians 4:8 tells us, “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” In fact, the path of holiness is the most excellent.

**WHAT TO DO TO BE EXCELLENT**

PROPOSE SHORT AND REACHABLE GOALS

Examples:

* I will pray every day for 15 minutes.
* I will read the assigned bible readings.
* I will cook a new dish every week.

START NOW

* I won’t wait until tomorrow to start.
* I won’t put it on the calendar to start later.
* I won’t make it goal to accomplish sometime this year.
* I will start today!

KEEP THE EXPECTATION OF TRANSFORMATION

* Measure the achievements.
* Celebrate when you achieve a goal, or when you make significant progress toward a goal.
* Discover your potential

TRUST IN GOD’S POWER IN YOU

* “Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.” (Ephesians 3:20)
* "I can do all things through Christ who strengthens me." (Philippians 4:13)

KEEP THE JOY

* Smile - The joy of the Lord is our strength.
* You can achieve more with a drop of honey than with ton of vinegar. (popular saying)

***How do you define or see yourself as a woman?***

Passive, mediocre or excellent?

Remember, you are a creation of God, made from his powerful hands and creative mind. You are the daughter of God. Fix your eyes on Christ … that is the highest and most excellent goal.

* Try hard – beyond your own strength
* Be brave – beautiful and dignified
* Don’t be faint – be strong in adversity

*Proverbs 31 records the life of a woman of excellence*

Verse 11 Is reliable

Verse 13 Works with her hands

Verse 15 Is fair

Verses 16, 24 Helps provide for her family

Verse 17 Is strong and works hard cautious

Verse 18 Is cautious

Verse 20 Is generous and compassionate

Verse 21 Takes care of her family

Verse 22 Is elegant and presents herself well

Verse 25 Is honorable

Verse 25 Has foresight – looks ahead and is prepared

Let’s return to the story of the eagles: Do you want to stay on the ground like the eagle that thought it was a chicken? Or, do you want to try to fly high because you are God’s beautiful and amazing creation?

Don’t wait any longer. Start now to **WALK IN THE WAY OF EXCELLENCE**.

**PRAYER AND BIBLE READING**

John 8:31

“To the Jews who had believed him, Jesus said, “If you hold to my teaching, you are really my disciples.”

John 15:7

“If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.”

It’s important to note the relationship that exists between remaining in Jesus and remaining in His Word: If you are to continue with me - My words must remain in you. It is the important key to being able to ask and receive.

I. When I stay in His Word:

* His will leads me.
* My actions will reflect His Word.

II. When I stay in His Word:

* Our relationship is reciprocal
* My obedience is total

III. When I stay in His Word:

* I ask, He listens
* I ask, He does
* I ask, He gives Himself totally

Other passages: John 5:24

“Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life.”

John 8:51

“Very truly I tell you, whoever obeys my word will never see death.”

John 17:6

“I have revealed you to those whom you gave me out of the world. They were yours; you gave them to me and they have obeyed your word.”

Colossians 3:16

“Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.”

1 Peter 1:23

“For you have been born again, not of perishable seed, but of imperishable, through the living and enduring word of God.”