


## BIBLICAL WOMANHOOD AND

# THE FRUIT OF THE

*Spirit*

Sample

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1. IT'S HIS LIFE
  2. EMBRACE JOY
  3. FAITHFULNESS
  4. GENTLENESS

Sample

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WEEK 1

**IT'S HIS LIFE**



**“THE SPIRIT OF GOD HAS MADE ME**

*and the breath of the  
Almighty gives me life.”*

*Job 33:4*

**WRITE IT OUT** | *Ephesians 1:13-14*





# LET'S BECOME

*menstru*

Sometimes there's a powerful amount of wondering who we are in this world. Maybe it's because we haven't slept in four months, or because it's our turn to fight off the cold traveling through the family. Maybe it's finding ourselves at a soccer field unable to break in with the other moms on the sidelines and feeling so tired of unsteady footing.

Have you ever heard the term "image-bearer" before? Whose image would we supposedly be bearing? Culture says, "Be YOU!" But who are we, really? As women, we hear many voices when it comes to our identity. Some cultures suggest that women are not equal to men, going so far as to restrict their personal and intellectual freedom, and even covering their beauty with excessive clothing. Western culture, on the other hand, is at war with the idea that women are *different* from men even though the truth of this fact is obvious. What's beneath the struggle?

## Self-worth. Identity. Belonging.

We are born with a deep desire to belong. We come into this world with an innate need to find our purpose. Here's the thing: our worth as human beings is tied to our sense of purpose and belonging. If we don't know where our worth comes from, we can never truly feel like we belong. In these moments, we need to be well-moored to truth; Elisabeth Elliot says the correct question is not "*Who are we?*" but rather "*Whose are we?*"<sup>1</sup>

In Genesis 1 the Lord says, "Let us make man in Our image, after Our likeness" (v. 26). As the story of creation unfolds, we find ourselves witness to the beginning of a *glorious pursuit*, one that results in the Creator giving His life for His beloved creation.

Here's the Creator, stopping in the middle of an unfolding creation account to invite us in and give us

a glimpse of what He's about to do: create mankind. Amazingly, He doesn't stop there... He answers the question every soul asks as He tells us *why*. Yes, God is going to place His masterpiece, the pinnacle of creation, His image on the earth, in a place without sin or suffering, *in the form of men and women* (Genesis 1:27). As we read this passage, the smoke begins to clear over one of the most asked questions of our existence: *why am I here?* God is letting us know that we're here, as children of God, as women, to bear His image.

As image-bearers some of the greatest worship we can bring is to embrace our Creator's design and plan with grateful arms wide open and joy in our faces. *Thank You God for Your good and perfect ways! Thank You for including ME in them!*

God is splendid and majestic. He is beautiful and gracious, wise and powerful. He is omniscient (all-knowing) and omnipotent (all-powerful). He is omnipresent (always everywhere). And yet when a truth of scripture rubs us the wrong way, or offends our freedoms, we suddenly come up with creative ways to manhandle the scripture and justify our actions. Emotional reasoning—situational ethics—is one of the greatest dangers facing believers today, and deciding where we

will walk inside or outside God's framework of biblical womanhood is a prime example of current emotional reasoning, rather than being faithful to walk inside His framework regardless of how we feel about it.

This month as we continue in our study of the fruit of the Spirit, we focus on joy, faithfulness, and gentleness. True biblical joy comes from knowing that all is well between my God and me, and when that is in regard to our feminism, it's a joy sprung from embracing every nuance that is womanhood, in all its beautiful strength. Who can fight their Maker in His design and be filled with biblical joy at the same time? No one. And yet the world calls out to us and to our daughters, shouting loudly in the streets, "Did God really say you are a woman? Are you really precious and uniquely gifted? Did He really mean to restrict you and steal your freedoms?" The devil whispers in our ears and we start to wonder, but the fruit of the Spirit of faithfulness and gentleness grows in us and we are strong to respond by embracing God's perfect design in our womanhood. God is most definitely not calling us to be quiet as church mice! Being a woman of strength is an attractive quality, when we are inside God's boundaries. What exactly are those? Can we experience the truest freedom? Yes!

This week let's uncover the answer to Whose we are and what our Creator intended in His designing of beautiful womanhood. Images, of course, are reflections—and that's what we were crafted to be—reflections of God here on earth. We were created to bear His image and reveal His heart by pointing others to Him—mirrors who, by God's design, display His character to the world.



## LET'S STUDY

MY LIFE IS NOT MY OWN.

1. Read Ephesians 1:1-14 in its entirety, as it clearly teaches Whose we are. Now look at v.1-6 below and mark your answers.

"1 Paul, an apostle of Christ Jesus by the will of God, To the saints who are at Ephesus and [who are] faithful in Christ Jesus: 2 Grace to you and peace from God our Father and the Lord Jesus Christ. 3 Blessed [be] the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly [places] in Christ, 4 just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. In love 5 He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will, 6 to the praise of the glory of His grace, which He freely bestowed on us in the Beloved."

EPHESIANS 1:1-6

What indicates in v.1 that this is not just for the church at Ephesus?

What two things is Paul extending to those who love Jesus in v.2?



2. Why is Paul blessing God in v.3?

Underline how many spiritual blessings God has bestowed upon us in v.3.

What two things did God do in v.3-4?

When were we chosen (v.4)?

How can we be holy and blameless before God (v.4)?

Whew! No wasting words with Paul; every word counts. He deliberately speaks blessing to his receivers and acknowledges the goodness of God. This from the man who was murdering believers in what seems like another lifetime. What living proof of the grace of God!

3. Through Whom are we adopted (v.5)?

According to the kind intention of Whose will?

*Journal or discuss in your groups: Noah Webster said to PREDESTINE is, "to decree beforehand; to foreordain." As a believer, how does your sense of "belonging" resonate with the reality of being predestined to be adopted by a Holy God? Have you ever asked Jesus to be your Savior? If you haven't accepted Christ's work on the cross for you, what is holding you back?<sup>2</sup>*

At the end of verse four (or beginning of verse five, depending on your translation) the word “love” here is *agapē*. Can you think of any reason in yourself that would merit God doing things of this magnitude?! Such grace, such unconditional, willful, intentional love! Not only that, we are made in the image of a Holy God who spends such love on His people!

Let’s examine the end of the sentence in verse six as Paul gets to the why: the spotlight is not on us, it’s rightfully on Him. Look at each of the words below and circle the item below that is bestowed on us:

*“To the praise of the glory of His grace”*

(to the praise)	(of the glory)	(of His grace)
<i>Praise</i>	<i>Glory</i>	<i>Grace</i>

Through Whom is this glorious grace bestowed on us?

Image-bearers, let a deep gratefulness drive your willingness to give love relentlessly to those in your path and those in your homes! This same Father God knew before the dawn of time that He chose us and we would need a Rescuer. That Rescuer, Christ, knew also that we would need a Helper, and He gave us one: the Holy Spirit, Who indwells us when we’re saved and seals us for all eternity!

4. Read John 14, watching for any verses talking about the Holy Spirit.

Where is Jesus going? To do what?

What does Jesus ask the Father, and how confident is He in the answer?

What qualifies us as able to receive this help?

What names is the Spirit of God referred to as in this passage, and how does this grow faithfulness and joy in our hearts?

“In Him, you also, after listening to the message of truth, the gospel of your salvation—having also believed, you were sealed in Him with the Holy Spirit of promise, who is given as a pledge of our inheritance, with a view to the redemption of God’s own possession, to the praise of His glory.” Ephesians 1:13-14

5. Look above at Ephesians 1:13-14. Fill in the blanks and answer the following questions (compare to John 14:17,26).

“You were \_\_\_\_\_ in God with the \_\_\_\_\_  
of promise, who is given as a \_\_\_\_\_ of \_\_\_\_\_  
\_\_\_\_\_, with a view to the \_\_\_\_\_ of God’s  
own possession, \_\_\_\_\_.

In John 14:17 what confirms that we have been sealed with the Holy Spirit?

In John 14:26 what shows this is an interactive relationship?

As we finish studying Ephesians 1:1-6, don’t you feel as though you are a medieval princess who is being led to the king and given a precious honor that you are not worthy of, and yet the king makes it so? The reality of that fairytale is that we are outside a bar in the middle of the night on the ground, facedown in the mud, fully given in to our flesh and its desires—and the King has stood us up, called us by name, and pronounced us as belonging to Him because His Beloved, *His perfect Son*, has taken the full weight of our ugliness and shame upon Himself, for the purpose of lifting up the King’s grace.



“IT IS NOT GOOD FOR THE MAN TO BE ALONE; I WILL  
MAKE HIM A HELPER SUITABLE FOR HIM.” GENESIS 2:18

Certain gifts are given from God for a season or a specific need. Then there are things all of us as believers are called to when we become saved and step into a right relationship with God. One step further back from those two things even is our original design, whether we are believers or not, and that is how we are created. No matter what conversation we are having, establishing the root of our design is foundational.

]. Read Genesis 1-3. Linger, even if it's the only thing that happens in your Bible reading today. Let yourself be in awe of your Creator.

In Genesis 2:20, what is Adam doing?

What did God declare in the same verse?

Think of it: God brought the animals to Adam; whatever Adam called them, that was their name. He watches and sees that there is no suitable mate for him. God knocks him out, and talk about a dream come true, Adam wakes up to beautiful Eve! From the first intention of woman's design, she was made as a support—a gift given to meet a need. A helper “corresponding to” Adam (Genesis 2:18).

2. In Genesis 2:18 we see a pronouncement by God, and His provided solution.

What is God's pronouncement?

What is God's solution?

3. Two words are of utmost importance here: *helper* and *suitable*.

Helper → *`ezer* → one who helps

Suitable for → *neged* → corresponding to

God, making one layer after another of His marvelous creation, employing all of His artistic genius, calling the end of each day's work "good," watches Adam engage with the animals and comes to the decision that a last final work of art is the perfect close to His masterpiece: *woman, a helper, a companion, corresponding to Adam.*

4. This word *`ezer* (help) is the same word used in Psalm 33:20. Why does our soul wait for the Lord?

What a neat way to represent God as image-bearers! Being a help is so much more than ironing a shirt. It's living a life of being poured out for the sake of the gospel, to become like Jesus. And isn't that our greatest desire (even if we have no idea how to accomplish it sometimes), to be like Jesus? Elisabeth Elliot brings clarity for us:

"We are called to be women. The fact that I am a woman does not make me a different kind of Christian, but the fact that I am a Christian does make me a different kind of woman. For I have accepted God's idea of me, and my whole life is an offering back to Him of all that I am and all that He wants me to be."<sup>3</sup>

What does this mean as a believer? As a woman? How do the heart attitudes birthed from joy, gentleness, and faithfulness (and all the other amazingness that makes up the fruit of the Spirit) bring gifting and nourishment to us?

***“Your ears will hear a word behind you, ‘This is the way, walk in it,’ whenever you turn to the right or to the left.” Isaiah 30:21***

5. Read Isaiah 30:21. What is God telling us here about His involvement in our everyday? Write three words that describe how you feel realizing that God gives us direction.

What dulls our hearing? (see Romans 8:6)

What distracts our paying attention? (see Psalm 101:3)

What sharpens our hearing? (see Romans 8:6)

As we move into Digging Deeper, write out three or four characteristics of biblical womanhood. How do you believe faithfulness and gentleness can enhance our natural womanhood and bring joy? We will revisit this question at the close of our study, so keep these notes!

*Journal or discuss in your groups: Is the truth of “woman being created as a helper corresponding to man” new to you? What adjectives cross your mind? What kinds of ways are we “helpers” as women? Spend time journaling or praying through any responses that are “in an argument” with your Creator about His intentions in designing women.*





# DIGGING deeper

As women we are born responders. God placed Eve in the garden in response to Adam's need for a companion. Jesus was the ultimate born responder, displaying for us what it means to be the ultimate sacrifice,

and pouring His life out for the survival of others. Mom, when you are exhausted or don't see the hard thing coming to any sort of end, lift your eyes to the face of Jesus; He faithfully showed us the way, with gentleness and joy!

*"I will not talk with you much longer, because the ruler of the world is coming. He has no power over me. On the contrary, so that the world may know that I love the Father, I do as the Father commanded me. Get up; let's leave this place"*  
(John 14:30-31 CSB).

The NASB says, "but so that the world may know that I love the Father, I do exactly as the Father commanded Me" (John 14:30-31, emphasis added).

Jesus made this statement walking into the hardest hours of both His earthly and spiritual life. Look at another statement made in that agonizing time:

"And He went a little beyond them, and fell on His face and prayed, saying, 'My Father, **if it is possible**, let this cup pass from Me; yet not as I will, but as You will.'" Matthew 26:39

Look at how Jesus is interacting with the Father. This is so important for us!

Jesus is teaching His disciples that even though the ruler of this world is coming, it's because He is allowing it. Why? In order to follow the Father's command, so the world will know Jesus loves His Heavenly Father.

"...if it is possible..." Jesus knows there is no alternative and declares, "yet not as I will, but as You will."

In turbulent times, may this be the cry of our hearts!

What strength Jesus displayed in those hours when He knew He would bear the sin of the whole world! In His humanity it must have required such focused commitment to His Father. How can we take His example and be nourished and refueled by it? The more we lay ourselves down and become like our Jesus, the easier it becomes each time as we experience the true freedom that comes from selfless love.

1. Read Galatians 2:20. What is our motivation according to Paul?

Any resentment we have at the demands placed on us fades as we stop and remember. Remember Jesus and His work. Remember His commitment to relentless obedience. Remember the freedom that came at the cost of His life. Remember also His rescue from slavery to sin and idols that don't satisfy. In Psalm 81, God reminds us

of His miracles: rescuing the Israelites from Egypt and providing water in the wilderness, and then admonishing them not to turn to empty wells because *His heart is to fill us with richest satisfaction*. Taste and see that the Lord is good and faithful (Psalm 34:8-9) in all the seasons of life!

2. Read Psalm 81. Go back and read v.10 and v.16. What does God long to do for us?

v. 10

v. 16

How do we open our mouths wide when we are completely wiped out?

Play worship music all the time.

Pray aloud with a friend on the phone.

Drive through fast food; kids can be distracted and eat while you read your Bible.

Find a way to take a nap.

Swap kids with a friend for an afternoon to spend time in the Word.

God promised us He would fill our open mouths, and as Jesus cried out to the Father, His mouth was open for strength to continue. The Father in His sovereignty chose not to take the cross from Christ, but gave Him strength to carry His hardest tasks through to glorious completion. He promises the same to us; we need to point our tired feet to run toward Him, not away from Him to empty wells that will not satisfy. Read Hebrews 12:1-2 aloud and resolve to cling to Him!

"Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."

Hebrews 12:1-2



## MAKE IT YOUR OWN

MOMSONG | AGNUS DEI [MICHAEL W. SMITH]

Continue in the same approach as our Let's Study section and write your way through Ephesians 1:7-14. Pick apart the sentences, examine the phrasing, ask yourself questions; anytime you see those prepositions, see to what they are pointing, and let yourself not only revel in God's purposeful intentionality, but *talk to Him about it!* He loves our praise!

"7 In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace 8 which He lavished on us. In all wisdom and insight 9 He made known to us the mystery of His will, according to His kind intention which He purposed in Him 10 with a view to an administration suitable to the fullness of the times, that is, the summing up of all things in Christ, things in the heavens and things on the earth. In Him 11 also we have obtained an inheritance, having been predestined according to His purpose who works all things after the counsel of His will, 12 to the end that we who were the first to hope in Christ would be to the praise of His glory. 13 In Him, you also, after listening to the message of truth, the gospel of your salvation—having also believed, you were sealed in Him with the Holy Spirit of promise, 14 who is given as a pledge of our inheritance, with a view to the redemption of God's own possession, to the praise of His glory." Ephesians 1:7-14



# KID Strong

## PEACE



[Saddleback Kids, Peace<sup>4</sup>](#)

[Fruit of the Spirit song<sup>5</sup>](#)

**Let's say the fruit of the Spirit with motions. Repeat after me. Love** (love), **Joy** (joy), **Peace** (peace), **Patience** (patience), **Kindness** (kindness), **Goodness** (goodness), **Faithfulness** (faithfulness), **Gentleness** (gentleness), **and Self-Control** (and self-control). **Galatians 5** (Galatians 5) **22-23** (22-23).

**Today we are talking about peace. To have peace means to be calm, quiet, or still.**

**Let's think of times when we feel at peace. I feel peace when I'm relaxing in bed reading a book. It's warm, cozy, and safe. What makes you take a deep breath and say "ahhhhhhh..."? When do you feel at peace? Take a deep breath. Ahhhhhh, those are some peaceful things.**

**It's easy to think that you can only have peace when you're in a peaceful situation. It makes sense that if you're perfectly safe and happy, you will have peace. That comes naturally.**

**But what if things aren't peaceful around you? What if you're overwhelmed or afraid? Like when you hear thunder boom, or when you realize you've been following the directions wrong on your craft and have to start over! Can you think of a time when you felt afraid or stressed?** Discuss the examples they bring up, and share some of your own.

**Sometimes scary things happen. Sad things happen. How can we possibly have peace when things around us aren't peaceful at all?**

**This is where *God's peace* comes in.**

**Philippians 4:7 says, "And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." (ESV)**

**God's peace is different than our "I feel perfectly safe and happy" peace. When Philippians 4:7 says that God's peace "surpasses all understanding," it means people don't get it! They can't understand how it works, because it doesn't make sense. They think,**

**"people shouldn't feel peace when they're in a scary situation, that's crazy!" But it is true, and it *does* happen. The peace that God gives us *lasts*. Even—and especially—when things are extra hard.**

**Remember, this is a fruit of the *Spirit*. It isn't just a way we feel or act. It's a fruit straight from God, planted deep in our hearts. We may not always feel or show that fruit. Sometimes Mommy *does* get scared and may even overreact (just a little) when not-so-peaceful things happen. But when we stop to pray—when we *seek Jesus*—and ask the Holy Spirit to help us, something amazing happens...He *does*!**

**God wants to help you grow in this—He wants to help you grow in every fruit of the Spirit. If you need help feeling His peace, ask.**

**Matthew 7:7 says, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." (NIV)**

**The peace of God assures us that even when we feel scared and overwhelmed, God is in control and loves us, and we trust Him. No matter what. Now that's peace.**

**Let's pray. Dear Lord, we trust that You are God! No matter what happens, we know that You see it, You care, and You are in control. We do not need to be afraid. Thank You for peaceful moments, and thank You that even when things around us aren't peaceful, You help us have peace straight from You. Help us now, Lord. In Jesus' name, amen.**





## MY HEART'S

*Cruz*

*Jesus,*

How did You take my sin with such agony and yet display such gentleness? No lashing out? I can't even stay quiet when my spouse is grumpy. Father, how did You give Him up? Holy Spirit, Your fruit was displayed in Christ's human form on earth. Almighty, sovereign God, my heart breaks that there was no other way, and yet I find myself shamefully grateful because without You I'd be lost. Holy Spirit, grow in me so that I reflect You like Jesus did. Jesus, I'll thank You for all eternity.

*Amen*

## WEEK 1 FOOTNOTES

1. "Let Me Be a Woman: Notes to My Daughter on the Meaning of Womanhood." *Let Me Be a Woman: Notes to My Daughter on the Meaning of Womanhood*, by Elisabeth Elliot, Tyndale House Publishers, 1976, p. 13.
2. "Webster's Dictionary 1828 - Predestine." *Websters Dictionary 1828*, [webstersdictionary1828.com/Dictionary/predestine](http://webstersdictionary1828.com/Dictionary/predestine).
3. "Let Me Be a Woman: Notes to My Daughter on the Meaning of Womanhood." *Let Me Be a Woman: Notes to My Daughter on the Meaning of Womanhood*, by Elisabeth Elliot, Tyndale House Publishers, 1976, p. 52.
4. [https://www.youtube.com/watch?v=LwROkTNxXS8&list=PL5aPdmniG3y\\_EFCSaIR2NzrFrM3dqsuMR&index=48](https://www.youtube.com/watch?v=LwROkTNxXS8&list=PL5aPdmniG3y_EFCSaIR2NzrFrM3dqsuMR&index=48)
5. <https://www.youtube.com/watch?v=xWoWDdeD-ns>

# Fruit of the Spirit

## JULY

31 DAY OF COPYWORK  
SCRIPTURE WRITING

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Colossians 3:21-22

Fathers, do not exasperate  
your children, so that they  
will not lose heart. Slaves,  
in all things obey those  
who are your masters on  
earth, not with external  
service, as those who  
merely please men, but  
with sincerity of heart,  
fearing the Lord.

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