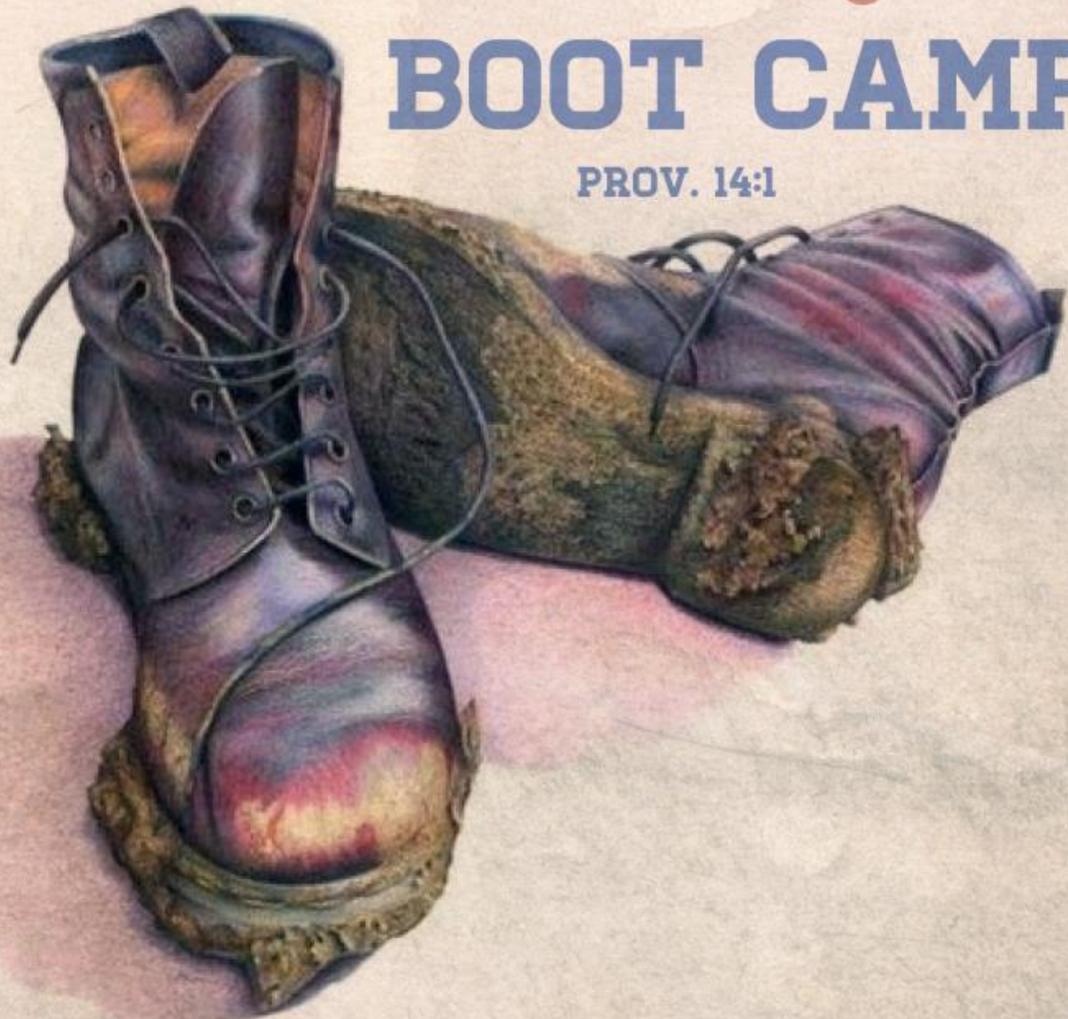


Wise Woman

BOOT CAMP

PROV. 14:1



Wise Woman Boot Camp!

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

“Encourage the young women to love their husbands,
to love their children, to be sensible, pure, workers at home,
kind, and subject to their own husbands,
so that the Word of God will not be dishonored.”
Titus 2:4-5

“Wisdom has built her house, she has hewn out her seven pillars.”
Proverbs 9:1

Lessons:

- Lesson 1 – Introduction
- Lesson 2 – God Made a Man
- Lesson 3 – God Made a Woman
- Lesson 4 – Marriage, the Fireplace for Sex
- Lesson 5 – They Become Fruitful & Multiply
- Lesson 6 – By Wisdom Her House is Built
- Lesson 7 – Her Growth & Maturity

Prayer Pillars:

- Pillar 1 – Honor
- Pillar 2 – Respect
- Pillar 3 – Personal Courage
- Pillar 4 – Loyalty
- Pillar 5 – Selfless Service
- Pillar 6 – Duty
- Pillar 7 – Integrity

Wise Woman Boot Camp

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Three "Wise Woman Boot Camp" Goals

Discipline – I will learn to submit completely, trusting my whole life in the hands of God and my husband, complying to whatever is asked, even though most of the time I may not agree or understand. I will allow God to confront me with my weakness, and through discipline, to strengthen me in my weakness.

Testing – I will allow God to test me in areas of my life that need strength and endurance, and recognize the areas I need to grow in, seeing the tasks set before me as God given. I will be purposeful about strengthening my marriage and making progress, though at times imperfect, knowing that endurance produces character.

Teamwork – The family has to function as a whole. When one person is weak, the whole family is weak. I will incorporate discipline to help my children become strong and will continue to strengthen them as they progress through the stages of childhood. It is not what I do for them, but what I teach them to do for themselves that matters.

Signature: _____ Date: _____

God's Description Of A Wise Woman

An excellent wife, who can find?

For her worth is far above jewels.

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.

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 extends her hand to the poor,

And she stretches out her hands to the needy.

She is not afraid of the snow for her household,

For all her household are clothed with scarlet.

She makes coverings for herself; her clothing is fine linen and purple.

Her husband is known in the gates, when he sits among the elders of the land.

She makes linen garments and sells them, and supplies belts to the tradesmen.

Strength and dignity are her clothing, and she smiles at the future.

She opens her mouth in wisdom, and the teaching of kindness is on her tongue.

She looks well to the ways of her household,

And does not eat the bread of idleness.

Her children rise up and bless her; her husband also, and he praises her, saying:

“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 31:10-31

Strengthening Exercise #1

Honor: Respect that is given to someone who is admired. Good reputation; good quality or character as judged by other people; high moral standards of behavior.

Memory Verse: Proverbs 15:33

“The fear of the LORD is the instruction for wisdom,
and before honor comes humility.”

List 3 areas of your life that you feel are not honoring the LORD:

1. _____

How I could humble myself in this area so that God is honored: _____

2. _____

How I could humble myself in this area so that God is honored: _____

3. _____

How I could humble myself in this area so that God is honored: _____

Strengthening Exercise #2

Respect: a feeling of admiring someone or something that is good, valuable, important, etc. A feeling or understanding that someone or something is important, serious...

Memory Verse: Genesis 18:19

“For I have chosen him, so that he may command his children and his household after him to keep the way of the LORD...”

List 10 creative ways you can make him feel valuable & important:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Strengthening Exercise #3

Personal Courage: strength in the face of pain or grief. Bravery, valor, fearlessness, nerve, audacity, boldness, and grit.

Memory Verse: Proverbs 31:25

“Strength and dignity are her clothing, and she smiles at the future.”

Do you consider yourself a strong woman? _____

Name a woman in your life that is strong. _____

What attributes do you see in her? _____

Describe personal courage:

Write out the following verses:

Joshua 1:9 _____

2 Timothy 1:7 _____

Strengthening Exercise #4

Loyalty: fidelity, allegiance, devotion, piety means faithfulness to something to which one is bound by pledge or duty. Fidelity implies strict and continuing faithfulness to an obligation, trust, or duty.

Memory Verse: Hebrews 13:4

“Marriage is to be held in honor among all,
and the marriage bed is to be undefiled.”

Do you consider yourself a loyal person? _____

Name the 3 top reasons you picked your husband:

1. _____

2. _____

3. _____

Each one of us is writing our love story. What chapters would you like to add to yours before Jesus returns?

What 5 things could you do to enhance the sexual experience of your marriage?

1. _____

2. _____

3. _____

4. _____

5. _____

Strengthening Exercise #5

Selfless Service: concerned more with the needs and wishes of others than with one's own; unselfish.

Memory Verse: 3 John 1:4

"I have no greater joy than this, to hear of my children walking in the truth."

"Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves." (Philippians 2:3)

List 5 ways that you selflessly serve your family:

1. _____

2. _____

3. _____

4. _____

5. _____

"She looks well to the ways of her household, and does not eat the bread of idleness." (Proverbs 31:27) List 5 areas of your household that you need to work on:

1. _____

2. _____

3. _____

4. _____

5. _____

Strengthening Exercise #6

Duty: a term that conveys a sense of moral commitment or obligation to someone or something. To be charged with a variety of tasks.

Memory Verse: Proverbs 31:27

“She looks well to the ways of her household,
and does not eat the bread of idleness.”

The husband provides the house. The wife turns it into a home. Both team members carry a tremendous amount of responsibility in creating a home that glorifies God. Living within a budget eliminates a ton of misunderstanding with finances. What ways have the two of you implemented to insure peace and less confrontations?

1. _____

2. _____

3. _____

The simpler we make our lives, the more abundant they become. The really priceless things that we want to fill our homes with, cannot be bought. Gratitude fills the home with harmony. What are you grateful for?

1. _____

2. _____

3. _____

Overspending is usually a sign of soul trouble. Whether by over-eating, over-talking, or over-spending, the enemy always tries to get us to over-indulge ourselves so that we experience regret and guilt. Write a prayer to God asking for His wisdom and ways to overcome this sin.

Dear God, _____

Strengthening Exercise #7

Integrity: the quality of being honest and having strong moral principles; moral uprightness. It is generally a personal choice to uphold oneself to consistent moral and ethical standards.

Memory Verse: from Proverbs 25:28

“Like a city that is broken into and without walls is a woman who has no control over her spirit.”

Character is built during confrontation with our own weakness. In what areas of your marriage do you feel you struggle with integrity?

What does the Bible teach us about integrity? (verses from the NASB)

Psalms 101:2b I will _____ within my _____ in the _____ of my _____.

Proverbs 10:9 She who _____ in _____ walks _____.
But she who _____ her ways will be found out.

Job 4:6 Is not your _____ of _____ your _____, and the _____ of your _____ your _____?

Write Psalm 84:11-12 in your own words:

Building a Home Out of a House

1. Creating a loving home for your family will be one of the greatest benefits of your life.
2. Fill your home with unconditional, unfailing love and forgiveness. (Divorce is not a word in your vocabulary)
3. Make your home comfortable for your family. "Do you want to Bless or Impress"?
4. What is the temperature of your home? Too cold, hot...inviting?
5. Cooking fills your home smells and scents are never forgotten.
6. Plan your menu. Maybe have Taco Tuesdays or homemade Pizza Fridays. Consistency unites the family.
7. Always serve dinner at a nicely set table. You are building the foundation of your family. They learn communication tools, enjoy laughter, and build strong relationships around the table.
8. Always serve food in serving dishes, don't put pots and pans on the table.
9. The meals you prepare for your family will never be forgotten, no matter what they are.
10. Make sure you have tools for comforting. Ice/heat packs, Tylenol, Band-Aids, antibiotic ointment, chicken soup, etc. Kind comfort in childhood breeds secure adults.
11. Eliminate and concentrate. Clutter weighs on the soul and makes it harder to clean and to find things. Clean as you go. Don't put it down, put it away.
12. The Dollar Store has good cleaning supplies. Keep them together (maybe in a bucket for ease to take with you from room to room). Dilute some cleaning products as needed. You are teaching your children how to care for a home.
13. Deep clean one room at a time; it doesn't have to be overwhelming.
14. Display family pictures and your children's artwork; it fills the home with joy. Let them decorate their rooms.
15. Have family game night once a month. Play charades, guesstures, bingo, silly faces, twister, sequence, rummy, etc. Your children will be grown up before you know it. Make memories.
16. Plan a picnic in your living room when it rains; play hide & seek; exercise together.
17. Plan special events: Memorial Day, 4th of July, Birthday Parties...and let them help decorate.
18. Have a family movie night. Talk about the movie afterward; ask them questions.
19. Practice hospitality no matter how much or little you have; your family will love you for it.
20. The best memories are made in the home. Be creative & purposeful with ideas.

Helping Your Husband Become the Man God Created Him to Be

1. Adore him physically and put sex on your schedule. It's an appetite as well as romance.
2. NEVER disrespect him in front of others...NEVER!
3. Speak well of him whenever you have the opportunity.
4. It is more important to be loved than to be right.
5. Besides the Lord, your husband is your highest priority. Pray for him daily.
6. If he feels like he is 5th on your list, repent and adjust.
7. Stay the beautiful woman he married; make him want to come home to you.
8. Thank him often for being so selfless and working hard to provide for the family.
9. You don't have to say everything you think. Fill your home with life giving words.
10. The years tell us much that the days never knew. He will become what you tell him he is.
11. Kiss him when he leaves for work and when he comes home; hug him often.
12. Women are complicated; men are simple - sex and food and they are happy.
13. He is the head of the home; you are his helper. Your life should adjust around his schedule.
14. Look for ways to make his life easier. Small consistent tasks build homes full of love.
15. Believe in his ability and attempts to fix or build things - be his cheerleader.
16. Stop competing with him. Be a good follower as you encourage him to lead.
17. In God's eyes you became one at the altar, but it takes considerable time for this oneness to become your reality.
18. Ask for his wisdom on spiritual things. He wants to be your hero.
19. Let him have a bad day now and then...and find ways to pull him out of it.
20. Believe in him and God's calling on his life. 30 years later you won't believe the man you get to be married to.

Meef's Top Ten Marriage Tips

1. The greatest gift you will ever give your children is to love and respect their dad. Show your children that they have an incredible father by your respect for him. You are setting the example for your children of how to be a godly woman who respects men. You'll appreciate that you've done this when they are teens.
2. What you sow you grow.
Stop building a case against your husband in your head. He will become what you tell him he is...by your words and deeds. MAN or MOUSE. You were given to him to be HIS HELPER. He needs your help and encouragement to become the man God wants him to be. He needs a wife who believes in his ability to become something great.
3. Love is a choice, not a feeling.
I remember being up at 4am with my kids throwing up. Didn't feel like doing that; I had to draw from a deeper well than feelings. Most disagreements are a male / female thing....the sexes adapting to each other because we need each other. God wants to show you how to love the man he's given you...listen hard.
4. Men want sex, women want things.
The truth is that men want affirmation of their manhood and women want security. **SAY AGAIN!!!** Adulterous women are purpose-driven; they put much more thought and time into affirming and satisfying a man. Keep the gun empty...and he won't struggle with lust.
5. Need him.
Don't compete with him; that's your sin nature. He wants to be your hero....he is created to be your hero. He needs a damsel to rescue and some lions to slay in order to become the man God wants him to be.
6. We are the weaker vessel.
Whoever carries the most weight up life's hill becomes the stronger person in the relationship. When God gives him challenges, pray for him - don't enable him.

7. **Love him, brag about him, desire him.**

He is someone's little boy becoming a man. How would you want your son treated?

8. **He is the greatest gift you have ever been given.**

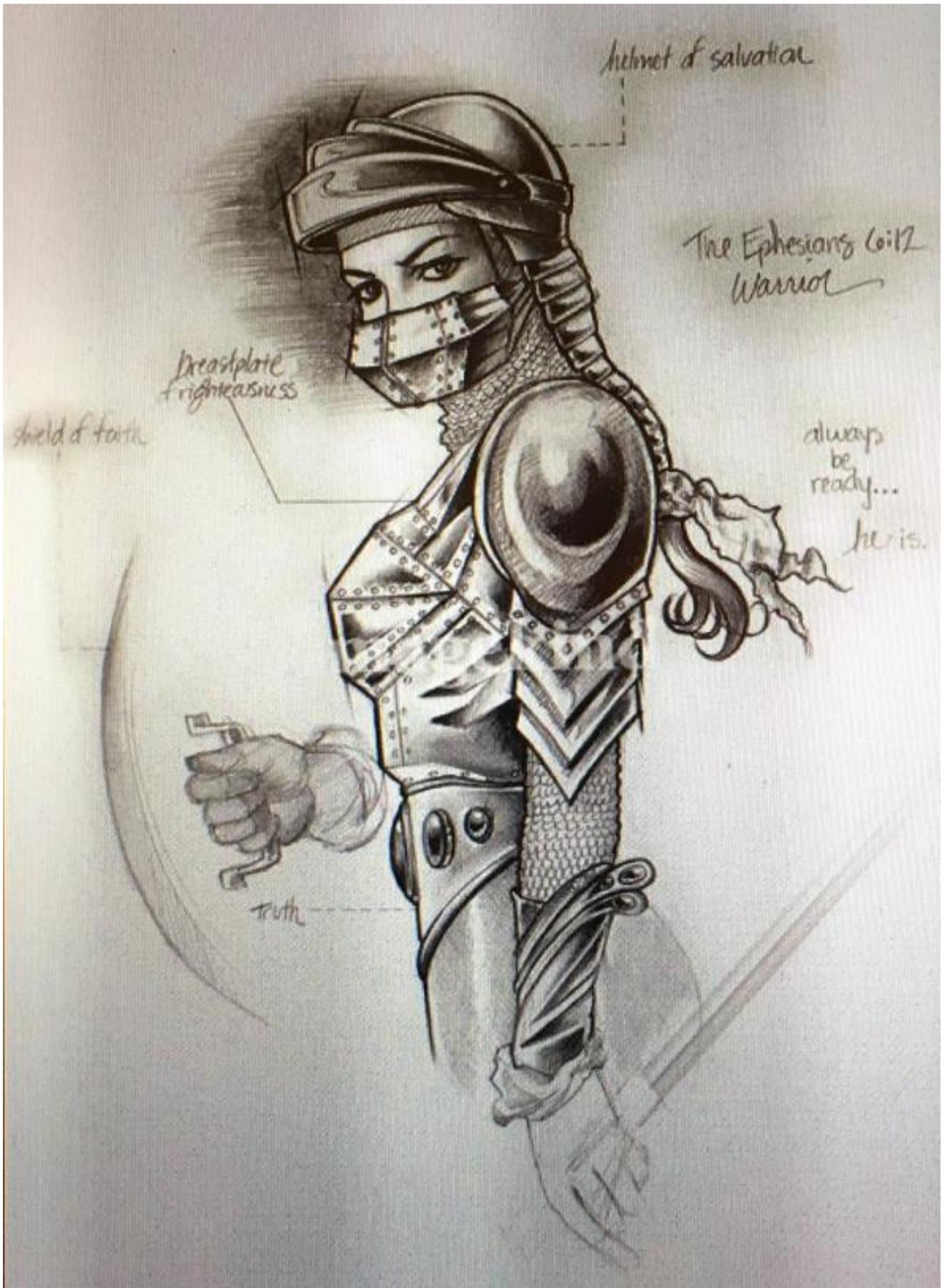
Your daughter will grow up to be an opinionated woman living in your house; your son will grow up to be a messy man living in your house. Your husband is your best friend for life. Growing old alone is hard.

9. **You have been given the gift of influence; he has been given the gift of authority.** In the flesh, you become cunning and manipulative, withholding sex. In his flesh, he becomes angry, abusive, and a dictator. Walk in the Spirit so that you do not fulfill the desires of the flesh.

10. **The great Challenge for both sexes.**

The greatest challenge that a man faces is to lead his wife and win her respect. The greatest challenge that a woman faces is to submit to her husband and win his love. When you get as old as we are, you realize the counseling appointments look very much the same. Every couple thinks that their circumstances are different, but the truth is, a healthy marriage takes death to self and agape love. Some people will learn it in their 1st marriage, some in their 2nd, 3rd, or 4th. But they will learn it if they want to be married.

**Love perfects the end of every story
in which HE is allowed to be the hero.**



Finally, be strong in the Lord
and in the strength of His might.

Put on the full armor of God,
so that you will be able to stand firm
against the schemes of the devil.

For our struggle is not against flesh and blood,
but against the rulers, against the powers,
against the world forces of this darkness,
against the spiritual forces of wickedness in the heavenly places.

Therefore, take up the full armor of God,
so that you will be able to resist in the evil day,
and having done everything, to stand firm.

Stand firm therefore,
Having girded your loins with TRUTH
and having put on the BREASTPLATE OF RIGHTEOUSNESS,
and having shod your feet with the
PREPARATION OF THE GOSPEL OF PEACE;
in addition to all, taking up the SHIELD OF FAITH
with which you will be able to extinguish
all the flaming arrows of the evil one.
And take the HELMET OF SALVATION,
and the SWORD OF THE SPIRIT,
which is the WORD OF GOD.

- Ephesians 6:10-17

