

Session 22: PHASES OF A WOMAN'S LIFE

I. A Woman of Dreams

Question: What do I hope my life will be like?

Struggle: Hope v. Fear

Issues:

Blessings:

Dangers:

Goal: Build a biblical dream.

II. A Woman of Reality

Question: What happened and what am I going to do about it?

Struggle: Reality v. Fantasy

Issues:

Blessings:

Dangers:

Goal: Adjust positively to reality.

III. A Woman of Strength

Question: Can I embrace real life?

Struggle: Engage v. Retreat

Issues:

Blessings:

Dangers:

Goal: Embrace life strongly.

IV. A Woman of Wisdom

Question: What am I going to do with the rest of my life?

Struggle: Opportunity v. Disconnection

Issues:

Blessings:

Dangers:

Goal: Invest wisdom purposefully.

This phase should be the peak of our effectiveness!!

V. A Woman of Legacy

Question: Will I finish well, leaving a legacy of faithfulness?

Struggle: Service v. Selfishness

Issues:

Blessings:

Dangers:

Goal: Finish with excellence.

Discussion Questions:

1. Have you begun to work on your Womanhood Plan? How can we help each other get the most out of that exercise?
2. In what “phase of life” would you say you are? How do you gauge that?
3. Describe the “Struggle” in your phase of life as it applies to you. (e.g., If you are “A Woman of Dreams” what particular hopes and fears compete within you?)
4. What is valuable about recognizing that the struggles you face are *normal* at your phase of life?
5. Have you imagined that at some point in your life you would be “done” (finished becoming mature)? How is it helpful to recognize the challenges you will face in the future?
6. What kind of woman do you want to be in 10 or 20 years? What choices do you need to make NOW to achieve this?

Reflection Assignment:

Our final **Reflection Assignment** is to begin working on a **Womanhood Plan**. Last week, you made an “Inventory” of the whole course and how it applies *in your life*. This week, we’ve provided you with suggestions for writing an Action Plan, but feel free to create any format for your “plan” that works for you. The goal is to leave the study with clarity on how you will apply what you have learned to your life in a practical way.

The Biblical Womanhood Inventory and Action plan can be found at www.hcbc.com/biblical-womanhood.

Passage to Ponder this week: Ecclesiastes 3:1

Week Twenty-two Summary...

As we wind up our study of Biblical Womanhood, let's recognize together that the job of applying the principles we learned and the challenges we will face tend to change somewhat over time. The principles are unchanging, but as we mature, we find new opportunities to live out the principles. At each stage of life, we ask new questions, face new internal struggles, and have new goals. *(The following is a brief outline, for more details listen to the lecture online.)*

Five Major Phases of a Woman's Life:

- A Woman of Dreams
 - Question: What do I hope my life will be like?
 - Struggle: Hope v. Fear
 - Goal: Build a biblical dream
- A Woman of Reality
 - Question: What happened and what am I going to do about it?
 - Struggle: Reality v. Fantasy
 - Goal: Adjust positively to reality
- A Woman of Strength
 - Question: Can I embrace real life or will I run from it?
 - Struggle: Engage v. Retreat (or Resentment)
 - Goal: Embrace life strongly.
- A Woman of Wisdom
 - Question: What am I going to do with the rest of my life?
 - Struggle: Opportunity v. Disconnection
 - Goal: Invest wisdom purposefully
 - This phase should be the peak of our effectiveness!
- A Woman of Legacy
 - Question: Will I finish well, leaving a legacy of faithfulness?
 - Struggle: Service v. Selfishness
 - Goal: Finish with excellence

At every phase of life, we have the opportunity to choose again whether to follow God and move forward in Biblical Womanhood or to let the past define us. For some, the past means mistakes and regrets; for others, the past was good, and we want to rest on those laurels. However, the past does not dictate the future. It does not have to hold us back nor can we merely coast to the finish line on its momentum. Whatever phase of life you find yourself, **ADVANCE**. Become more and more the woman God designed you to be!