

---

## Women of the Word

### Contents

- Beautifying my emotions
  - Worry and anxiety
  - Guilt
  - Anger
  - Fear
  - Pride
  - Jealousy
  - Inferiority
  - Depression
  - Maturity in my emotions (part I)
  - Maturity in my emotions (part II)
- Women of the Word
  - Martha and Mary
  - Hannah and Hagar
  - The Wise Woman
  - Deborah
  - Naomi
  - Ruth
  - Mary Magdalene
- Above Rubies
  - Her husband trusts her
  - She does him good
  - She works willingly
  - She brings food from afar
  - She considers a field
  - She strengthens herself
  - She perceives her work is good
  - She opens her hands
  - She is not afraid
- Self-esteem and Self-worth
  - Self-esteem
  - Self worth
  - The problem of perfectionism
  - Choosing life
- The King's Daughter
  - Two introductory studies
  - A divided heart
  - A proud heart
  - The rebellious heart
  - The unforgiving heart
  - Who is the King's daughter?

## Sample of content

### Above Rubies

---

#### **Study 5: SHE CONSIDERS A FIELD**

**Proverbs 31:16** (Amplified) *“She considers a new field before she buys or accepts it – expanding prudently (and not courting neglect of her present duties by assuming others ). With her savings (of time and strength) she plants fruitful vines in her vineyard”.*

The Proverbs lady has been mainly a ‘doer’ so far, but here she emerges as a thinker. She is carefully planning a new enterprise, weighing up time and energy commitment, and seeing success in her enterprise. We, as Christian women of this time, can learn much from these aspects of the Proverbs lady.

#### **Consider A Field**

She thinks: the Hebrew word translated ‘*considers*’ in verse 16 means to plot, plan, scheme, or devise. Do I rush into things without thinking carefully first of the commitment or the way it will affect others?

**She invests:** the Proverbs lady can see the potential of the field. She invests her resources well. (Note: Jesus talked about another kind of field in *Matthew 13:44* – if we haven’t made that life-changing investment yet, we need to do that today). What activities (fields) am I involved in? (e.g. mother, teacher, playgroup, employment, creative hobbies, church activities etc) What potential is there in each for the future – in terms of the kingdom of God? Do I see my life as an investment in tomorrow?

#### **Expand Prudently**

*“Expanding prudently (and not courting neglect of her present duties by assuming others)” (v.16).* This lady had a balance between a vision for new fields of activity and her responsibility to what commitments she already had. Do I become involved in things further afield from home and neglect my ‘present duties’? Do I ask the Lord to bless what I have started, not ask Him what He wants to bless?