

Mission Discipleship

Being A Woman of Excellence

A 7 Lesson study to help you be all that God wants you to be as His daughter and bride.
Each lesson includes Scripture readings, life applications and memory verses.

Topics that are covered in this course include:

- What is excellence?
- Things that define excellence:
- Why desire to be excellent?
- Human character traits
- The world's view vs. God's view of excellence
- Who we are in Messiah
- Change: What, Why and How to change
- The Godly process of change
- The Blessings of obedience and godly submission
- The Power of Agreement
- Excellence in Relationships

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Being a Woman of Excellence Bible Study – House Rules:

- Don't feel like you need to rush through these lessons. Some are very long and there's a lot to chew on. Take your time and be led by the Spirit of God with regard to how much you go through in each sitting.
- These lessons are tailored for group discussion. You can do them by yourself, but there's an added blessing by studying in a group.
- In a group be willing to talk and share, but make your sharing brief to allow time for others to express themselves and enter into the discussions.
- Do not talk about other people in your life in the context of sharing. This study is for you to grow and mature as a daughter of God. Keep your focus on that goal.
- Do not talk about the church/congregation/denomination you attend.
- Strive to gain all your answers from what the Word of God says when doing "homework." Do not look to other sources.
- Pray for the Holy Spirit to teach you new truths as you read the Scriptures each week.
- Be willing to be changed by what you learn in the course of this study.
- Things that people discuss during the study are confidential within the group – do not gossip outside of the group.
- Commit to attend the group each week. Know that your presence is not just for yourself. You are here to be a blessing to everyone else who comes to the study.
- Come to the study each week with an attitude of expectation that God will show you new things to apply to your life.
- Commit to reviewing the weekly studies at home, preferably a little bit every day.
- Get a binder to save these notes in.
- Prayerfully ask the Lord for help in applying things that you learn in the study to your life.
- If you find any typos or wrong references in the studies please email ronna@missiondiscipleship.org.
- Prayerfully consider demonstrating your gratitude for the Woman of Excellence study by making a financial gift to Mission Discipleship as a thank you for providing these lessons free of charge.

Being a Woman of Excellence: Lesson 1

What is excellence?

- the quality of excelling; possessing good qualities in high degree
- an outstanding feature; something in which something or someone excels;
- Achieving a high level of performance; exemplary performance; exceeding normal expectations of performance or meeting the highest expectations of what can be achieved; performing well in excess of the norm; outperforming most.

- Biblical view of Excellence: The Greek word translated “excellent” in the NT comes from the word diaphero, which means “transport” or “differ.” In addition to “excellent,” Scripture translations also use the words “best,” “vital,” “the better things,” or “the highest and best” when talking about excellence. The Hebrew word translated “excel” in Proverbs 31:29 is ‘alah, which means “to ascend.”

Things that define excellence:

World view	God’s view
• Beauty	• Fear of the Lord – <u>Philippians. 2:12</u>
• Fame	• Gentleness – <u>1 Peter 3:3-5</u>
• Fitness	• Holiness – <u>1 Peter 1:14-16</u>
• Job Position	• Humility – <u>1 Peter 5:6</u>
• Material Possessions	• Integrity – <u>Job 2:3</u>
• Pride	• Kindness – <u>Proverbs 3:3-4</u>
• Promiscuity	• Love – <u>Philippians 1:9-11</u>
• Status	• Loyalty – <u>Ruth 1:16,17</u>
• Strength	• Obedience – <u>Philippians 2:12-15</u>
• Wealth	• Submission <u>1 Peter 3:1-2</u>
• Wit	• Trustworthy – <u>Proverbs 31:10-11</u>
• Youth	• Wisdom – <u>Ruth 3:11</u>

Your personal definition of excellence: write it down

Revisit your answer to this question after going through this entire study to see how God has changed you!

Why desire to be excellent? Galatians 6:7-9

Group discussion

Scripture reading Ruth 3:11; Proverbs 12:4; Proverbs 31:10

Group discussion

Life Application – Areas of excellence: (Group discussion)

- Appearance
- Discipleship
- Diet/Health
- Exercise
- Free Time
- Parenting
- Marriage
- Relationship with God
- Relationships with People
- Speech
- Student
- Work

Memory Verses (choose 1)

Proverbs 12:4 *An excellent wife is the crown of her husband, but she who shames him is like rotteness in his bones.*

Proverbs 31:10 *An excellent wife, who can find? For her worth is far above jewels.*

Note to single women: Remember that as disciples* of Messiah/Christ we are married to Yeshua/Jesus. God is our husband! Is. 54:5

* THE WORD “DISCIPLE” literally means A LEARNER THE GOAL IN BEING A DISCIPLE...Stated by Jesus himself: to be like the teacher – Luke 6:40 A DISCIPLE IS “ONE WHO ABIDES IN JESUS’ WORDS” – John 8:31 To be a disciple of Jesus

Christ/ Yeshua HaMashiach (in Hebrew) means more than just being a congregation/church member. It requires commitment. Commitment to the studying and applying the teachings of Christ; Loving the true family of God, and bearing fruit for God's glory.

Homework:

Read the book of Ruth and write down what you think makes Ruth a woman of excellence.

Being a Woman of Excellence: Lesson 2

Share your Memory Verse from the last lesson

Discuss what makes Ruth a woman of excellence

Human character traits

Remembering that one of the definitions of excellence is: the quality of excelling; possessing good qualities in high degree, this week we're going to look at how this relates to human character traits.

Character is defined as:

- The combination of qualities or features that distinguishes one person, group, or thing from another.
- A distinguishing feature or attribute, as of an individual, group, or category.
- Moral or ethical strength.
- A description of a person's attributes, traits, or abilities.
A trait is defined as a distinguishing feature

World's View

The table below shows the world's view regarding various traits that make up a human. They are the traits of human consciousness; or endowments of human character. They are grouped within the categories of an individual's (1) attitudes, (2) miscellaneous attributes and (3) skills. Each trait is shown in two ways; how it manifests in a positive way in a person, and how it manifests negatively in a person. I have highlighted the traits that are immediately recognized as un-biblical in nature.

Trait-Positive	Trait-Negative
Attitudes	
accepts authority, loyal, devoted	rebellious
accepts what's given	ignores, rejects what's given
affectionate	distant, cold, aloof
Ambitious, motivated	self-satisfied, unmotivated
aspiring	self-satisfied
candid	closed, guarded, secretive
caring	uncaring, unfeeling, callous
change; accepts, embraces it	rejects change
cheerful	cheerless, gloomy, sour, grumpy
considerate, thoughtful	inconsiderate, thoughtless
cooperative	uncooperative, unhelpful, combative
courageous	cowering, fearful
courteous	rude, impolite
decisive	indecisive
devoted	uncommitted, uncaring, hostile
determined	indecisive, unsure
does what is necessary, right	does what is convenient
perseveres, endures	relents, gives up
enthusiastic	unenthusiastic, apathetic, indifferent
expansive	kept back, tight, constricting
faith in life	life can't be trusted
faith in oneself	lack of faith in self
faith in others	others can't be relied on

flexible	inflexible, rigid, unbending, stubborn
forgiving	unforgiving, resentful, spiteful
focused	unfocused, scattered
freedom given to others	authoritarian, controlling
friendly	unfriendly, distant, aloof, hostile
frugal, thrifty	Wasteful, spendthrift
generous	stingy, miserly, selfish
goodwill	ill-will, malice, hatred
grateful	ungrateful, unappreciative
hard-working	lazy
honest	dishonest, deceiving, lying
humble	arrogant, conceited, ego-centric
interested	indifferent, uncaring
involved	complacent, indifferent
jealous, not	jealous, envious, covetous
kind	unkind, uncaring, cruel, mean
mature	immature
modest	vain
open-minded, tolerant	narrow, close, small-minded, intolerant
optimistic	pessimistic
perfects	allows imperfection
persistent, sustaining	flagging, fleeting, unsustaining
practical	impractical, not viable
punctual	late, not on time
realistic	naïve, impractical
reliable	unreliable, undependable

respectful	disrespectful, rude, impolite
responsibility, takes	blames others
responsible	unreliable, undependable
responsive	unresponsive, unreceptive
self-confident	lack of self confidence, insecure
self-directed	directed by externals
self-disciplined	undisciplined, unrestrained, indulgent
self-esteem, high	self-esteem, confidence – low
self-giving	self-centered
self-reliant	dependent
selfless	selfish
sensitive	Insensitive, indifferent
serious	silly, trivial, petty
sincere	insincere, dishonest
social independence	social approval required
sympathetic	unsympathetic, unfeeling
systematic	unsystematic, disorganized, disorderly, random
takes others point of view	insists on own view
thoughtful towards others	thoughtless, inconsiderate, callous
trusting	suspicious, mistrusting
unpretentious	pretentious, affected, ostentatious
unselfish	selfish
willing does, willingness	stubborn, unwilling, reluctant
work comes first	convenience first

Attributes	
achieves	doesn't achieve
adventurous	conventional
alcohol and/or drug free	alcohol and/or drug dependent
alert	dull
aware of opportunities	ignorant of opportunities
calm	excitable, nervous
clean	dirty, unkempt
clear goals	lack of, jumbled goals; directionless
clear thoughts	muddled thoughts, confused
completes	leaves hanging, doesn't complete
comprehends	doesn't comprehend
conscious	unconscious
conscious of one's weaknesses	unconscious of one's strengths
constructive	destructive, complaining
content-oriented	outer, surface, form-oriented
creative	uncreative
delegates	tries to do everything
deliberative	reckless
detail-oriented	scrimps on details
develops mental capabilities	leaves mental capacities as is
directed, has direction	directionless, unfocused
disciplined	dissipating
dynamic	passive
educated	uneducated
education exceed previous generation	education not exceed previous generation

education greater than present level of achievement	education less than present level of achievement
education greater than previous generation	education less than previous generation
efficient	inefficient
effort taking	lack of effort
effort achieves results	effort wasted
energetic	listless
enterprising	enterprising, not
entrepreneurial	entrepreneurial, not
envisions the unseen	visionless
experienced (in area)	inexperienced (in area)
fatigue-free	tired, fatigued
focused	unfocused, addled, scattered
goal-oriented	goalless, directionless
good	evil
graceful	clumsy
has enough time	never has enough time
health robust, strong constitution	poor health, weak constitution
high goals	low, no goals
higher social interests	lower, no social interests
idea-driven	ideas don't motivate to act
imaginative	unimaginative
improves self	stays the same
in rapidly expanding field of work	in static or declining field
initiates (has initiative)	lacks initiative
innovative	conservative
insightful	lacks insight, blind to, ignorant of

intelligent	stupid
knowledgeable	ignorant, unformed
knowledgeable in a particular area	no knowledge in a particular area
leads others	submits, yields to others
lives from the depths of life	lives on the surface of life, superficial
lucky; things go your way	unlucky
money circulated for improvement	money hoarded for security
motivated	unmotivated
nerves strong	nerves weak
objective	subjective, biased
observant	blind to, oblivious to
organized	disorganized
patient	impatient, expectant
personable	non-engaging, distant, cold
physical stamina	lack of stamina
polite, mannered	impolite, ill mannered, rude
previous success in family life	previous failure in family life
previous success in school	previous failure in school
previous success in work	previous failure in work
productive interactions with others	chit-chatting
professional (acts)	amateurish (acts)
professional qualification achieved	no professional qualification
regular	irregular, erratic
relationship with other(s) positive	relationship with other(s) negative
resourceful	unresourceful, helpless
responsible	irresponsible

results-oriented	does for doing's sake, being merely occupied
risk-taker	averse to risk
sees the whole picture	seeing only parts of the picture
seeks improvement	self-satisfied
spiritual, inner connection	lacks any spiritual, inner connection
stamina	lack of stamina
strength	weakness
stress-free, relaxed	stressed, tense
(has had) supportive family or friends	(has had) indifferent, uncaring family or friends
systematic	unsystematic, disorganized, disorderly, random
tough	weak, soft
trustworthy	untrustworthy
wealthy	impoverished
wealth in present generation	poverty in present generation
well-behaved	ill behaved
work is in harmony with personal life	work is in conflict with personal life
Skills	
capacity to judge others	unable to judge others
careful, graceful with objects	careless, clumsy
communication skills	communication skills, lack of
(can) exercise authority	cannot exercise authority
delegation skills	delegation skills, lack of
leadership skills	leadership skills, lack of
listening skills	listening skills, lack of
management skills	management skills, lack of

motivating skills	motivating skills, lack of
negotiating skills	negotiating skills, lack of
organization skills	organization skills, lacks
planning skills	planning skills, lack of
problem-solving skills	problem-solving skills, lack of
public speaking skills	public speaking skills, lack of
reconciling problems, conflicts at higher level skills	reconciling problems, conflicts at higher level skills, lack of
skilled	unskilled
skilled, talented exceptionally in particular area	not skilled, talented exceptionally in particular area
speaking skills	speaking skills, lack of
teamwork skills	teamwork skills, lack of
technical work skills	technical work skills, lack of
time management skills	time management skills, lack of
verbal skills	verbal skills, lack of
writing skills	writing skills, lack of

God's view

Beginning with Adam and Eve's choice to disobey God and do things their own way, pride and rebellion took root in the hearts of mankind. These foundational sins still flow from mankind's heart, unchecked, undermining our characters and causing us to make choices that are evil, corrupt and contrary to God. These choices are what mold and shape our characters. Can we change these negative character traits?

Scripture reading: [Romans 7:18-19](#); [Matthew 15:18-20](#); [Jeremiah 17:5-10](#); [Romans 12:2](#); [Hebrews 4:12](#)

Life Application: Discuss

Memory Verse: [Romans 12:2](#) ***Do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.***

Being a Woman of Excellence: Lesson 3

Share the Memory Verses you've memorized so far

Discuss the Beatitudes

Who we are in Messiah

Knowing who God says you are in Messiah is the key to living a victorious life and walking in the authority and power that God has given to you as His child. When we believe that Yeshua is who He said He is, Messiah and Lord, and we make the conscious decision to allow His sacrificial death to be our atonement in an act of prayer to God, asking Messiah Yeshua (Jesus Christ) to be our Saviour and Lord, there is a supernatural transaction that happens in the spirit realm between our spirit and God, that results in our becoming what is called "born again" and "saved." Our spirits come alive and we become supernaturally connected with God. His Spirit (Ruach) comes to live in us and we actually live in Him too. Eternally we are mysteriously connected to Messiah in the heavenly realm.

Ephesians 2:4-7 But God, being rich in mercy, because of His great love with which He loved us, even when we were dead in our transgressions, made us alive together with Messiah (by grace you have been saved), and raised us up with Him, and seated us with Him in the heavenly places in Messiah Yeshua, so that in the ages to come He might show the surpassing riches of His grace in kindness toward us in Messiah Yeshua.

I encourage you to verbalize these statements about who the Word of God says you are as a believer and follower of Messiah.

Taking the time to read the corresponding passages of Scripture will bring added blessings into your life. I encourage you to take the time to do it. You won't regret it!

I am:

A child of God (Romans 8:16)

An heir of eternal life (1 John 5:11-12)

An heir to the blessings of Abraham (Colossians 3:14)

An imitator of God (Ephesians 5:1)

An overcomer by the blood of the lamb and the word of my testimony (Revelation 12:11)

Being transformed by the renewing of my mind (Romans 12:2)

Blessed with every spiritual blessing (Ephesians 1:3)

Doing all things through Christ who strengthens me (Philippians 4:13)

Forgiven (Ephesians 1:7)

Healed by His wounds (1 Peter 2:24)

Justified, an heir of God and co-heir with Christ (Romans 5:1; 8:17)

Kept in safety wherever I go (Isaiah 46:4)
Led by the Spirit of God (Romans 8:14)
Living by faith and not by sight (2 Corinthians 5:7)
More than a conqueror (Romans 8:37)
Redeemed from the curse of the law (Colossians 3:13)
Redeemed from the hand of the foe (Psalms 107:2)
Rescued from the domain of darkness (Colossians 1:13)
Saved by grace through faith (Ephesians 2:8)
Strong in the Lord and in His mighty power (Ephesians 6:10)
The light of the world (Matthew 5:14)

Why is it important to know who we are in Messiah?

When we pray to accept the atonement that Yeshua died to bring us there is a supernatural thing that happens and we are actually made a new creation.

2 Corinthians 5:17 Therefore if anyone is in Messiah, he is a new creature; the old things passed away; behold, new things have come.

When this takes place we also enter into a spiritual battle that is going on in dimensions that we have previously been unaware of, and ignorant of.

God's enemy, satan, becomes our enemy and it is imperative that we learn that we have authority over Him, as believers and weapons at our disposal that we can use against him.

Luke 10:19-20 "Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing will injure you. "Nevertheless do not rejoice in this, that the spirits are subject to you, but rejoice that your names are recorded in heaven."

In Messiah, God has given us authority over satan!

Life Application: Discuss

Every time negative thoughts enter your mind it is essential that you speak out the truth of who God's Word says you are in Christ. Know that God's desire is for you to allow Him to change your life through prayer, reading and applying the Word of God in your life.

Prayers for strength & protection:

No weapon formed against me shall prosper. Every tongue that rises against me shall condemn. (Isaiah 54:17) This is my inheritance as a child of God. I receive my inheritance, O Lord, today and walk in it. Place me inside the hedge of thorns,

inside a ring of fire, protect me in all your ways O lord. Place me in the cleft of the rock in the shadow of your wings.

My Armor:

“Father God, I come to You in the name of Yeshua and put on Your Armor. Lord I put on the helmet of salvation. Give me the mind of Messiah today. I fix my mind on Yeshua, the author and perfecter of my faith, who for the joy set before Him endured the cross. Help me to think Your thoughts today and not my own, or the enemy’s. Protect my mind. Lord I put on the breastplate of righteousness. Protect my heart and my emotions. Help me make right choices today. I tighten the belt of truth one more notch today Lord. Help me know the truth of Your great love for me even more today. Help me know and walk in the truth of who I am in You and who You are in me. I put on the shoes of peace. Thank you for giving me peace today and giving me opportunities to be a peacemaker. Empower me to share about Yeshua with people today Lord. I lift up the shield of faith. My faith is in You God. I trust You. I believe You. Help me obey You. Thank You that the shield protects me. And Father, I lift up the sword of the Spirit. Fill me afresh with Your Holy Spirit, Lord. More of You and less of me today. Put Your Words in my heart, mind and mouth, so that I can be pleasing in Your sight and walk in victory over the schemes of the enemy today. Thank You Father for the blessing of Your Armor to protect me! Amen.”

Luke 10:19

You have given me authority to trample on snakes and scorpions. Lord, I receive that kingdom authority right now and I use it. And nothing shall harm me.

Memory Verse:

1 Corinthians 1:30 But by His doing you are in Christ Jesus, who became to us wisdom from God, and righteousness and sanctification, and redemption...

Scripture Reading Ephesians 6 – What does this chapter teach you to do in order to be a woman of excellence?

Being a Woman of Excellence: Lesson 4

Share your Memory Verses

Discuss Ephesians 6

Change

- To cause to be different: *change the spelling of a word.*
- To give a completely different form or appearance to; transform: *changed the yard into a garden.*
- To give and receive reciprocally; interchange: *change places.*
- To exchange for or replace with another, usually of the same kind or category: *change one's name; a light that changes colors.*
- To lay aside, abandon, or leave for another; switch: *change methods; change sides.*
- To transfer from (one conveyance) to another: *change planes.*
- To give or receive the equivalent of (money) in lower denominations or in foreign currency.
- To put a fresh covering on: *change a bed; change the baby.*
- To become different or undergo alteration: *He changed as he matured.*
- To undergo transformation or transition: *The music changed to a slow waltz.*
- To go from one phase to another, as the moon or the seasons.
- To make an exchange: *If you prefer this seat, I'll change with you.*

What to change?

World's view	God's view
Weight Physical Appearance Jobs Relationships Homes Cars Clothes Diapers	<u>Genesis 35:2</u> – Then Jacob said to his household and to all who were with him, Put away the [images of] strange gods that are among you, and purify yourselves and change [into fresh] garments;
	<u>Romans 12:2</u> – Your mind
	<u>James 1:21-25</u> Your actions

Why change?

In the human spirit is a desire to grow, learn and better ourselves as human beings. This inner drive is what has caused all the advancements in our society. It is also what has driven men and women to work tirelessly in order to create the environment that we now see around us in the world, including the relative life of leisure that we live in America. People want a better life. We all want change. It's part of who we are.

Sadly, in society today, apathy and hopelessness, as well as the devil's methods of beating down the individual psychologically and spiritually have dampened people's desires for positive change. Many in fact see their lives hopeless and therefore they give up, or they change negatively through drugs, alcohol and other addictions. Some people spend vast amount of their lives sitting on couches and chairs watching television and playing video games. They are changing too. Their butts are getting bigger. Their minds are getting duller. They are believing the lies that they see in front of them, and their lives are being transformed to resemble and imitate those lies.

We are all in a state of change. Matter changes. It does not stay still. Time is like a tunnel we move through and in the process of moving, we are changed whether we like it or not. We're born; we get older and we die. We change. In the process of change, we do have a choice though. We have a choice of what we want to change into. The outcome of that choice is real and is determined by our everyday choices now!

The godly process of change

re•pen•tance \ri-'pent-en(t)s\ *n*: the action or process of repenting esp. for misdeeds or moral shortcomings *syn* see PENITENCE

For many, *Webster's* definition (above) represents the common understanding of repentance within the structure of faith in God. Man's action, taken to right a relationship with God, broken by sinfulness for which we do penance. However, there are two New Testament Greek words which are translated repentance in modern English translations: *metanoia* (including its verbal counterpart *metanoeo*) and *metamelomai*. The first term is translated as repentance fifty-eight times in the New Testament, the latter only six times. As we look at repentance we'll concentrate on the preponderance of the word, *metanoia*. Prior to the Christian meaning we have inherited, which for the most part is similar to *Webster's* definition, the Classical Greek *metanoia* meant something quite different—**changing** one's mind or heart about someone or something.

Repentance has been God's cry to us as people from the days of old. The job of the Old Testament prophets was to speak God's heart to the people. Most of the time they cried out to the people to repent (turn from their own ways) and turn back to God and follow Him, and His ways. This would always involve change in the people's lives.

Scripture Readings:

Jeremiah 5:1-6 Ezekiel 14:1-6; 18:30 In the New Testament we encounter John the Baptist and Jesus Himself telling people the same thing. Matthew 3:1-3; 4:12-17

Why should we want to change?

God knows we're like the dust and we're going to die. Ecclesiastes 3:19-20
God understands eternity and doesn't want you to perish eternally

Luke 13:2-4

Acts 2:38; Acts 3:19; Acts 8:22

How to change?

Knowing the power of God's Spirit

One of the major differences between God's work on earth since the beginning of time and after Yeshua came is the outpouring of God's Spirit upon mankind. In the course of history before Yeshua, God gave His Spirit to just a few. The Holy Spirit (the Spirit of Messiah) was given to whoever believed in Yeshua once He died and was resurrected. John 20: 21-22 ***So Yeshua said to them again, "Peace be with you; as the Father has sent Me, I also send you." And when He had said this, He breathed on them and said to them, "Receive the Holy Spirit."***

In the Tenakh the first example we see of God giving a spirit of wisdom, (one of His attributes) is in order for people to make the garments to be worn by the priests, to set them apart and make them holy for their ministry work in the wilderness Tabernacle. Exodus 28:3 ***"You shall speak to all the skillful persons whom I have endowed with the spirit of wisdom, that they make Aaron's garments to consecrate him, that he may minister as priest to Me.***

God works the same today in that He clothes us, His priests, with His Spirit, which is power to do His will. 1 Peter 2:9 ***But you are A CHOSEN RACE, A royal PRIESTHOOD, A HOLY NATION, A PEOPLE FOR God's OWN POSSESSION, so that you may proclaim the excellencies of Him who has called you out of darkness into His marvelous light;***

Luke 24:49 "And behold, I am sending forth the promise of My Father upon you; but you are to stay in the city until you are clothed with power from on high."

The first person we see filled with the spirit of God is Bezalel the son of Uri, in Exodus 31:2-5:

"See, I have called by name Bezalel, the son of Uri, the son of Hur, of the tribe of Judah." I have filled him with the Spirit of God in wisdom, in understanding, in knowledge, and in all kinds of craftsmanship, to make artistic designs for work in

gold, in silver, and in bronze, and in the cutting of stones for settings, and in the carving of wood, that he may work in all kinds of craftsmanship.

Once again, this was for the making of the wilderness tabernacle and all its furnishings. Obviously, this was something extremely important to the Lord. He wanted it created to His exact specifications because it was a pattern of heavenly things.

Confirming this truth, the following passage out of the book of Hebrews reveals Yeshua as our High Priest who offered His own body as the ultimate sacrifice. This was God's plan even when giving instruction for the building of the earthly tabernacle (God's meeting place with man) and its furnishings. It was a model of the place Yeshua (God meeting with man) would sit after His atoning work for the redemption of all mankind! Each item within the wilderness Tabernacle, and in the Holy Temple in Jerusalem that came later, actually represented Yeshua. This was the reason God wanted them created with such care and precision that He sent His Holy Spirit to enable man to complete the tasks.

Hebrews 8:1-5 *Now the main point in what has been said is this: we have such a high priest, who has taken His seat at the right hand of the throne of the Majesty in the heavens, a minister in the sanctuary and in the true tabernacle, which the Lord pitched, not man. For every high priest is appointed to offer both gifts and sacrifices; so it is necessary that this high priest also have something to offer. Now if He were on earth, He would not be a priest at all, since there are those who offer the gifts according to the Law; who serve a copy and shadow of the heavenly things, just as Moses was warned by God when he was about to erect the tabernacle; for, "SEE," He says, "THAT YOU MAKE all things ACCORDING TO THE PATTERN WHICH WAS SHOWN YOU ON THE MOUNTAIN."* (Exodus 25:9)

Not only is God's Spirit at work when poured out on mankind, He was also instrumental in Creation and in giving us life. **Job 33:4** *"The Spirit of God has made me, And the breath of the Almighty gives me life.*

I refer to God's Spirit as a person because He is a personality. He acts in our life very much like a person would, as evidenced by the following Scriptures:

He is everywhere. **Psalm 139:7** *Where can I go from Your Spirit? Or where can I flee from Your presence?*

He teaches and leads us. **Psalm 143:10** *Teach me to do Your will, For You are my God; Let Your good Spirit lead me on level ground.*

He helps us know His word. **Proverbs 1:23** *Turn to my reproof, Behold, I will pour out my spirit on you; I will make my words known to you.*

He fights against us if we rebel against God. ***Isaiah 63:10 But they rebelled and grieved His Holy Spirit; Therefore He turned Himself to become their enemy, He fought against them.***

He speaks through us. ***Mark 13:11 When they arrest you and hand you over, do not worry beforehand about what you are to say, but say whatever is given you in that hour; for it is not you who speak, but it is the Holy Spirit.***

He helps us. ***John 14:16 I will ask the Father, and He will give you another Helper, that He may be with you forever; John 14:26 But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I said to you. John 15:26 When the Helper comes, whom I will send to you from the Father, that is the Spirit of truth who proceeds from the Father, He will testify about Me,***

He comforts us. ***Acts 9:31 So the congregation throughout all Judea and Galilee and Samaria enjoyed peace, being built up; and going on in the fear of the Lord and in the comfort of the Holy Spirit, it continued to increase.*** He guides us into all truth. ***John 16:13 But when He, the Spirit of truth, comes, He will guide you into all the truth; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come.***

He speaks to us. ***Acts 13:2 While they were ministering to the Lord and fasting, the Holy Spirit said, "Set apart for Me Barnabas and Saul for the work to which I have called them.***

He sends us out. ***Acts 13:4 So, being sent out by the Holy Spirit, they went down to Seleucia and from there they sailed to Cyprus.***

He forbids us to do things. ***Acts 16:6 They passed through the Phrygian and Galatian region, having been forbidden by the Holy Spirit to speak the word in Asia;***

He can be grieved. ***Ephesians 4:30 Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.***

He can be lied to. ***Acts 5:3 But Peter said, "Ananias, why has Satan filled your heart to lie to the Holy Spirit and to keep back some of the price of the land?"***

All of the characteristics of God's Spirit are good in nature and He inspires and directs us toward goodness in our own lives. I have seen the Holy Spirit at work in my own life, convicting me of sin and giving me the strength to change my actions and turn from sin. The Holy Spirit is the One who gives us the ability, wisdom and strength to be obedient to God's Word. Our only responsibility is to ask for and receive His help.

I have also seen and experienced the Holy Spirit's presence in a very tangible way in my life, evidenced by tears. I've seen this in worship services and also while people

have been praying for me. I have also seen this with others as I have prayed for them. In situations like this I believe that the Holy Spirit is connecting with us in a very deep and intimate level that we really can't understand with our minds. He brings restoration and healing to hurts and brokenness in our own lives and the tears can be very healing and cleansing. We need not be afraid of them. One of the instrumental things that the Holy Spirit does in our lives is turn our hearts of stone into hearts of flesh and I believe that tears are one of the indications of that heart change that God desires in each one of us.

Ezekiel 11:19 And I will give them one heart, and put a new spirit within them And I will take the heart of stone out of their flesh and give them a heart of flesh.. Ezekiel 36:26 Moreover, I will give you a new heart and put a new spirit within you; and I will remove the heart of stone from your flesh and give you a heart of flesh.

Ezekiel 36:27 I will put My Spirit within you and cause you to walk in My statutes, and you will be careful to observe My ordinances.

It's important for us to allow the Holy Spirit to work in our lives. He not only brings us spiritual and emotional healing, but He helps us walk in obedience to God's commandments. He is the source of the power of God that is available to us through Yeshua's death and resurrection.

Romans 8:11 But if the Spirit of Him who raised Yeshua from the dead dwells in you, He who raised Messiah Yeshua from the dead will also give life to your mortal bodies through His Spirit who dwells in you.

Acts 10:38 You know of Yeshua of Nazareth, how God anointed Him with the Holy Spirit and with power, and how He went about doing good and healing all who were oppressed by the devil, for God was with Him.

Acts 1:8 ...you will receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth.

Remember that God has a job for each one of us to do, while we're here on earth. Our place in eternity is dependent upon our fulfilling our earthly assignment. God wants to pour out His Spirit upon you so that you can accomplish the task that is appointed to you. The first step is to believe in Yeshua, the Messiah and turn your life away from sin. Once you do that, the fullness of God's Spirit is yours for the asking.

The blessings of change

Malachi 3:6 "For I, the LORD, do not **change**; therefore you, O sons of Jacob, are not consumed.

Isaiah 40:31 But those who wait for the Lord [who expect, look for, and hope in Him] shall **change** and renew their strength and power; they shall lift their wings and mount

up [close to God] as eagles [mount up to the sun]; they shall run and not be weary, they shall walk and not faint or become tired. (Amplified)

John 3:14-16 As Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up; so that whoever believes will in Him have eternal life. For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life.

Memory Verse:

Philippians 4:13

I can do all things through Him who strengthens me.

Scripture Reading

James 1 – What does this chapter teach you to do in order to be a woman of excellence?

Being a Woman of Excellence: Lesson 5

Share Memory Verses

Discuss James 1

The blessings of obedience

The Worlds View:

Obedience, or **submissive compliance**, is the act of obeying orders from others. This differs from compliance, which is behavior influenced by peers. This is in turn different from conformity, which is behavior intended to match that of the majority. Obedience is often associated with social dominance and submission. Some animals can easily be trained to be obedient by employing operant conditioning that places the human being in the role of a dominant animal. Obedience schools exist to condition dogs into obeying the orders of human owners. Obedience training seems to be particularly effective on social animals, a category which includes human beings. Other animals do not respond well to such training. Humans have been shown to be surprisingly obedient in the presence of perceived legitimate authority figures, as demonstrated by the Milgram experiment in the 1960s. Milgram carried out his experiments to discover how the Nazis had managed to get ordinary people to take part in the mass murder of the Holocaust. The experiment showed that compliance to authority was the norm, not the exception. A similar effect was found in the Stanford prison experiment.

God's view

The bible is the instruction manual for life. (Basic Instructions Before Leaving

Earth) But instructions do absolutely no good unless they are followed. People can hear the Word of God; read the Word of God; believe the Word of God and even love the Word of God. But their lives will not change and they will not walk in victory unless they apply the Word of God. Obedience to the Word of God is crucial in order to be a woman of excellence. Let's take a look at what the word teaches about being obedient. Remember that there's power in the Word itself. If you will let Him, the Holy Spirit will work through the Word and strengthen you in order for you to be obedient to what you are reading. Don't forget to ask for His help. God loves it when His children ask for His help in areas that they are struggling in.

Obedience	Submission
<u>Deuteronomy 30:16-18</u>	<u>Hebrews 3:17</u>
<u>Isaiah 1:18-20</u>	<u>James 4:7</u>
<u>2 Cor. 2:9</u>	<u>1 Peter 2:13</u>
<u>2 Corinthians 10:4-6</u>	

Philippians 2:5-9

Titus 3:1-7

1 Peter 1:13-15

The original sin of Adam and Eve were sins of disobedience to God. Disobedience is a result of pride. We think we know better than God and therefore exalt ourselves above God on the throne of our hearts, and make our own choices. The Word of God teaches that pride comes before a fall and humility causes a person to be honored, as we see with Yeshua...The same spiritual laws exists today!

1. **Proverbs 8:13** “The fear of the LORD is to hate evil; **Pride** and arrogance and the evil way; and the perverted mouth, I hate.
2. **Proverbs 11:2** When **pride** comes, then comes dishonor, but with the humble is wisdom.
3. **Proverbs 16:18** **Pride** goes before destruction, and a haughty spirit before stumbling.
4. **Proverbs 21:24** “Proud,” “Haughty,” “Scoffer,” are his names, who acts with insolent **pride**.
5. **Proverbs 29:23** A man’s **pride** will bring him low, but a humble spirit will obtain honor.
6. **Philippians 2:3** Do nothing from selfishness or empty conceit, but with **humility** of mind regard one another as more important than yourselves;
7. **Colossians 3:12** So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, **humility**, gentleness and patience;
8. **James 1:21** Therefore, putting aside all filthiness and all that remains of wickedness, in **humility** receive the word implanted, which is able to save your souls.
9. **1 Peter 5:5** You younger men, likewise, be subject to your elders; and all of you, clothe yourselves with **humility** toward one another, for GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE.

Life Application

The devil has tricked people to view obedience as weakness. His motive in doing this is to rob them of the blessings that God’s spiritual laws afford those who are obedient, humble and submissive. Don’t believe the devil’s lies. Resist him and be transformed by the renewing of your mind, so that you may know what the perfect will of God is – that which is good, acceptable and perfect!

Memory Verse: Proverbs 11:2

Scripture reading – Colossians 2 – Questions to answer:

- What is God's mystery that brings women of excellence true wealth? (v. 2)
- What is hidden in that mystery? (v. 3)
- What makes Paul rejoice? (v. 5)
- Verse 6 instructs women of excellence this way: "Therefore as you have received Messiah Yeshua the Lord, so walk in Him" How do you do that?
- How do you become firmly rooted in your faith? (v. 7)
- What kinds of things does verse 8 teach can take us captive that oppose our obedience and submission to Messiah?
- What do Verses 9-14 teach you about your status as a woman of excellence?
- Verse 15 is an amazing verse to really understand and wrap your brain around. In ancient times whenever there was victory in war, the winning army would shackle the losers in chains and lead them through the city streets displaying their defeat, and the winner's victory over them. This was called a triumph! How does a woman of excellence triumph over the authority of the enemy in her own life?
- What is God's purpose for food laws, festivals, new moons and Shabbat? (v. 16-17)
What does this mean to you?
- What are some characteristics of false prophets and teachers that verse 18 teaches us?
- How does a woman of excellence grow? (v. 19)
- What does verse 23 teach us is our biggest goal to overcome as women of excellence?

Being a Woman of Excellence: Lesson 6

Share your Memory Verse

Discuss Colossians 2

The power of the agreement

Definitions of **agree** on the Web:

- be in accord; be in agreement; “We agreed on the terms of the settlement”; “I can’t agree with you!”; “I hold with those who say life is sacred ...
- consent or assent to a condition, or agree to do something; “She agreed to all my conditions”; “He agreed to leave her alone”
- match: be compatible, similar or consistent; coincide in their characteristics; “The two stories don’t agree in many details”; “The handwriting checks with the signature on the check”; “The suspect’s fingerprints don’t match those on the gun”
- harmonize: go together; “The colors don’t harmonize”; “Their ideas concurred”
- be agreeable or suitable; “White wine doesn’t agree with me”
- achieve harmony of opinion, feeling, or purpose; “No two of my colleagues would agree on whom to elect chairman”

World view

Madison Avenue, world business, world politics and world culture’s success are all based on their ability to gain agreement from the masses. When you agree with the value of a product you buy it. When you agree with the value of a business you support it. When you agree with a political agenda you vote for it. When you agree with the value system of a culture or society you mimic it. What you stand in agreement with will direct the course of your life.

Agreement with your peers (peer pressure) can direct your life into all types of sin: drug addiction, sexual promiscuity, alcoholism, criminal activities, etc. Agreement with Madison Avenue can have you believe the lie that you need the latest greatest product in order to be beautiful and loved. Blind agreement with the government can enable them to manipulate you to support corrupt agendas.

Agreement is a very powerful thing.

God's view

Agreement is a premeditated choice we make.

Amos 3:3 ***Do two men walk together unless they have made an appointment?***

Agreement brings unity and power. Genesis 11:5-6 ***The LORD came down to see the city and the tower which the sons of men had built. The LORD said, "Behold, they are one people, and they all have the same language. And this is what they began to do, and now nothing which they purpose to do will be impossible for them.***

Unity

- The state of being one; oneness.
- Concord; harmony; conjunction; agreement; uniformity; as, a unity of proofs; unity of doctrine.

With unity in God's purposes comes blessing. Psalms 133 ***1 Behold, how good and how pleasant it is for brothers to dwell together in unity! 2 It is like the precious oil upon the head, coming down upon the beard, even Aaron's beard, coming down upon the edge of his robes. 3 It is like the dew of Hermon coming down upon the mountains of Zion; for there the LORD commanded the blessing – life forever.***

Coming into agreement with God, through knowing, understanding and being obedient to His Word positions our lives for blessing.

Yeshua's last prayer for believers was for us to be in unity (with God and each other.) John 17:13-21 ***13 But now I come to You; and these things I speak in the world so that they may have My joy made full in themselves. 14 I have given them Your word; and the world has hated them, because they are not of the world, even as I am not of the world. 15 I do not ask You to take them out of the world, but to keep them from the evil one. 16 They are not of the world, even as I am not of the world. 17 Sanctify them in the truth; Your word is truth. 18 As You sent Me into the world, I also have sent them into the world. 19 For their sakes I sanctify Myself, that they themselves also may be sanctified in truth. 20 I do not ask on behalf of these alone, but for those also who believe in Me through their word; 21 that they may all be one; even as You, Father, are in Me and I in You, that they also may be in Us, so that the world may believe that You sent Me.***

How do we achieve unity amongst ourselves?

Philippians 2:1-3 ***Therefore if there is any encouragement in Christ, if there is any consolation of love, if there is any fellowship of the Spirit, if any affection and compassion, make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose. Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves;***

Hindrances to our walking in agreement with God's Word

Strongholds/fortresses (*mind sets*)

- Anger
- Fear
- Jealousy
- Lust
- Pride
- Unforgiveness

Strongholds cannot be talked away or negotiated with— it takes mighty (not carnal) weapons— they must be pulled down. When a person or a group is bound by a stronghold, they find protection and security in that stronghold. They stay in strongholds because they have certain feelings of safety and familiarity in them.

We can look at Joshua 6 and see the city of Jericho as an example of a physical stronghold. The very fortress (walls) that they hid behind, that they thought was a place of safety was actually part of their downfall. Joshua 6:1 says "...none went out, and none came in." In some respects they were their own prisoners. The person or group behind a spiritual stronghold has lost the ability to "rightly divide," reason, or be at liberty.

A stronghold is a forceful, stubborn argument, rationale, opinion or philosophy that is formed and resistant to the knowledge of Jesus Christ and the Word of God. How do we pull down strongholds?

- Make a conscious choice to agree with God's Word.
- Be humble and admit that you may be wrong when your thoughts are different from what God's Word says.
- Verbalize the fact that God's Word is truth.
- Verbalize God's Word over your life.
- Pray for the Holy Spirit to reveal and pull down the strongholds in your life.
- Pray God's Word out loud when you see strongholds rise up in your life.
- Cut off evil influences from our lives

What to do to walk in agreement with God's Word

- Study the Word of God daily
- Spend time with God in prayer daily
- Make a conscious decision to choose to obey the Word of God
- Attend weekly congregational worship and teaching services
- Submit to the leadership of a local congregation
- Attend bible studies
- Eliminate evil influences from your life
- Cut off relationships that provoke you to sin
- Build relationships within the Body of Messiah
- Be a witness and Disciple of Messiah and witness to and help disciple others
- Be thankful
- Be loving
- Be faithful

Memory Verse:2 Corinthians 10:4

For the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses.

Scripture reading: John 17

1. In verse 2 Yeshua says that God gave Him authority over all flesh. How does He have authority over your flesh?
2. In verse 3 how does Yeshua describe eternal life? What does this mean to you?
3. What does verse 5 mean to you?
4. What are some of the names of God that Yeshua manifested to us? (see Isaiah 9:6; etc...)
5. How can a woman of excellence run into these names and be safe? (Proverbs 18:10)
6. Going back to John 17, what does verse 11 mean to you?
7. For what purpose does Yeshua speak these things in the world? (v. 13)
8. According to verse 17-19 how do we become sanctified in the truth?
9. Define sanctified.
10. What is the result for us in unity? (v. 23)
11. What is the result for the world when we're perfected in unity? (v. 23)
12. What supernatural prayer does Yeshua ask in verse 24 that the Apostle Paul confirms in Ephesians 2:6?
13. What does verse 26 teach about how a woman of excellence is to model the fact that she walks in agreement with God's Word?

Being a Woman of Excellence: Lesson 7

Excellence in Relationships

The World's View

In the contexts of sociology and of popular culture, the concept of **interpersonal relationships** involves social associations, connections, or affiliations between two or more people.

Worldly examples of stages of interpersonal relationships

1) Contact 2) Involvement 3) Intimacy 4) Deterioration

This is the world's view of relationships. Because people have taken God out of the equation within their relationships and they have chosen a sin based approach to relationships, deterioration (death) is the outcome. (Romans 8:5-6) Sadly, people actually begin to expect their relationships to have little longevity and as a result there is little accountability or true intimacy between many people these days. We're a fast food society. We expect things to come easily and quickly and when they don't we erroneously judge things as bad and remove them from our lives. "Them" indicates our relationships with people in this context.

Going on-line and researching relationships you'll find a host of websites that give advice on how to fix and keep relationships. This indicates that relationships in the world are broken. They are broken because of our lack of understanding of the roles we are to play in each other's lives and because we approach our relationships based on sinful models. We look at our relationships with people based on a "what can I get out of it" mentality vs. a "what can I give" approach.

God's view

Genesis 1: 25-30 25God made the beasts of the earth after their kind, and the cattle after their kind, and everything that creeps on the ground after its kind; and God saw that it was good. 26Then God said, "Let Us make man in Our image, according to Our likeness; and let them rule over the fish of the sea and over the birds of the sky and over the cattle and over all the earth, and over every creeping thing that creeps on the earth." 27God created man in His own image, in the image of God He created him; male and female He created them. 28God blessed them; and God said to them, "Be fruitful and multiply, and fill the earth, and subdue it; and rule over the fish of the sea and over the birds of the sky and over every living thing that moves on the earth." 29Then God said, "Behold, I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed; it shall be food for you; 30and to every beast of the earth and to every bird of the sky and to every thing that moves on the earth which has life, I have given every green plant for food"; and it was so.

In the beginning God and humanity (man & woman) had a relationship. In this relationship God blessed (met spiritual needs), communicated (met emotional needs) and provided (met physical needs) for mankind.

Mankind was one being – man and woman were in perfect unity – one – in perfect relationship with each other and with God. (A Mystery)

Genesis 2: 16-25 16 The LORD God commanded the man, saying, “From any tree of the garden you may eat freely; 17but from the tree of the knowledge of good and evil you shall not eat, for in the day that you eat from it you will surely die.” 18Then the LORD God said, “It is not good for the man to be alone; I will make him a helper suitable for him.” 19Out of the ground the LORD God formed every beast of the field and every bird of the sky, and brought them to the man to see what he would call them; and whatever the man called a living creature, that was its name. 20The man gave names to all the cattle, and to the birds of the sky, and to every beast of the field, but for Adam there was not found a helper suitable for him. 21So the LORD God caused a deep sleep to fall upon the man, and he slept; then He took one of his ribs and closed up the flesh at that place. 22 The LORD God fashioned into a woman the rib which He had taken from the man, and brought her to the man. 23The man said, “This is now bone of my bones, And flesh of my flesh; She shall be called Woman, Because she was taken out of Man.” 24For this reason a man shall leave his father and his mother, and be joined to his wife; and they shall become one flesh. 25And the man and his wife were both naked and were not ashamed.

In relationship, as his Creator, God had authority over man. God, in His wisdom also had compassion for the man and created a helper for him. In bringing woman out of man, God taught that the relationship of husband and wife was to be a portrayal of the unity found within God Himself. It was initially a relationship of unity, trust and love.

Genesis 3: 6-10 6When the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was desirable to make one wise, she took from its fruit and ate; and she gave also to her husband with her, and he ate. 7Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves loin coverings. 8They heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. 9Then the LORD God called to the man, and said to him, “Where are you?” 10He said, “I heard the sound of You in the garden, and I was afraid because I was naked; so I hid myself.”

Once Adam and Eve “fell” through disobedience to God their relationship with God was severed by their fear, and their resulting choices. From that point in time God taught mankind how to re-establish relationship with him through the sacrificial system that He

instituted with the children of Israel, through Moses. This foreshadowed the coming Messiah who would restore the relationship between man and God through His death and resurrection.

Overview

- God and man had a relationship
- God created woman who was in perfect relationship with man.
- Man and women fell and hid from God severing their relationship with God
- Man and women became ashamed in each other's presence damaging their relationship with each other.
- God instituted the first sacrifice and clothed the man and woman with skins in order to restore their relationship with each other, and with God.
- The sacrifice pointed to God's way of restoring relationship (through blood sacrifice) that foreshadowed Yeshua's ultimate sacrifice that would redeem mankind from sin and restore our relationship with God and with each other.
- Before Yeshua came God instituted moral laws in the Tanakh (Old Testament) that were to guide the people into holy living so they could approach a holy God. The laws also gave them a moral standard to abide by in their relationships with each other to help them overcome their natural propensity to sin, which ultimately leads to sorrow and death.

Example: The Book of Leviticus

Author: Moses was the author of the Book of Leviticus. **Date of Writing:** The Book of Leviticus was written between 1440 and 1400 B.C. **Purpose of Writing:** The purpose of Leviticus is to provide instruction and laws to guide a redeemed people in their relationship with a holy God.

Brief Summary: Various feasts were instituted in the people's worship of God, convened and practiced according to God's laws. Blessings or curses would accompany either the keeping or neglect of God's commandments (chapter 26). Vows to the Lord are covered in Chapter 27. The primary theme of Leviticus is "holiness." God's demand for holiness in His people is based on His own holy nature. A corresponding theme is that of "atonement." Holiness must be maintained before God, and holiness can only be attained through a proper atonement. Much of the ritualistic practices of worship picture in many ways the person and work of our Savior, the Lord Jesus Christ, Yeshua HaMashiach.

Laws on Immoral Relations – Leviticus 18

Laws on Domestic Relationships Deuteronomy 21:10-23

In Leviticus God shows His people Israel that the blood of the offered animal (which is the sign of ransoming life) is the only way of atonement for committed sins (Lev. 17:11). The presentation of offerings therefore played an important part in the life of the people of Israel.

New Testament Scriptures regarding relationships

Much of the writings of the apostles were instructions to us regarding our relationships with God and with each other.

Clear examples can be seen in 1 Corinthians, chapters 5-7.

1 Corinthians 5 : Immorality Rebuked

***1 Cor. 5:11* But actually, I wrote to you not to associate with any so-called brother if he is an immoral person, or covetous, or an idolater, or a reviler, or a drunkard, or a swindler—not even to eat with such a one. *12* For what have I to do with judging outsiders? Do you not judge those who are within the church? *13* But those who are outside, God judges. REMOVE THE WICKED MAN FROM AMONG YOURSELVES.**

1 Corinthians 6: Lawsuits discouraged & The Body Is the Lord's

***1 Cor. 6: 15* Do you not know that your bodies are members of Christ? Shall I then take away the members of Christ and make them members of a prostitute? May it never be! *16* Or do you not know that the one who joins himself to a prostitute is one body with her? For He says, "THE TWO SHALL BECOME ONE FLESH." *17* But the one who joins himself to the Lord is one spirit with Him. *18* Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. *19* Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? *20* For you have been bought with a price: therefore glorify God in your body.**

1 Corinthians 7: Teaching on Marriage/Singleness

Other New Testament Scriptures concerning relationships:

2 Corinthians 6:14-18: *14* Do not be bound together with unbelievers; for what partnership have righteousness and lawlessness, or what fellowship has light with darkness? *15* Or what harmony has Christ with Belial, or what has a believer in common with an unbeliever? *16* Or what agreement has the temple of God with idols? For we are the temple of the living God; just as God said, "I WILL DWELL IN THEM AND WALK AMONG THEM; AND I WILL BE THEIR GOD, AND THEY

SHALL BE MY PEOPLE. 17"Therefore, COME OUT FROM THEIR MIDST AND BE SEPARATE," says the Lord."AND DO NOT TOUCH WHAT IS UNCLEAN; And I will welcome you. 18"And I will be a father to you, And you shall be sons and daughters to Me," Says the Lord Almighty.

This shows the way toward the restoration of the relationship between God and mankind just like it was in the Garden of Eden.

1 Corinthians 15:33 – A Key to failure

33Do not be deceived: "Bad company corrupts good morals."

How does all of this apply to us today?

The first essential step necessary to being a woman of excellence is coming to faith in Yeshua and being willing to repent (change your mind about yourself and your relationship with God and other people. In doing so you need to turn away from your sin, learn God's way of doing things by studying His Word and apply them to your life.) When you do this miraculous things happen in your life. First you are 'born again' by the power of God and you receive the in-dwelling Holy Spirit, who helps convict you of sin in your relationships and guides and directs you to relating to God and other people in ways that please God. In love, God promises you eternal life and gives you the opportunity to walk out your life in the fullness of your God given destiny. In that instant you also become part of the family of God, the body of Messiah and new relationships begin to fill your life, first with God and then with others in the body.

John 3:16 For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life.

God puts us in the body of Messiah for more reasons than we can understand. They all involve relationship. God is a relational God. The first reason we're in the "body" is that as believers and followers of Yeshua our number one responsibility is to be disciplined and make disciples.

Matthew 28:18-20 And Yeshua came up and spoke to them, saying, "All authority has been given to Me in heaven and on earth. "Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age."

A disciple of Yeshua is more than a believer, or someone who attends a local congregation. A disciple is a learner and a follower of the teaching of Yeshua. Disciples are often spoken of as imitators of their teachers. To be Yeshua's disciple we have to strive to be like Him. This is done in relationship with God in with other people. We cannot do it alone. God uses others in our lives to encourage us, guide and teach us, correct us and often even to "rub us the wrong way" in order to help

strengthen us in our ability to be steadfast and immovable in our faith, and character. I call those kind of relationships “holy sandpaper.” Though they’re not comfortable they’re very profitable in the shaping of our characters.

Proverbs 27:17 Iron sharpens iron, So one man sharpens another.

This brings us to: Godliness vs. ungodliness in relationships

Scripture is full of teachings regarding godliness and ungodliness. These principles apply to our relationships. Godliness and ungodliness in our relationships is determined by what we Think, Say and Do.

The book of Proverbs is full of God’s wisdom regarding relationships:

Proverbs 20:19 He who goes about as a slanderer reveals secrets, Therefore do not associate with a gossip.

Proverbs 19:19 A man of great anger will bear the penalty, For if you rescue him, you will only have to do it again.

Proverbs 22:24 Do not associate with a man given to anger; Or go with a hot-tempered man,

Relationships are created by three things in our lives: First, our thoughts about people, then our words spoken about them and to them and finally our actions with them.

Proverbs 10:18 He who conceals hatred has lying lips, And he who spreads slander is a fool.

Proverbs 11:29 He who troubles his own house will inherit wind, And the foolish will be servant to the wisehearted.

Proverbs 12:15 The way of a fool is right in his own eyes, But a wise man is he who listens to counsel.

Proverbs 14:1 [Contrast the Upright and the Wicked] The wise woman builds her house, But the foolish tears it down with her own hands.

The power of the tongue:

Remember that you have life and death in the power of your tongue. Your words can build or tear down. The choice is yours.

Proverbs 18:20-22 With the fruit of a man’s mouth his stomach will be satisfied; He will be satisfied with the product of his lips. 21 Death and life are in the power of the tongue, And those who love it will eat its fruit. 22 He who finds a wife finds a good thing And obtains favor from the LORD.

Key Scriptures regarding relationships:

James 3:13-18 ***Who among you is wise and understanding? Let him show by his good behavior his deeds in the gentleness of wisdom. 14But if you have bitterjealousy and selfish ambition in your heart, do not be arrogant and so lie againstthe truth. 15This wisdom is not that which comes downfrom above, but is earthly, natural, demonic. 16For where jealousy and selfish ambition exist, there is disorder and every evil thing. 17But the wisdom from above is first pure, then peaceable, gentle, reasonable, full of mercy and good fruits, unwavering, without hypocrisy. 18And the seed whose fruit is righteousness is sown in peace by those who make peace.***

Ephesians 4:1-3 ***1Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called, 2with all humility and gentleness, with patience, showing tolerance for one another in love, 3being diligent to preserve the unity of the Spirit in the bond of peace.***

Philippians 2:2 ***2make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose. 3Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; 4do not merely look out for your own personal interests, but also for the interests of others.***

Matthew 20:25-27 ***25But Jesus called them to Himself and said, "You know that the rulers of the Gentiles lord it over them, and their great men exercise authority over them. 26"It is not this way among you, but whoever wishes to become great among you shall be your servant, 27and whoever wishes to be first among you shall be your slave;***

Scripture reading:James 4

Life Application: What can you learn and apply to your life from James 4 to help you in your relationships with people?

Memory Verse Review

Proverbs 12:4 An excellent wife is the crown of her husband, but she who shames him is like rotteness in his bones.

Proverbs 31:10 An excellent wife, who can find? For her worth is far above jewels.

Romans 12:2 Do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

1 Corinthians 1:30 But by His doing you are in Christ Jesus, who became to us wisdom from God, and righteousness and sanctification, and redemption...

Proverbs 11: 2When pride comes, then comes dishonor, But with the humble is wisdom.

Philippians 4:13 I can do all things through Him who strengthens me.

2 Corinthians 10:4 For the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses.

New Verse: Philippians 2: 3 *Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves;*