



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 life vision/dream based on Biblical perspective with the help of wise counselors.

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: Gain a clearer perspective on our life purpose our relationships, and ourselves - and live accordingly.

III. A Woman of Strength

Question: Can I embrace real life?

Struggle: Engage v. Retreat

Issues:

Blessings:

Dangers:

Goal: Strongly embrace life, eagerly pursuing biblical purposes and priorities.

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: Purposefully invest the wisdom gained from life experience and walking with God in the lives of younger women and the next generation.

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 our lives with excellence, modeling Godly character and leaving a legacy of committed followers of Christ.

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? (*Would our group be interested in meeting this summer to discuss our plans with each other?*)
2. In what “phase of life” would you say you are? How do you gauge that?
3. Describe the “Struggle” for 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?

For the remainder of our study the ***Reflection Assignment*** is your ***Womanhood Plan***. Take some time to review the whole course and how it applies *to you*. We provided you with a worksheet (see Week 21 in this notebook) to walk you through the process, but feel free to create any format for your “plan” that works for you.

Week Twenty-two Summary...

As we wind up our study of Biblical womanhood, it’s appropriate that we acknowledge that the job of applying the principles we learned this year and the challenges we will face in the process 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 life-vision based on Biblical perspective and wise counsel
- A Woman of Reality
 - Question: What happened and what am I going to do about it?
 - Struggle: Reality v. Fantasy
 - Goal: Gain a clearer perspective on our life purpose, our relationships, and ourselves—and live accordingly
- A Woman of Strength
 - Question: Can I embrace real life or will I run from it?
 - Struggle: Engage v. Retreat (or Resentment)
 - Goal: Strongly embrace life, eagerly pursuing Biblical purposes and priorities
- A Woman of Wisdom
 - Question: What am I going to do with the rest of my life?
 - Struggle: Opportunity v. Disconnection
 - Goal: Purposely invest the wisdom gained from life experience and walking with God in the lives of younger women and the next generation
 - 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 our lives with excellence, modeling Godly character and leaving a legacy of committed followers of Christ

At every phase of life, we have the opportunity, again, to choose 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. But the past does not dictate the future. It does not have to hold us back and we can't 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!