



like a
Lady





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Welcome to

like a
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A beautiful young girl was unexpectedly thrown into a life of riches and power! From a quiet life to Queen of a nation!

When I was a young girl, I attended a fun group for girls where I got to hear such great stories. It was the highlight of my week. I loved learning about a poor girl who became a Queen, and was able to save her people from certain death. It was romantic, mysterious, and adventurous! I wanted to be just like her, beautiful, wise, and kind. Her name was Esther. You can read her story in the Bible. Now that I am older myself, I realize that what drew me to Esther's story was not so much the "fun" time I had, but the fact that God's love was displayed through her story and came alive. It was my introduction to the Word of God. Whether you are just being introduced to the Word of God through this devotion or whether you are pretty familiar with a lot of the true stories in the

Bible, my prayer is that as you read through this booklet the eyes of your heart will be open to learn what it means to be a godly young lady.

Did you know that the same Word where you can read about Esther tells another wonderful story? It is the story of Jesus, God's Son. You see, if we really think about it, we don't always do the right thing, do we? Well because we sometimes choose to do the wrong thing, which is called sin, God says that we cannot be with Him in Heaven for eternity. In fact, we deserve Hell. But, this awesome story doesn't end there.

The Bible says in John 3:16 says that God loved the people of the world so much that He gave up His only Son, and that if we truly believe this we will never die, but have eternal life! Once you receive Jesus' payment for your sin, God will begin to change you, just like He changed Esther. Most likely you won't be a Queen, but you'll become a godly lady whom God can use.

If you are interested in learning more about this, would you please ask the person who gave you this booklet? If that is not possible, there is a phone number on the back of this booklet that I would love for you to call!

~Jana Milligan

Gentle & Quiet

Did you know that God says we girls can be beautiful and precious in his eyes? That's right, He does! But we aren't always that way. Only when we have a certain kind of spirit, a spirit that is gentle and quiet. Then, God looks at us and says, "I think you are beautiful and precious."

Well, if God thinks that, let's find out what it means to have a gentle and quiet spirit, OK? For sure we don't want to just make up our own idea about it. Here's what the Bible says a gentle and quiet spirit looks like:

Obedience

But don't take my word for it. Look up the following Scriptures and fill in the blanks. Then discuss the questions with each other.

Ephesians 6:1 "Children, _____ your parents in the Lord, for this is right."

How are children supposed to respond to their parents? Why?

Deuteronomy 5:16 "Honor your _____ and your _____, as the Lord your God commanded you, that your days may be _____, and that it may go _____ with you in the land that the LORD your God is giving you."

If we honor our parents, what kind of days will we have? If we don't honor our parents, how will it go with us? (May I share something personal with you? My parents died last year, and now I am doubly grateful for every thought or action by which I honored them. On the other hand, I've talked with many gals who are plagued with guilt about the way they treated their parents, and it's too late to make it right.)

Children aren't the only ones for whom a gentle and quiet spirit means obedience. The Bible paints a picture for wives of how a gentle and quiet spirit looks for them.

1 Peter 3:4-5 "But let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very _____. For this is how holy women who hoped in God used to adorn themselves, by submitting to their husbands, as Sarah _____ Abraham, calling him lord. And you are her children, if you do good and do not fear anything that is frightening."

The Bible uses the story of Sarah to explain a gentle and quiet spirit. How did Sarah respond to Abraham? How did that look in God's sight?

Obedient actions don't please God unless they come from the inside, from your spirit (or inner being). Obedience starts in your heart and mind.

Ephesians 3:16 "That according to the riches of His glory He may grant you to be strengthened with power through His Spirit in your _____."

Where does God give us power? When our inner person is strengthened by God, we won't have a problem with obedience.

Heart Check

- ♡ Obedience starts inside us, with a little thing called attitude. Another way to think about attitude is moods. When we choose a good mood, God is pleased. But, when we have a sinful mood, that is sin. We must confess it to God, and to those around us who have been affected by it. Even if we obey on the outside, when we do it with a bad attitude or mood, it is still sin.
- ♡ Take a minute to stop and talk about your attitudes, or moods. When we mope around, when we are grouchy, when we grumble or complain, when we stomp around, or when we get angry, that is evidence of a sinful mood. An obedient mood is cheerful, helpful, energetic, agreeable, positive, generous, and respectful. (According to Elizabeth George in *A Young Woman After God's Own Heart*, OR:Harvest House, 2003). Which of these contrasting moods generally characterizes you?
- ♡ Many women experience hormonal changes that seem to make a sinful mood the easier choice. However, health is never an excuse for bad behavior! If it was, people who are paralyzed or persecuted would be excused from contentment and joyfulness. But Philippians 4 teaches us that, in Christ, we can be joyful and contented at all times. As soon as you recognize a sinful mood, confess it as sin, and then you can walk in repentance. When our inner being is strengthened by God, we can always choose a good mood, an obedient attitude, because we have a gentle and quiet spirit. No matter what.
- ♡ God grows a right attitude in us as we grow closer to Him. We grow in relationship with Him by reading His Word every day, praying every day (especially when you need help), being close with people who love and obey Him, and obeying His Word every time we don't feel like it.

Really Beautiful

When you look in the mirror, what do you see? I'll bet you think you're too tall, too short, too fat, too skinny, or too something. Because we live in a fallen world, unless our thoughts are biblical, we are being deceived about what's beautiful. Think about it. Who made you? Did He do it wrong? No! So you see, it's time to stop obsessing about what you see or don't see in the mirror.

This issue gets even more complicated because of mixed messages. Everywhere you look, something that's not really beautiful is getting admiration. The looks that people generally find cool are those that are sexy, or suggestive. Every woman faces the temptation to show off the shape or the curves of her body. God's Word for it is immodesty.

If you want to dress in a way that is really beautiful, then you'll think about the best way to frame the face God gave you. And not because you have a straight nose, or because you've learned how to flash a cute smile. No, as a matter of fact, you might have a huge nose, or an oddly shaped chin, or tons of pimples. But no matter how crooked or different your face is, you can show people the:

Joy of Jesus

Let's learn some truth about real beauty. Look up the following Scriptures and fill in the blanks. Then discuss the questions.

1 Samuel 16:6-7 "But God said to Samuel, "Do not _____ at his outward appearance. Even though he's tall and looks pleasing to you, I have rejected him. God doesn't look at people that way people do. Man looks at the _____ appearance, but God looks at the _____."

Discuss some outward appearances (besides height) that people find attractive. What does God look at?

1 Timothy 2:8-9 "As important as it is for men to pray, I desire with the same fervency that women should dress in respectable clothing. The important things are _____ and self control, not braided hair or gold or pearls or expensive clothing."

Talk about the clothing that we are tempted to wear that is immodest, and shows we are not self-controlled.

Proverbs 7:10 "And behold the woman meets him, dressed like a prostitute, _____ of heart."

What is true about the heart of the woman who dresses in a way that looks sexy? She is "cunning" or "wily" or "crafty" or "devious."

When Pastor Bob played hockey, he always had to wear a suit whenever he represented the team in public. They told him, "If you look like you're successful, you're more likely to be." If we dress like a prostitute, we might end up acting like one. When we dress modestly, we're more likely to act like a Christian.

Proverbs 31:30 "Charm is _____, and beauty is _____; but a woman who fears God is to be praised."

Philippians 4:4 "Rejoice in the Lord always, again I say, _____."

How is charm described? A heart that honestly fears God will be filled with joy.

Heart Check

- ♡ First of all, are you joyful? Then, your job is to show that joy to others. Especially if your life is hard, when you show the joy of Jesus, others can see how awesome God is. The Bible calls that glorifying God

- ♡ It's one or the other. You either dress to draw attention to your body, or your face. Which way do your fashions point? What are some ways you could grow in joyful modesty?

- ♡ Mom, write down two qualities of your daughter that do not have anything to do with physical beauty.
 - ♡ _____
 - ♡ _____

- ♡ Are any of those qualities listed below? Choose two from the list below that your daughter is weakest in, and discuss how she could grow to be more beautiful in those areas.
 - ♡ A sense of fun, ready to laugh
 - ♡ Compassion toward the hurting, kindness
 - ♡ Patience, not easily frustrated
 - ♡ Loyalty, hanging in there, faithfulness
 - ♡ Honesty, speaking the truth in love
 - ♡ Gentleness, not ramming opinions at people
 - ♡ Optimism, smiling at the future, seeing the bright side
 - ♡ Contentment with the way God made me, thankfulness

♡ Write down two Biblical character traits of your Mom that you appreciate.

♡ _____

♡ _____

Yakkity Yak

There are lots of ideas floating around about the things we say.
Have you heard any of these?

“If you can’t find something good to say about someone,
don’t say anything at all.”

“If you don’t confront sin, you don’t love the person.”

“You might just have to vent a little so you’ll feel better.”

“Fake it till you make it.”

They all sound good. Wow, this could get confusing. Am I supposed to let food dribble off my friend’s chin? Or am I supposed to point out her sins? Am I supposed to let everyone know my feelings? Am I supposed to act fake, as if I like a guy I can’t stand? What’s the right way to talk to people?

How about if we check out the Bible? It never changes, like folksy sayings do. So, rather than writing our own “how to talk” book, let’s check out God’s instruction manual. It’s got a lot to say about how we talk, and it’ll teach us attractive speech. Speech that people like and that God likes. We’re going to learn what it’s like to be:

Gracious

First of all, let's understand that our speech is really important.

James 3:6 "And the tongue is a fire, a world of unrighteousness. The tongue can stain the whole body, setting on fire the entire course of life, set on fire by _____."

Nothing's much more scary than a forest fire. When we set our world on fire by our speech, it's straight from hell. These words were written by Jesus' little brother James. Imagine growing up with Jesus, who never said a mean word or told a lie.

Luke 6:45 "Out of the abundance of the heart, the _____ speaks."

Where do the things you say come from?

Proverbs 30:32 "If you have been foolish, exalting yourself, or if you have been devising evil, put your hand on your _____."

When words leak out that reveal the pride or evil in your heart, what are you supposed to do? Stop it! Cover your mouth!

Ephesians 4:29 "Let no unwholesome word proceed out of your mouth, but what is necessary to _____, that it may impart _____ to the hearer."

We may not say words that don't benefit people, that don't build up the body of Christ! What kind of words are we to use?

Proverbs 3:4-5 "Do not let kindness and truth leave you, bind them around your neck, write them on the tablets of your heart, and you will find _____ with God and man."

To speak graciously, which finds favor with both God and man, our hearts must be full of kindness (love) and truth (faithfulness).

Colossians 3:9 "Do not _____ to one another, since you have put off the old self and have put on the new self, which is being renewed in knowledge after the image of its creator."

Read Genesis 1:26, and Romans 8:28-29. We are made to be little images of God, so people can see what God is like. We need to talk like our big brother Jesus. How does your speech need to change so you talk like Jesus? 14

Heart Checks

♡ DEFINITION OF “CONFESS” - to agree with God.

♡ Read these verses aloud—Proverbs 2:16, 5:3, 6:24, 7:5, 7:21.

♡ Confess ways your speech has been fake, smooth, flattering, or seductive.

♡ Discuss a specific time, place, and person with whom you need to speak with honesty and sincerity.

♡ Record when and how you followed through:

Mom _____

Daughter _____

♡ Read these verses aloud—Proverbs 4:24, 8:8, 10:32, 15:4, 16:28, 31:26.

♡ Confess ways your speech has been harmful, perverse, strife-filled, or divisive.

♡ Discuss a specific time, place, and person with whom you need to speak gently, in a kind, acceptable way.

♡ Record when and how you followed through:

Mom _____

Daughter _____

♡ Read these verses aloud—Proverbs 6:17, 6:19, 8:7, 15:26, 22:11, 24:28b, 26:18-19.

♡ Confess ways your speech has been dishonest, wicked, or deceptive.

♡ Discuss a specific time, place, and person with whom you need to speak truth from a pure, gracious heart.

♡ Record when and how you followed through:

Mom _____

Daughter _____

More Heart Checks

♥ Read these verses aloud—Proverbs 6:19, 15:1, 16:24, 24:1-2.

♥ Confess ways your speech has brought discord, harshly stirred up anger, been quarrelsome, fretful, or troublesome.

♥ Discuss a specific time, place, and person with whom you need to speak softly, pleasantly, and build unity.

♥ Record when and how you followed through:

Mom _____

Daughter _____

♥ Read these verses aloud—Proverbs 7:11, 19:13b, 21:9, 25:24..

♥ Confess ways your speech has been loud, wayward, or quarrelsome.

♥ Discuss a specific time, place, and person with whom you need to speak gently and agreeably.

♥ Record when and how you followed through:

Mom _____

Daughter _____

♥ Read these verses aloud—Proverbs 10:19, 13:3, 15:2, 15:28, 17:27, 29:11, 29:20.

♥ Confess ways you have talked too much, and/or spoken hastily, foolishly, or without thinking.

♥ Discuss a specific time, place, and person with whom you need to restrain or discipline your tongue, guard your words carefully, and speak commendably.

♥ Record when and how you followed through:

Mom _____

Daughter _____

Helpful Hearts

Jesus and his friends ate a lot of meals together. At their last dinner before He was crucified, He did something really unusual. And he told us that we need to do it too. What did he do? Well, his friends (and an enemy) had dirty, stinking feet. He didn't say what we might say, "Eww, your feet stink," or "Here's some foot powder, go clean your feet so we can all breathe in here."

No, He poured water in a basin, got down on his knees, washed their feet, and dried them with a towel. Then he said, "Now you know what you need to do. Do it, and you'll be blessed." So, our job is to think about who's got some dirty, stinkin' business we can take care of for them, and do it.

My Mom was a nurse. She loved taking care of people, and she loved telling us stories, even some kind of gross ones about serving sick people in hospitals. Before she died, she had a stroke, which meant that nurses had to do some pretty yucky work in serving her. In one of our last conversations, I told her that our son Kurt was studying to be a nurse. Her reply was, "Tell him, when he's serving the sick, to do it for Jesus."

Do it for Jesus. Serve for Jesus. Both Matthew and Mark tell us that Jesus didn't come to be served, but to serve. That's what helpful hearts do:

Serve like Jesus

Let's look at what else God says about serving. Fill in the blanks, and discuss the questions.

1 Corinthians 15:58 "Beloved, be steadfast and faithful, always give yourselves _____ to the work of the Lord, because you know that your labor in the Lord is not in vain."

Ephesians 6:6 "Obey your earthly masters, with fear and trembling, with a sincere heart, as you would Christ, not by way of eye-service, as people pleasers, but as _____ of Christ."

Colossians 3:23 "Whatever you do, work _____ doing it for the Lord and not for men...You are serving the Lord Christ."

If we serve God, what kind of a worker are we to be? Discuss how that looks at home and in school, when no one is watching.

OK, so we've identified that God is pleased when we serve Him by working hard. That's going to take some personal discipline, isn't it! As a matter of fact, personal discipline is so important for us, that in Proverbs 31, God tells young men to find a girl who clearly evidences the personal discipline of hard work!

Proverbs 31:13 "She seeks wool and flax, and _____ with willing hands."

Proverbs 31:17 "She dresses herself with _____, and makes her arms strong."

Proverbs 31:27 "She looks well to the ways of her household, and does not eat the bread of _____."

Do you think any of this sounds lazy? No way! She's a hard worker.

Matthew 10:39 "Whoever _____ his life will lose it, and whoever _____ his life for my sake will find it."

What does it mean to lose your life? What does that have to do with serving?

Heart Check

♥ Do you have a few good friends whom you really like to hang with at church? And sometimes you talk on the phone, or spend private time with them in one of your homes? Here's a service idea. Give up your one-on-one time with them when you are at church, and serve. Make an agreement with your best friends that you will serve during your public time. Here's how. Instead of talking with each other when you are at church, agree to talk later. Spread yourselves out so that you spend your public time with:

- ♥ Someone who is new, or a stranger to you, or a first time visitor.
- ♥ Someone who is hurting or lonely.
- ♥ Someone who is not cool, or outcast.

♥ We read in Colossians 3:23, that we must pour ourselves wholeheartedly into everything we do, right? Consider this true story. A handsome and promising young man, who wrote a lot of profound things while he was in college, got married and went to South America with his young wife and daughter. There, he was killed by violent natives. His wife (her name is Elisabeth Elliott) took their little girl and went to live with and love the people who had killed him, and now some of them are Christians. That guy's name is Jim Elliott, and here's one of the things he wrote, "Wherever you are, be all there. Live to the hilt every situation you believe to be the will of God." (Elisabeth Elliott, *Through Gates of Splendor*, NJ: Fleming H. Revell Co, 1957).

♥ What does it mean to be "all there?" It means we pour ourselves into serving, whenever there's a chance in front of us. It means we die to ourselves, we give up doing what we like to do. Jesus told us that it's our job to "wash dirty feet." So, when you see an unpleasant task that needs to be done, be like Jesus, and serve! Then you'll know the joy of Jesus.
