

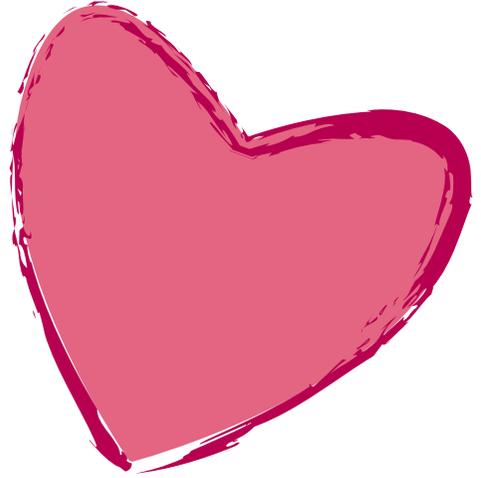
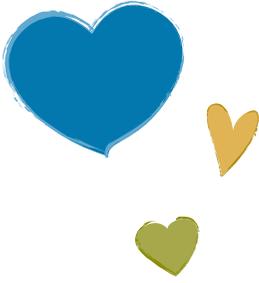


DISCIPLESHIP
JOURNAL

TRUE³

Becoming a True Woman

*...by seeking the Lord
with all my heart*



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*... our daughters will be like
pillars carved to adorn a palace.*

— Psalm 144:12b

WHAT DOES IT MEAN?

The Hebrew word that is translated “pillar” in Psalm 144 is **not** the word that is used in reference to Lot’s wife in Genesis 19.

The two angels came to Sodom in the evening, and Lot was sitting in the gate of Sodom . . . [They] said to Lot . . . “We are about to destroy this place, because the outcry against its people has become great before the LORD, and the LORD has sent us to destroy it” . . . As morning dawned, the angels urged Lot, saying, “Up! Take your wife and your two daughters who are here, lest you be swept away in the punishment of the city . . . Escape for your life. Do not look back.” . . . But Lot’s wife, behind him, looked back, and she became a pillar of salt.

The word translated “pillar” in this verse means to be stopped and trapped in a still, upright position. Consider Jesus’ warning in Luke 17:

Just as it was in the days of Lot—they were eating and drinking, buying and selling, planting and building, but on the day when Lot went out from Sodom, fire and sulfur rained from heaven and destroyed them all—so will it be on the day when the Son of Man is revealed . . . Remember Lot’s wife. Whoever seeks to preserve his life will lose it, but whoever loses his life will keep it.

The woman who seeks to preserve her life is trapped in immature self-centeredness. Her purpose is personal happiness, so she is a life-taker in her relationships.

The word translated “pillar” in Psalm 144 is a word that refers to a functional, supportive, often beautifully carved pillar. It sometimes refers to a corner, connecting pillar. It gives stability to a structure.

Carving is a tedious, tender and transforming process.

When, by God’s grace, we seek Him with all hearts, He transforms us into true women who lose our lives so that we may be filled with the life of Christ. He lovingly carves and shapes His daughters into pillars who adorn our homes and churches with gospel beauty and stability. Then, wonder of wonders, we become life-givers who glorify God by helping others know and glorify Him.



Ephesians 1

¹Paul, an apostle of Christ Jesus by the will of God,

To the saints who are in Ephesus, and are faithful in Christ Jesus:

²Grace to you and peace from God our Father and the Lord Jesus Christ.

³Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, ⁴even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love ⁵he predestined us for adoption as sons through Jesus Christ, according to the purpose of his will, ⁶to the praise of his glorious grace, with which he has blessed us in the Beloved. ⁷In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, ⁸with which he lavished upon us, in all wisdom and insight ⁹making known to us the mystery of his will, according to his purpose, which he set forth in Christ ¹⁰as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

¹¹In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, ¹²so that we who were the first to hope in Christ might be to the praise of his glory. ¹³In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, ¹⁴who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

¹⁵For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints, ¹⁶I do not cease to give thanks for you, remembering you in my prayers, ¹⁷that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and of revelation in the knowledge of him, ¹⁸having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, ¹⁹and what is the immeasurable greatness of his power toward us who believe, according to the working





of his great might ²⁰that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, ²¹far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come. ²²And he put all things under his feet and gave him as head over all things to the church, ²³which is his body, the fullness of him who fills all in all.

The Westminster Shorter Catechism

Q. 1. What is the chief end of man?

A. Man's chief end is to glorify God, and to enjoy Him forever.

Q. 2. What rule hath God given to direct us how we may glorify and enjoy Him?

A. The Word of God, which is contained in the Scriptures of the Old and New Testaments, is the only rule to direct us how we may glorify and enjoy Him.

Q. 10. How did God create man?

A. God created man male and female, after His own image, in knowledge, righteousness, and holiness, with dominion over the creatures.

Q. 11. What are God's works of providence?

A. God's works of providence are, His most holy, wise, and powerful preserving and governing all His creatures, and all their actions.

Q. 12. What special act of providence did God exercise toward man in the estate wherein he was created?

A. When God had created man, He entered into a covenant of life with Him, upon condition of perfect obedience; forbidding him to eat of the tree of the knowledge of good and evil, upon the pain of death.



Q. 13. Did our first parents continue in the estate wherein they were created?

A. Our first parents, being left to the freedom of their own will, fell from the estate wherein they were created, by sinning against God.

Q. 14. What is sin?

A. Sin is any want of conformity unto, or transgression of, the law of God.

Q. 15. What was the sin whereby our first parents fell from the estate wherein they were created?

A. The sin whereby our first parents fell from the estate wherein they were created, was their eating the forbidden fruit.

Q. 16. Did all mankind fall in Adam's first transgression?

A. The covenant being made with Adam, not only for himself, but for his posterity; all mankind, descending from him by ordinary generation, sinned in him, and fell with him, in his first transgression.

Q. 17. Into what estate did the fall bring mankind?

A. The fall brought mankind into an estate of sin and misery.

Q. 20. Did God leave all mankind to perish in the estate of sin and misery?

A. God having, out of His mere good pleasure, from all eternity, elected some to everlasting life, did enter into a covenant of grace to deliver them out of the estate of sin and misery, and to bring them into an estate of salvation by a Redeemer.

Q. 21. Who is the Redeemer of God's elect?

A. The only Redeemer of God's elect is the Lord Jesus Christ, who, being the eternal Son of God, became man, and so was, and continueth to be, God and man in two distinct natures, and one person, forever.





Let's Reflect on God's Covenant of Grace

What is the covenant promise?

Jeremiah 24:7

I will give them a heart to know that I am the LORD, and they shall be my people and I will be their God, for they shall return to me with their whole heart.

Why did God choose me to be His covenant child?

Deuteronomy 7:6-8

For you are a people holy to the LORD your God. The LORD your God has chosen you to be a people for his treasured possession, out of all the peoples who are on the face of the earth. It was not because you were more in number than any other people that the LORD set his love on you and chose you, for you were the fewest of all peoples, but it is because the LORD loves you and is keeping the oath that he swore to your fathers.

How did God keep His covenant of love?

John 3:16

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.



How then should I live?

Matthew 22:37-39

You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself.

What does Jesus pray for His covenant people?

John 17:15, 17, 22-24

I do not ask that you take them out of the world, but that you keep them from the evil one . . . Sanctify them in the truth; your word is truth . . . The glory that you have given me I have given to them, that they may be one even as we are one, I in them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me. Father, I desire that they also, whom you have given me, may be with me where I am, to see my glory that you have given me because you loved me before the foundation of the world.

How can we help one another?

2 Chronicles 15:12

And they entered into a covenant to seek the LORD, the God of their fathers, with all their heart and with all their soul . . .

How did Ruth express her commitment to live covenantally?

Ruth 1:16-17

Ruth said, "Do not urge me to leave you or to return from following you. For where you go I will go, and where you lodge I will lodge. Your people shall be my people, and your God my God. Where you die I will die, and there will I be buried. May the LORD do so to me and more also if anything but death parts me from you."



PART 1

Loving the Legacy

When someone is given a legacy they should love and treasure it, live in a manner worthy of it, and guard it so it can be given to the next generation.

What is a legacy?

A gift; something handed down from the past. An inheritance.



Think about this . . .

Do I know and love the legacy of biblical womanhood that I have been given?

Am I, by God's grace, striving to live this legacy in my relationships and circumstances?

Am I prepared to give this legacy to someone else?

And remember this . . .

This is not a legacy that is placed in my hands.
It is a legacy that is placed in my heart by God's sovereign grace.



Jeremiah 24:7

I will give them a heart to know that I am the LORD, and they shall be my people and I will be their God, for they shall return to me with their whole heart.

Ephesians 1:11–12

In him [Christ] we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, so that we who were the first to hope in Christ might be to the praise of his glory.



Legacy

♥ *Mary Kate's Legacy* ♥

(Adapted from *The Legacy of Biblical Womanhood*)

One glorious Sunday morning our family gathered in a Presbyterian Church in Alabama to see our granddaughter, Mary Kate, make her public profession of faith and be received as a full communing member of the church.

We have decided that this is perhaps the most momentous event in the lives of our grandchildren. It is the event that should determine every other decision that child will make—from how she will spend the Sabbath to how she spends her money, from her choice of clothes to her choice of a husband.

As we sat together on the front two pews of the church, I experienced a multitude of emotions and thoughts. My mother was with us, and there was a moment when I realized that three generations of women were watching the fourth generation do what each of us had done. There was a rush of gratitude for the legacy of grace that God has given to another generation. There was also an overwhelming desire to tell Mary Kate everything we had learned about being a redeemed woman. I longed to hand her a recipe and say, “Mary Kate, follow this and life will turn out delicious.”

But I know better. I know that life is not always delicious because these same women stood at a grave when we buried Mary Kate’s baby sister.

However, I am convinced that everything Mary Kate needs to know in life and in death was encapsulated in seed form in those few moments when she took her covenant vows and pledged herself to Jesus and to His people. That event is an object lesson that we can use to teach Mary Kate the grand themes of Scripture. And it is those overarching themes that she needs to know and to bring to bear on every decision, circumstance, relationship, and role she will face.

Much of the confusion about womanhood comes because we isolate the discussion from the major themes of Scripture, and then we reduce the discussion



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to roles and behaviors. This approach fails to recognize the unity of God's Word and usually results in distortions. It fails to give the rich legacy of biblical womanhood to the next generation.

Here are the "big ideas" that I want to teach Mary Kate and her generation. They are applicable regardless of the life-journey God has prepared for them.

Big Idea #1

God created woman to be a helper.

Genesis 1:1, 3

In the beginning, God created the heavens and the earth . . . And God said, "Let there be" . . . and there was . . .

Genesis 1:26–27

Then God said, "Let us make man in our image, after our likeness" . . . So God created man in his own image, in the image of God he created him; male and female he created them.

Genesis 2:18

Then the LORD God said, "It is not good that the man should be alone; I will make him a helper fit for him."

The Hebrew word translated helper, ezer, is frequently used to refer to God as our Helper. These passages help us understand the function of an ezer.

♥ _____ Exodus 18:4: [Moses said] "The God of my father was my help, and delivered me from the sword of Pharaoh."

♥ _____ Psalm 10:14:14 But you, O



God, do see trouble and grief; you consider it to take it in hand. The victim commits himself to you; you are the helper of the fatherless. (NIV)

♥ _____ Psalm 20:2: May he send you help from the sanctuary and give you support from Zion!

♥ _____ Psalm 33:20: Our soul waits for the Lord; he is our help and our shield.

♥ _____ Psalm 70:5: But I am poor and needy; hasten to me, O God! You are my help and my deliverer; O Lord, do not delay!

♥ _____ Psalm 72:12–14: For he will deliver the needy who cry out, the afflicted who have no one to help. He will take pity on the weak and the needy and save the needy from death. He will rescue them from oppression and violence, for precious is their blood in his sight. (NIV)

♥ _____ Psalm 86:17: . . . you, Lord, have helped me and comforted me.

♥ *Mary Kate's Legacy* ♥

In her book *What Our Mother's Didn't Tell Us*, Danielle Crittenden writes:

For in all the ripping down of barriers that has taken place over a generation, we may have inadvertently also smashed the foundations necessary for our happiness. Pretending that we are the same as men—with similar needs and desires—has only led many of us to find out, brutally, how different we really are. In demanding radical independence—from men, from our families—we

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may have also abandoned certain bargains and institutions that didn't always work perfectly but until very recently were civilization's best ways of taming the feckless human heart.

Crittenden's research and analysis are helpful, but her solutions are flawed because they make woman the reference point.

I pray that Mary Kate and her generation will write books entitled *What Our Mothers Told Us*. These books will gratefully declare:

- ♥ Our mothers boldly told us that our reference point is God; we are His image bearers; His Word is our authority; our purpose is His glory.
- ♥ They told us about our creation design, which is never outdated because it transcends time and place. It is larger than any role in life but it impacts every role. It is the design stamped upon us at creation. It is intrinsic to who we are as women. It is good because He is good.
- ♥ They unwaveringly told us about our mission to be life-givers in every relationship and every circumstance.

Problem . . .

**The man and woman disobeyed God.
Sin separated them from God.
Woman became a life-taker.**



	Helper/Life-Giver	Hinderer/Life-Taker
Exodus 18:4	Defends _____	Attacks _____
Psalm 10:14	Sees, cares for oppressed _____	Indifferent _____
Psalm 20:2	Supports _____	Weakens _____
Psalm 33:20	Shields, protects _____	Leaves unprotected _____
Psalm 70:5	Delivers from distress _____	Causes distress _____
Psalm 72:12-14	Rescues _____	Ignores _____
Psalm 86:17	Comforts _____	Avoids, causes discomfort _____

Good News!
God provided the way back.
He promised a Redeemer.

Big Idea #2
The gospel empowers and compels
us to exercise our design.

Genesis 3:15

I will put enmity between you and the woman, and between your offspring and her offspring; he shall bruise your head, and you shall bruise his heel.



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Genesis 3:20

The man called his wife's name Eve, because she was the mother of all living.

♥ Woman's creation design: _____

♥ Woman's redemptive mission: _____

♥ *Mary Kate's Legacy* ♥

When Mary Kate made her public profession of faith, her grandfather, who is a pastor, asked her the following questions:

Do you acknowledge yourself to be a sinner in the sight of God, justly deserving His displeasure, and without hope, except through His sovereign mercy? (continued)

Do you believe in the Lord Jesus Christ as the Son of God, and Saviour of sinners, and do you receive and trust Him alone for salvation as He is offered in the Gospel?

Do you now resolve and promise, in humble reliance upon the grace of the Holy Spirit, that you endeavor to live as becometh the followers of Christ?

It is because of our redemption that we can live out our helper design. Redeeming love breaks the reign of sin in our lives and empowers us to fulfill our creation mission. And it is our knowledge of our Redeemer's love that compels us to do so.



Big Idea #3

The covenant community is the place where we are equipped to live out the implications of our design.

Ruth 1:16–17

But Ruth said [to her mother-in-law Naomi], “Do not urge me to leave you or to return from following you. For where you go I will go, and where you lodge I will lodge. Your people shall be my people, and your God my God. Where you die I will die, and there will I be buried. May the LORD do so to me and more also if anything but death parts me from you.”

♥ *Mary Kate's Legacy* ♥

Mary Kate's grandfather asked her the next question:

Do you promise to support the Church in its worship and work to the best of your ability?

This was a wonderful moment for our family, but we knew that it was not just about our nuclear family. Mary Kate was affirming her faith in Jesus and identifying herself with the people of God. She was promising to live covenantally before God and with His people.

The words that Ruth said to Naomi are often read at weddings, and that is certainly appropriate. But they were equally appropriate for Mary Kate as she presented herself for full communicant privileges and responsibilities in the church of Jesus Christ . . .

This view of church life is echoed in the Westminster Confession of Faith:

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All saints, that are united to Jesus Christ their Head, by his Spirit, and by faith, have fellowship with Him in His grace, sufferings, death, resurrection, and glory: and, being united to one another in love, they have communion in each other's gifts and graces, and are obliged to the performance of such duties, public and private, as do conduce to their mutual good, both in the inward and outward man.

The helper design is a covenantal concept. It only makes sense in a covenantal context.

The helper design of women is crushed in a culture of individualism and independence where girls are told to pursue self-fulfillment and that self-sufficiency is power. In this postmodern age of relativism and autonomy, the helper design is useless and senseless. It does not fit. But in the covenantal community, the church of the Lord Jesus, the helper design is essential.

I pray that Mary Kate will never take a consumer approach to church life. I do not want her to selfishly ask, "How can this church serve me?" or to whine, "This church has wounded me." I want her to know that the church is the place where she is to share her gifts and graces with God's people.

Big Idea #4

Male headship in the home and church is a gift from God that liberates women to fulfill our creation design.

1 Corinthians 11:3

But I want you to understand that the head of every man is Christ, the head of a wife is her husband, and the head of Christ is God.



♥ *Mary Kate's Legacy* ♥

Mary Kate's grandfather asked her the next question:

Do you submit yourself to the government and discipline of the Church, and promise to strive for its purity and peace?

He explained to her that just as God has said that her mom and dad are the authority in their home, He has said that the elders are the authority in her church. In voluntarily placing herself in submission to those elders, Mary Kate positioned herself to receive the blessings, benefits, and protection of the church. She became a partaker of the rich inheritance of being a member of God's household. If God's plan for her is marriage, this ecclesiastical submission prepares Mary Kate to understand marital submission.

The redeemed helper is not threatened by male headship. She values male and female distinctiveness because she knows that they are God's design and order. She knows that submission has nothing to do with status. Submission has to do with function . . . Submission is built in to the way God has ordered life in the kingdom, and it is good because He is good. Headship and submission are God's ordained order for achieving oneness in marriage and order in the church.

Big Idea #5

We are called to pass this legacy to the next generation.

Titus 2:3–5

Older women likewise are to be reverent in behavior, not slanderers or slaves to much wine. They are to teach what is good, and so train the young women to love their husbands and children, to be self-controlled, pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled.



♥ *Mary Kate's Legacy* ♥

Following the church service, Mary Kate's parents hosted a luncheon in her honor. It was not just for our nuclear family . . . The pastor and his family and other members of the church were there. We gave her a Bible, and everyone signed it. We wanted to etch upon her memory a picture of a covenant family. At some level, all of the people who were there have assumed a responsibility to show and tell her about God and His kingdom. Some are Sunday school teachers, some are parents of her friends, but she is learning from all of them. From the women, she will learn what it means to be a Christian woman.

**Biblical womanhood is one part
of our legacy of grace.**

A Legacy of Grace

Ephesians 1:11–12

In him [Christ] we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, so that we who were the first to hope in Christ might be to the praise of his glory.





LESSON ONE JOURNAL

Date _____

**And they entered into a covenant to seek the LORD,
the God of their fathers,
with all their heart and with all their soul.**

— 2 Chronicles 15:12

✓ To Do

1. Share this lesson with your mother or an older friend.
2. This week pray for _____
3. Pray that the Lord will show you a younger girl He wants you to encourage.
4. Read Ephesians 1 every day (p. 4 in this Journal).

We have been created in the image of the Triune God. The Father, Son and Holy Spirit are equal in substance and power, but each Person of the Trinity has a different function in our redemption. Ephesians 1 shows us that these Trinitarian distinctions are not blurred, but are so perfectly complementary that they harmonize into one perfect work of redemption.

As you read the passage, ask:

- What does this teach me about the work of the Father in my redemption?
- What does this teach me about the work of the Son in my redemption?
- What does this teach me about the work of the Spirit in my redemption?

In the margin, indicate the work of the Father, the Son and the Holy Spirit.

Memorize vv. 1–6.

5. Write the story about your legacy of grace on the next page in the space provided (continue on a separate sheet if needed).



