



Ladies of Grace  
Bible Studies for Women

*A Woman & Her Walk With God Series*

Encouraging Women to Walk With God on the Brighter Side of Life

## A Woman & Her Spirit

*"But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great prices." I Peter 3:4*

Last week, we took the time to understand the mind of God as we walk with Him. As we spent time reading the sermon that Jesus Christ spoke in Luke chapter six, we were reminded that God's goal for us is that we develop solid, steady lives. The kind of lives that aren't tossed and turned when the storms of life come. And the kind of lives that will stand strong when the enemies of life attack. It was good to see that God desires good for our lives as we walk with Him, and I know that many of us were encouraged to know that "all things work together for the good" to them that love God and obey Him.

For the next few weeks, we are going to learn how to become the kind of woman that pleases God and is useful to Him as she walks with Him. I think you will find these studies encouraging and very helpful as you go about your business as a Christian woman in your day to day life.

Today we are going to talk about what the Bible has to say about "A Woman & Her Spirit." Please turn with me to I Peter 2 and let's read through I Peter 3:6.

What is a woman's spirit? It is the area in her mind where her thoughts are generated, and the place that communicates to our hearts about how we should feel about things.

Why do you think her spirit is important to God? Because He knows that her spirit is the part of her that will control the way she thinks, feels, and lives. And He also knows, that it is the part of her that it will bear witness of Him, as she spends her day touching the lives of others.

As we read in I Peter 3:1-6, we find that the kind of spirit that God desires that we have is a *meek and quiet spirit*. What does it mean to have a meek and quiet spirit? **It means to have a spirit that does not cause anyone trouble, and one that bears all wrongs without being troubled.** This is the kind of spirit that is humble, gentle and mild, and one that remains still, undisturbed and peaceable. Does this sound like the kind of spirit that you have? Are you the kind of woman that has peace and is willing to allow people to offend you without being offended? I know at times I behave like this kind of a woman ~ but it is MOSTLY when I am home alone and there is nobody around to irritate me!

More than anything, I want my life to please the Lord as I walk with Him from day to day, and if developing a meek and quiet spirit is something that God wants me to do, it is something that I am willing to learn how to do. And I'm sure you feel the same way too. So, how do we develop a meek and quiet spirit? **BY TRUSTING IN GOD.** And guess how our trust in God is usually measured? By how well we are in subjection to our own husbands!

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# *A Woman & Her Walk With God Series*

Do you think “trusting in God, as you are subject to your own husband” is an easy thing to do? Sometimes I do, and sometimes I don’t. It depends on what my husband wants me to do. If he wants me to rest when I am tired, to buy me a dress when he has money, or to travel by plane to a faraway state, I find it very easy to trust in God and exhibit a meek and quiet spirit. You know why? Because there is nothing about these situations that would ruffle my spirit. But let him put pressure on me to get all dressed up when I am tired, buy something that I don’t think we can afford, or want me to drive a long distance in the car, and suddenly I develop a fearful and contentious spirit. It is probably that way with you, and most every other woman too.

And that is why I am glad that God left for us Sarah to be an example for us to follow in this area ~ a woman that was willing to trust in God even when she knew that she couldn’t trust in the judgment of her husband.

Turn with me to Genesis 12:5-13, and Genesis 20:1-18. In these verses we see that Sarah’s husband willingly put her in a place of personal danger, not just once, but twice! Do you think this would have been enough to send you into fearfulness and contention? I do. But how did she respond each time? She responded with a meek and quiet spirit. And how was she able to do this? By realizing that God was in control of the whole situation.

It is a funny thing, but God often uses the marriage relationship to develop our Christian character in us. So much is revealed about us as we seek to fulfill our role as wives and helpmeets to our husbands. We really see what we are made of as we face the day to day responsibility of surrendering our wills and submitting to our husbands, rather than struggling with them. But it is only through the continuance of doing this, that our spirits are humbled and we genuinely begin to rely on God.

As I have been thinking about this study for the past two weeks, I have been asking God to show me a simple way to help us all understand what a meek and quiet spirit looks like in the everyday dealings of life. He brought to my mind a favorite poem of mine, and one that is probably a favorite of some of yours as well.

## **THE SERENITY PRAYER**

**Almighty God, our Heavenly Father,  
give us Serenity to accept what cannot be changed,  
Courage to change what should be changed,  
and Wisdom to know the one from the other;  
through Jesus Christ, our Lord.  
Living one day at a time;  
enjoying one moment at a time;  
accepting hardships as the pathway to peace;  
taking, as He did, this sinful world  
as it is, not as I would have it:  
Trusting that He will make all things  
right if I surrender to His Will;  
that I may be reasonably happy in this life  
and supremely happy with Him forever in the next. Amen**

As we walk with God this week, let’s work on developing a meek and quiet spirit by accepting the things that we cannot change (the fact that we must be in subjection to our husbands), and changing what can be changed (our attitudes as we do the things that they want us to do), knowing that as we do, that God will use us as lights to shine His glory into a husband’s dark heart, into a neighbor’s dark home, or into the hearts of others that we meet that are living in the darkness of this world.