

LAUGHTERS of Sarah

The following are the areas of growth worked on in the course. Please check your top two opportunities for development, based on the descriptions that follow:

♥ **Spiritual Walker** – Do I have time in prayer and read the Bible daily or nearly daily? Am I memorizing Scripture? Do I daily make decisions based on what I know of the Bible? Is my heart filled with gratitude for all God has done for me? Am I significantly grieved when I sin and do I repent? Is one of my deepest desires to be obedient to God? Is my marriage a “context” through which I live out my relationship with God? Or am I more focused on my own happiness? Do I spend time daily listening to God? Can I see Him in the middle of an average moment in a day? Do I pray for others daily? Have I asked God to help me grow? Do I believe He will complete the good work He has begun in me?

♥ **Household Manager** – Are things “under control” at home (laundry, dishes, cleaning, etc.)? Does my family eat healthful meals together more often than not? Is our home a relaxing and comfortable place for my husband and my family? Am I able to do what God calls me to do in my home without excessive stress (host a Bible study, entertain, etc.) and am I comfortable when people come by unannounced? Am I well organized in my time management and effectively handle multiple responsibilities? Is our home a place of peace or of constant stress and chaos?

♥ **Communicator** – Am I concise in my communication or do I ramble and take “tangents”? Am I considered a good listener? Does my husband confide in me? Do I avoid arguments and yet get my point across without upsetting him? Am I critical or sarcastic when speaking to my husband? Does he feel respected and admired by me? Do I regularly point out things he does well? Do I ask him for advice? Does he perceive me as a positive person or a “complainer”? Am I often defensive, judgmental, and critical, or am I an encourager? Do I know how to speak the truth in a gentle way?

♥ **Biblical Woman** – Do I know what my husband’s dreams are? Am I happy with him just as he is or do I think he needs to change? Do I try to control or manipulate him? Do I take on different tasks to free him up to do what God wants him to do? Do I respond to my husband physically and initiate intimacy? Do I support my husband in his role as head of our family? Do I understand and practice Biblical submission, or do I get angry or confused when I think about that concept? Do I make efforts to be attractive to him based on what I know he likes? Does my husband feel good about himself when he is around me? Do I make intentional efforts to help him as often as I can?

♥ **Strong, Dignified Woman** – Am I considered a confident person? Do I feel courageous enough to do what God wants me to do? Do I have a spirit of “power, love and self-discipline” or do I have a spirit of “timidity”? Do I worry about what the future will bring? Do I know God’s purposes for my life and trust He will help me succeed? Am I a woman of strength and dignity? Do I handle life’s challenges and problems gracefully? Does my husband have confidence in me? Do I wrap my identity up in what the Audience of One thinks, or am I trying to please people? Do I avoid dealing with conflict? Do I disagree in a way that is compassionate to the other person? Do I do everything my husband says, even if it is sinful, or do I do what God wants, but without demeaning or diminishing my husband?

What top two areas appeal most to you at this time and why?

What would happen if you were able to grow significantly in those two areas in the next 14 weeks?

What would that mean for your relationships with God and your husband?