**Week 5*: A Fixed Focus* ~ A Beautiful Reflection**

Personal Reflections and Points to Ponder

**Day 1: Biblical Declaration:** Genesis 1:27-31. What does Genesis 1:27 indicate about God’s creation of mankind? Interesting. Give this some thought; what are some characteristics of Him mankind bears? What was *God’s* assessment regarding His handiwork (Genesis 1:31); that includes *you*!Identify what stirs in your thoughts/heart as you consider this declaration; it is important to identify thoughts that are contrary to God’s declaration of **Truth**. It has been said that the battle is won or lost in our thoughts. Read Ephesians 6:10: How are you to position yourself: \_\_\_\_\_\_\_\_\_\_\_\_\_\_. It’s time to take action: ***Choosing*** to **resist** \_\_\_\_\_\_\_\_ (James 4:7)& **choosing** to **draw near** to \_\_\_\_\_\_ (James 4:8); embracing Truth because Truth yields \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ John 8:32!

**Day 2: Cultural Conditioning:** When you glance through a women’s magazine (or pass one in the grocery store), what details are your thoughts, eyes, and heart most drawn to? Does your attention to details invite any challenge to Truth? If so, what is the lie seeking for a place in your thoughts/heart? What is a Truth that counteracts it? Is there an adjustment or elimination you need to make regarding what you put before your eyes in order to be stronger spiritually? Invite God to ‘reclaim’ any areas your thoughts and heart that have been inclined to be misaligned! End by reading Philippians 1:6; claiming this promise with Thanksgiving! ***You*** are God’s precious handiwork (Eph. 2:10)!

**Day 3:** Take a spiritual walk by reading John 4:7-39. There are several significant moments identified in this passage; what are some that stand out to you? What contributed to these moments being impactful? Jesus saw, knew, valued, and made provision for this woman. She had been filling a void in worldly ways; hoping ‘*less thans’* would give her potentially security, significance, and love. What did her encounter with Jesus have on her? Do you think His encounter with her impacted her sense of significance, security, and lovability? In your life, are there ‘less thans’ you have looked to rather than looking to Jesus? Invite the Lord to meet you in these places. As we leave John 4:7-39; what impact can a live yielded to Him have (vs. 39)?

**Day 4:** Read 1 Thessalonians 5:11: Today you have a personal assignment that involves reaching out. Write a note to *at least* 2 women God brings to mind; a note that encourages them to know God sees them, God loves them, God hears them when they pray, and that you are glad to know them! Include a verse that has meant something to you. Then close your time today by praying for these women.

**Day 5:** Agreement with God’s Truth: AS you wrap up this week, can you identify 1-2 Truths that you are growing in agreement with? This is where transformation happens!

***What will you do with God’s Word?***

***Refreshed in Christ from Head to Toe!***

**Teaching Notes: Week 5**

***A Fixed Focus* ~**  ***A Beautiful Reflection to Behold***

**Cultural Conditioning: F.O.C.U.S.**

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**Biblical Conditioning**: **Lost & Found**

 **Biblical Womanhood**: Embracing the Reality that you’re B.A.B.E.S.

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**Truth Declined: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ ~\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ~ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Biblically Inclined: \_\_\_\_\_\_\_\_\_\_\_\_\_ ~ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ~ \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Every women has the ‘*W.O.W*.” factor when focused on God & aligned with Truth!**

***What will you do with God’s Word?***