

HOLY ESTROGEN!

Lesson 7

“All discipline for the moment seems not to be joyful, but sorrowful, yet to those who have been trained by it, afterwards, it yields the peaceful fruit of righteousness. Therefore, strengthen the hands that are weak and the knees that are feeble, and make straight paths for your feet, so that the limb which is lame may not be put out of joint, but rather be healed.” – Hebrews 12: 11 – 13

“All discipline” –

“to those who have been trained by it ...” –

Romans 7: 14 & 15, 17 – 25a in Amplified Bible

“Pursue peace with all men, and the sanctification without which no one will see the Lord. See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled.” – Hebrews 12: 14 & 15

“But one whom you forgive anything, I forgive also for indeed what I have forgiven, if I have forgiven anything, I did it for your sakes in the presence of Christ, so that no advantage would be taken of us by Satan, for we are not ignorant of his schemes.” – II Corinthians 2: 10 & 11

“Who among you is wise and understanding? Let him show by his good behavior his deeds in the gentleness of wisdom.” – James 3:13

“But if you have bitter jealousy and selfish ambition in your heart, do not be arrogant and so lie against the truth. This wisdom is not that which comes down from above, but is earthly, natural and demonic. For where jealousy and selfish ambition exist, there is disorder and every evil thing.” – James 3:14 – 16

“But the wisdom from above is first pure, than peaceable, gentle, reasonable, full of mercy and good fruits, unwavering, without hypocrisy. And the seed whose fruit is righteousness is sown in peace by those who make peace.” – James 3: 17 & 18

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1 – pure –

2 – peaceable

3 – gentle and reasonable –

4 – full of mercy and good fruits –

5 – unwavering

6 – without hypocrisy

What will your legacy be?

GOING DEEPER QUESTIONS:

DAY 1 – Read Hebrews 12: 1 – 17. Underline 5 verses in this passage that speak to your heart. Write out 3 lessons that you learn by reading these verses.

DAY 2 – Read Romans 7: 14 – 25. How do these verses describe you? Is there anything in your life that you don't want to do yet still you do? How can you overcome this habit? Be practical and specific in your answer.

DAY 3 – Read Hebrews 12: 1 – 17 again. Is there a root of bitterness in your life? How are you able to pull out this root? Write out a definition of the word "bitterness" and then of the word "forgiveness".

DAY 4 – Read II Corinthians Chapter 2. Underline 5 verses that speak to you in this chapter. How can Satan take advantage of us if we refuse to forgive? Is there anyone whom you have refused to forgive?

DAY 5 – Read James 3: 1 – 12. Write out 3 lessons that you learn about your tongue from reading this passage. Rate your tongue habits on a scale of 1 – 10. How can you improve your tongue habits?

DAY 6 – Read James 3:13 – 18. What are some of the battles that you have had to fight because of selfishness and jealousy? Write out verses 17 & 18 and keep it in your purse. Memorize these Scriptures. Let them be your life's guiding purpose.

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DAY 7 – Choose one of the scripture readings from the first 6 days and review it. How is “Holy Estrogen!” changing you? What is one area of your emotional life that God is really working on you?