

Heart to Heart

Week One – Seven Habits of a Woman’s Heart: The Essence of Titus 2:3-5

“It is easier to prevent bad habits than to break them.” -- Benjamin Franklin

Titus 3:5,6 [AVB]

Titus 2:3-5 [NLB] "Similarly, teach the older women to live in a way that honors God. They must not slander others or be heavy drinkers. Instead, they should teach others what is good. ⁴ These older women must train the younger women to love their husbands and their children, ⁵ to live wisely and be pure, to work in their homes, to do good, and to be submissive to their husbands. Then they will not bring shame on the word of God."

Story of Hannah [1 Samuel 1:2-20]

Seven Intentional Habits of Righteous Woman’s Heart

1. She develops the habit of seeking the Lord.

1 Samuel 1:10

Matthew 6:25-33

Psalm 34:10 – "... those who seek (inquire of and require) the Lord [by right of their need and on the authority of His Word], none of them shall lack any beneficial thing."

Matthew 6:33 [NLB] – "Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."

Psalm 34; Psalm 119:1-8; Matthew 6:33; Colossians 3:1, 2

2. She habitually rules her own spirit.

1 Samuel 1:7

Proverbs 16:32 [AVB]

Proverbs 10:31

Malachi 2:16 [AVB]

Proverbs 15:28; Psalm 34:12-14, Psalm 35:28; Psalm 71:15-19; Psalm 119:9, 11; Proverbs 10:21; Matthew 12:34-37; Colossians 3:15-17

3. She's in the habit of being generous.

1 Samuel 1:28

Psalm 37:21-26

Proverbs 22:9; Luke 6:30-38; 2 Corinthians 9:6-10

4. She makes it a habit to choose humility over offense.

1 Samuel 1:8, 9, 15

Matthew 11:6

5. She habitually tells the next generation about the Lord.

1 Samuel 1:10,11 and 9:6

Psalm 145:4

Deuteronomy 6:1-7; Psalm 35:28; Psalm 145:1-7

"When an old person dies a whole library burns down." - African saying

6. She develops the habit of praying fervently.

1 Samuel 1:15,16 and 2:1-10

James 5:16 – "The fervent prayer of a righteous (woman) avails much."

Proverbs 15:29; Matthew 17:14-21; 1 Corinthians 7:5; Colossians 4:2

7. She is in the habit of being bold in all of her ways.

1 Samuel 2:1

Ephesians 6:14

Romans 1:17, 18

Proverbs 28:1; Proverbs 24:16; Romans 1:17,18

"Don't leave commitments in your brain. Write them on paper. This does two things. First, it creates clarity by defining in specific terms what your change means. Second, it keeps you committed since it is easy to dismiss a thought, but harder to dismiss a promise printed in front of you."

– Scott Young, Internet Article, "Tips for Breaking Bad Habits and Developing Good Habits".