

A Woman of Strength

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"She girdeth her loins with strength, and strengtheneth her arms."
Proverbs 31:17

I have known a few Christian women over the years that I just think exuded strength. No, they weren't muscular or mannish. On the contrary, they were some of the most feminine women I've ever known. I admired them because they walked with confidence and had powerful lives. They were a joy to be around because they walked with a strong Christian walk. Wouldn't it be great to be that way? I began thinking about that and tried to think of some areas that a woman should be strong in to become a woman of strength.

1. A Christian Woman Should Be Strong In Their Destiny.

We've all heard those age-old questions, like, "Who am I?" "Where did I come from?" "Where am I going?". Isn't it great that as a Christian, we can know those things? I know who I am. I'm a child of the King. Knowing Who my Creator is gives me power and what a difference it can make just to know the fact that we can have the wonderful assurance of Salvation that only life in Christ can give. When you know your destiny, it gives you such satisfaction and strength as you go through life.

"My sheep hear my voice, and I know them, and they follow me: And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand. My Father, which gave them me, is greater than all; and no man is able to pluck them out of my Father's hand. I and my Father are one." John 10:28-30

2. A Christian Woman Should Be Strong In Their Prayer Life.

Making prayer a vital part of our lives gives us such strength. It uplifts and girds us as we go on our way. Prayer is such a powerful thing. Making it an important part of our lives gives us wings to fly.

*"Evening, and morning, and at noon, will I pray, and cry aloud:
and he shall hear my voice." Psalm 55:17*

"Pray without ceasing." 1 Thessalonians 5:17

3. A Christian Woman Should Be Strong In Their Bible Study and Bible Knowledge.

Staying in the Word daily builds up our bodies. It's kind of like those exercises that you have to do so many repetitions every day in order for it to do any good. We've just got to keep reading, studying, and memorizing God's Word to keep fit and strong. When questions and things come up, we need to know what the Bible says about it. If we're grounded in God's Word, we are better able to be strong and resist temptations too. We need to have the answers and Bible knowledge right there to grab and use as things come at us.

"Thy word have I hid in mine heart, that I might not sin against thee." Psalm 119:11

*"All scripture is given by inspiration of God, and is profitable for doctrine,
for reproof, for correction, for instruction in righteousness." 2 Timothy 2:16*

4. A Christian Woman Should Be Strong In Their Relationship With Their Husband.

The strong Christian women I've known over the years have all had a strong and good relationship with their husbands. I think that's so key. If you are married, your husband is an integral part of your life, and how you interact with him is going to affect how strong you are. Your relationship with your husband can tear you down or be a source of building you up, so working on our relationships with our husbands is so important.

*"Her children arise up, and call her blessed; her husband also,
and he praiseth her." Proverbs 31:28*

*"Wives, submit yourselves unto your own husbands, as unto the Lord.
For the husband is the head of the wife, even as Christ is the head of the church:
and he is the saviour of the body. Therefore as the church is subject unto Christ,
so let the wives be to their own husbands in every thing." Ephesians 5:22-24*

*"Likewise, ye wives, be in subjection to your own husbands; that, if any obey
not the word, they also may without the word be won by the conversation of the
wives; While they behold your chaste conversation coupled with fear." 1 Peter 1:1,2*

5. A Christian Woman Should Be Strong In Their Relationships With Their Children.

Many a mom knows that a bad relationship with your children can just drain the strength from you. We as mothers need to be constantly working on our relationships with our children. We need to put some energy into our mothering. We need to spend time with our kids. We need to talk to them. We need to teach them the importance of God's Word and prayer. We need to teach them right from wrong, godly values, and bring them up in the nurture of the Lord. Above all we need to pray for our children on a daily basis. All this will bear on how we relate to them. Having strong relationships with our children is an empowerment for us as woman.

*"Her children arise up, and call her blessed; her husband also,
and he praiseth her." Proverbs 31:28*

*"And these words, which I command thee this day, shall be in thine heart
: And thou shalt teach them diligently unto thy children, and shalt talk of them
when thou sittest in thine house, and when thou walkest by the way, and when
thou liest down, and when thou risest up." Deuteronomy 6:6,7*

*"And, ye fathers, provoke not your children to wrath: but bring them up in the
nurture and admonition of the Lord." Ephesians 6:4*

6. A Christian Woman Should Be Strong In Their Love For Others.

There's nothing like concentrating on others to give us a boost. Having a genuine love for others is kind of like drinking one of those sports drinks. It will restore all those minerals you've been missing! Think about how love was a big part of Christ's life. It definitely should be a big part of ours. Caring, reaching out, encouraging, and praying for others will make us strong. We all know the benefits of walking when it comes to our health these days. Just think how walking in love daily could have an impact on our strength.

*"A new commandment I give unto you, That ye love one another; as I have loved you
, that ye also love one another. By this shall all men know that ye are my disciples,
if ye have love one to another." John 13:34,35*

*"And walk in love, as Christ also hath loved us, and hath given himself for
us an offering and a sacrifice to God for a sweet smelling savour." Ephesians 5:27.*

7. A Christian Woman Should Be Strong In Their Health.

If we are not living in a healthy way physically, our strength is going to get depleted. When we are down physically, it affects our emotional and spiritual well being as well. There are certain things we need to do in order to maintain our health such as eating properly, exercising regularly, and having regular checkups. Most of us have bad habits in this area that we just need to conquer in order to keep fit and be honoring and glorifying to the Lord.

*Whether therefore ye eat, or drink, or whatsoever ye do,
do all to the glory of God. 1 Corinthians 10:31*

8. A Christian Woman Should Be Strong In Their Joy.

Most of us probably have memorized the last part of Nehemiah 8:10, "...for the joy of the LORD is your strength." It's such a simple phrase but so powerful. We can tap into strength by having the joy of the Lord. We don't have to go on a special diet, join a gym, try some new fangled exercise contraption off of an infomercial, or even take hormones. We just need to find the joy of the Lord in our lives and we'll find our strength.

*"Restore unto me the joy of thy salvation; and uphold me
with thy free spirit." Psalm 51:12*

*"Although the fig tree shall not blossom, neither shall fruit be in the vines;
the labour of the olive shall fail, and the fields shall yield no meat; the flock shall
be cut off from the fold, and there shall be no herd in the stalls: Yet I will rejoice
in the LORD, I will joy in the God of my salvation. The LORD God is my strength,
and he will make my feet like hinds' feet, and he will make me to walk upon
mine high places". Habakkuk 3:17-19*

Conclusion:

I'm know I'm not as strong a Christian woman as I'd like to be. I'm afraid that my muscles in many of the eight areas listed above may be a little weak. It is something I'd like to work on though. I guess it's just like building our bodies up physically. It has to be worked on everyday. Personally, I've got a lot of work to do. I'd better get going!

So, how strong are you?