CONTENTS

Acknowledgements xii

Foreword xiii

Introduction xv

MY FRIENDSHIPS

Am I Nurturing a Heart for Others? 1

1 What is a Friend? 1

2 Do I Have a Kindred Spirit? 3

3 Am I A Trustworthy Friend? 5

4 What is My Friendship Confidence Score? 7

5 How Can I Cultivate Healthy Friendships? 9

6 What Does a Maturing Friendship Look Like? 12

7 How Can I Weed My Friendship Garden? 15

8 Does a Portrait of a Biblical Friendship Exist? 20

9 Is There A Strategy for Me to Cherish My Friendships? 23

Meditation Thoughts on My Friendships 28

Building My Spiritual Stamina 29

Sustaining My Spiritual Stamina 31

MY GOD

Do I Intentionally Embrace God's Special Instructions for Women? 33

10 Am I A Woman who says she is a Christian Or A Woman Who Is A Christian? 33

11 Have I Chosen to Embrace God's Special Instructions to Women? 35

12 Do I View Myself as One of God's Precious Vessels? 37

13 How Can I Identify with the Woman Recorded in Proverbs 31? 40
14 Do My Daily Choices Reflect That I Walk Wisely? 43
15 Do My Life Choices Reflect My Royal Heritage? 46
Meditation Thoughts on My God 47
Building My Spiritual Stamina 57
Sustaining My Spiritual Stamina 58

MYSELF

Am I Preserving the Temple of the Holy Spirit? 63
16 What is the Heart? 63
17 Do I Know How to Guard Against a Spiritual Heart Attack? 65
18 Is My Reflex Reaction to Choose Forgiveness? 67
19 Don't All Women Have Tongue Issues? 70
20 How Can I Cope with Loneliness? 75
21 Is It Possible to be Single and Satisfied? 81
22 What Are My Spiritual and Physical Nutritional Requirements? 87
23 Am I Joyfully Using My Spiritual Gifts? 91
24 If I Display Gratitude Won't Others Think I Am Victorian? 97
25 Is it Possible to Win Over Worry? 103
26 How Can I Detonate Discouragement? 108
27 Why Would I Want to Run to the Roar? 114
28 How Can I View My Worth Through the Grid of Scripture? 118
29 Why is Modesty Such an Issue? 124
Meditation Thoughts on Myself 129

Building My Spiritual Stamina..... 130
Sustaining My Spiritual Stamina..... 132

MY HOME

Do I Choose to Create a Nurturing Ambience?..... 135
30 Biblically is the Home Really that Strategic?..... 135
31 How do I Create a Welcoming Ambience?..... 139
32 Is It Possible to Make My Home A Refuge? 140
33 How Do I Handle Guests without Partners?..... 141
34 Is My Home a 'Bit of Heaven on Earth'?..... 144
35 What If Adrenalin Is My Stimulant? 147
36 So What If My Attitude is Negative?..... 152
37 How Do I Create a Spiritual Health Spa in My Home?..... 154
38 Are Entertaining and Biblical Hospitality the Same?..... 157
39 How Do I Keep the Holy In Holidays?..... 160
40 What if I Have too Much Month at the End of My Money?..... 165
41 How Can My Home Become a Center for Evangelism?..... 171
Meditation Thoughts on My Home..... 173
Building My Spiritual Stamina..... 174
Sustaining My Spiritual Stamina..... 175

MY WORLD

Am I Cultivating a Personal Worldview?..... 177
42 How Broad is My World?..... 177
43 Is Salt Always a Culprit in Our Diet?..... 179
44 Am I Willing to Embrace Impartiality?..... 183

45 What Can I Learn About God from Orphans? 188
46 Do I Walk Worthy of My Profession? 193
47 Who Are My Role Models? 200
48 How Can I Evaluate My Spiritual Growth? 206
49 Do You Really Believe What You Wrote in this Book? 209
50 A Final Thought 213
Meditation Thoughts on My World 215
Building My Spiritual Stamina 216
Sustaining My Spiritual Stamina 218