

GOD Is Our Stylist

Workbook

Table of Contents

LESSON ONE

The Ideal Woman

- “Clothed in Strength and Dignity”
- Showing our Character to others
 - Posture/Walking/ Sitting as a child of the King of Kings
 - Entering and Exiting a vehicle with grace.

LESSON TWO

Godly Hospitality

- Hospitality to Angels
- Being charm as a Proper Guest

LESSON THREE

Clothed in God’s Grace

- Poise & Demeanor
- Body Shapes
- What’s Your Color

LESSON FOUR

Elegance in Color and Design

- Dressing like a Proverbs 31 Lady
- Finding Bargains
 1. Retail Store
 2. Thrift Store

Godly Respect
Proverbs 31 Finishing School

Session Two: FEAR

What are some of your fears and worries currently?

Sometimes we think that the great Godly people in the Bible lived without fear, especially since they had Jesus with them. That couldn't be further from the truth. Here are a couple of examples:

In **1 Corinthians 2:3**, when Peter came to the Christ followers just after Jesus' death he explains how he felt during that time.

“I was with you in weakness, in fear, and in **much trembling**”

AND

In **Mark 5:33** a woman in a crowd of people had touched Jesus' coat as he passed by and was healed. Jesus stopped and asked “Who touched me?” and this is what it tells about how she felt.

“But the woman, fearing and trembling, knowing what had happened to her, came and fell down before Him and told Him the whole truth”.

Ms Becker will talk about the 3 kinds of fear that we experience in our lives and how and why God has given them to us.

Watch Session 2: Fear

Ms Becker explained that Fear quite often is due to us experiencing Change and Loss in our lives.

Have you ever experienced fear from change and loss?

What was the outcome? _____

Did you rely on God's help or your own? _____

Gail reminds us that believing that God can handle any of the changes and losses in our lives and that He loves us as His child, can overcome ALL fear.

Explain any time you have had fear that caused or promoted the following:

doubt,

feelings of inadequacy-

Failure, real or perceived.

In God's Word, (Phil 4:6)

⁶"Don't be anxious about things; instead, Pray about everything. He longs to hear your requests, so talk to God about your needs and be thankful for what has come."

Since there are 365 passages in the Bible that tell us to "fear not", one for every day of the year, as Proverbs 31 women, we can be assured he will be sure and walk through any difficulty that come our way.

***A healthy Fear of the Lord is our strength through the stress of life.
Relying on the Holy Spirit to guide us in the ways of Christ will allow us to
"Fear Not" in all times of trouble.***