

*Welcome to  
Heart-to-Heart*





# 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

Once we form a habit then it forms us.

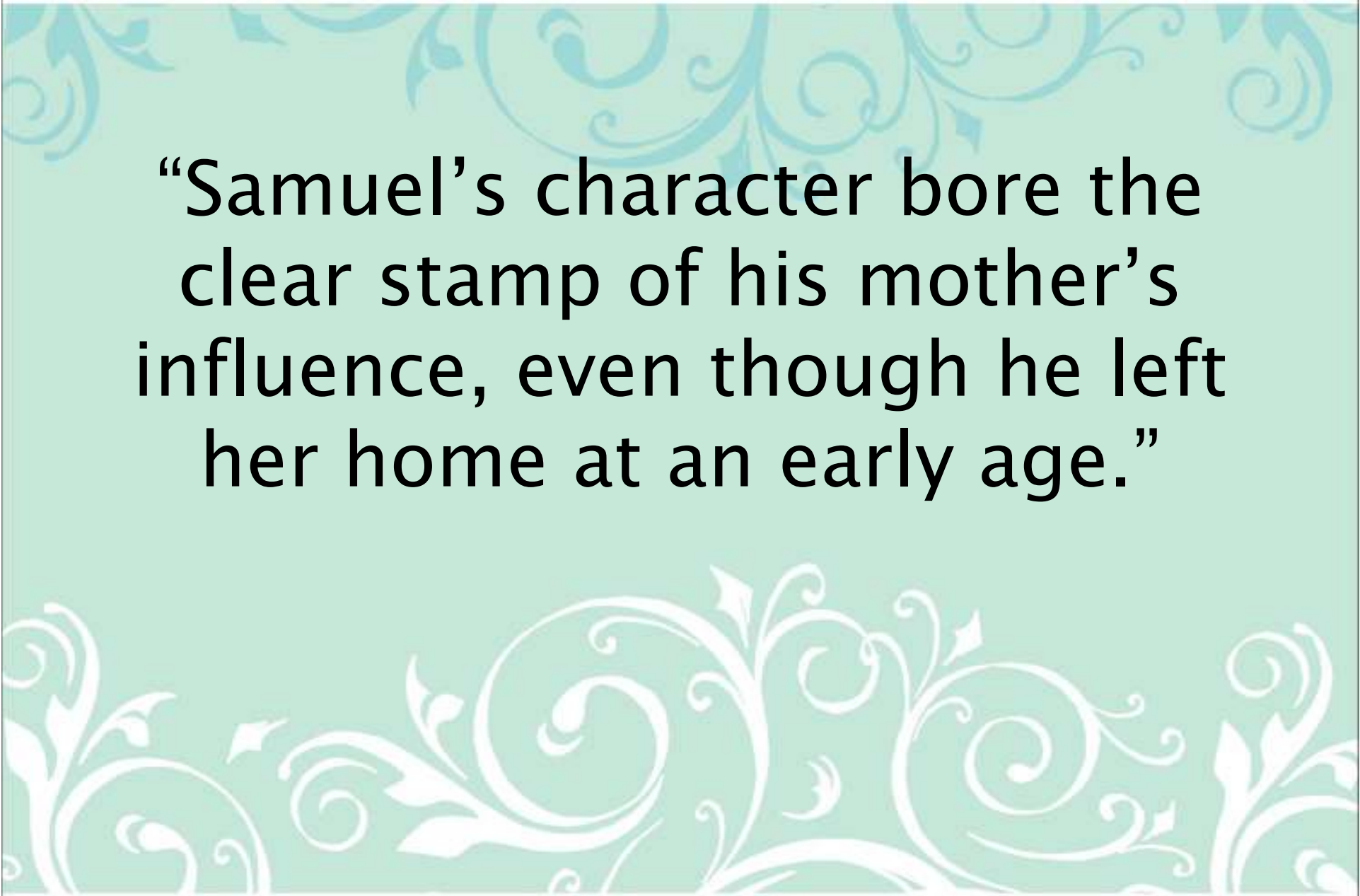
## Titus 3:5,6,8 (Amplified Bible)

He saved us, not because of any works of righteousness that we had done, but because of His own pity and mercy, by [the] cleansing [bath] of the new birth (regeneration) and renewing of the Holy Spirit, which He poured out [so] richly upon us through Jesus Christ our Savior.

This message is most trustworthy, and concerning these things I want you to insist steadfastly, so that those who have believed in (trusted in, relied on) God may be careful to apply themselves to honorable occupations and to doing good, for such things are [not only] excellent and right [in themselves], but [they are] good and profitable for the people.

## Titus 2:3-5 (New Living Bible)

“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. These older women must train the younger women to love their husbands and their children, 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.”



“Samuel’s character bore the clear stamp of his mother’s influence, even though he left her home at an early age.”



# Seven **Intentional** Habits of a Righteous Woman's Heart



1. She develops the habit  
of seeking the Lord.

I Samuel 1:10

# Matthew 6:25-33

- In verse 32 –  
Seek = a craving or longing, most of evil desires
- In verse 33 –  
Seek = to seek by thinking; to covet earnestly



# Matthew 6:33

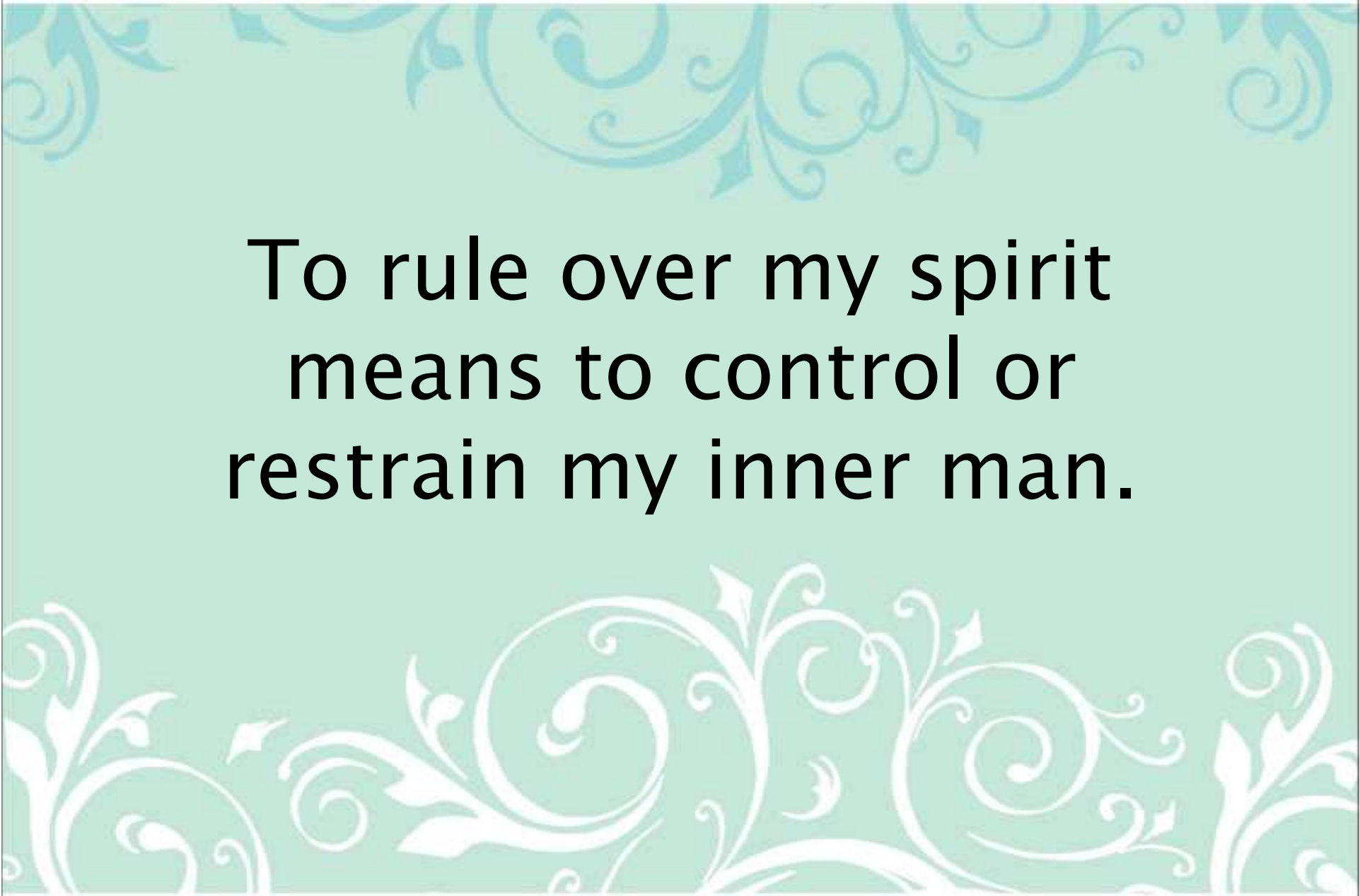
(New Living Translation)

“Seek the Kingdom of God above all else,  
and live righteously, and he will give you  
everything you need.”

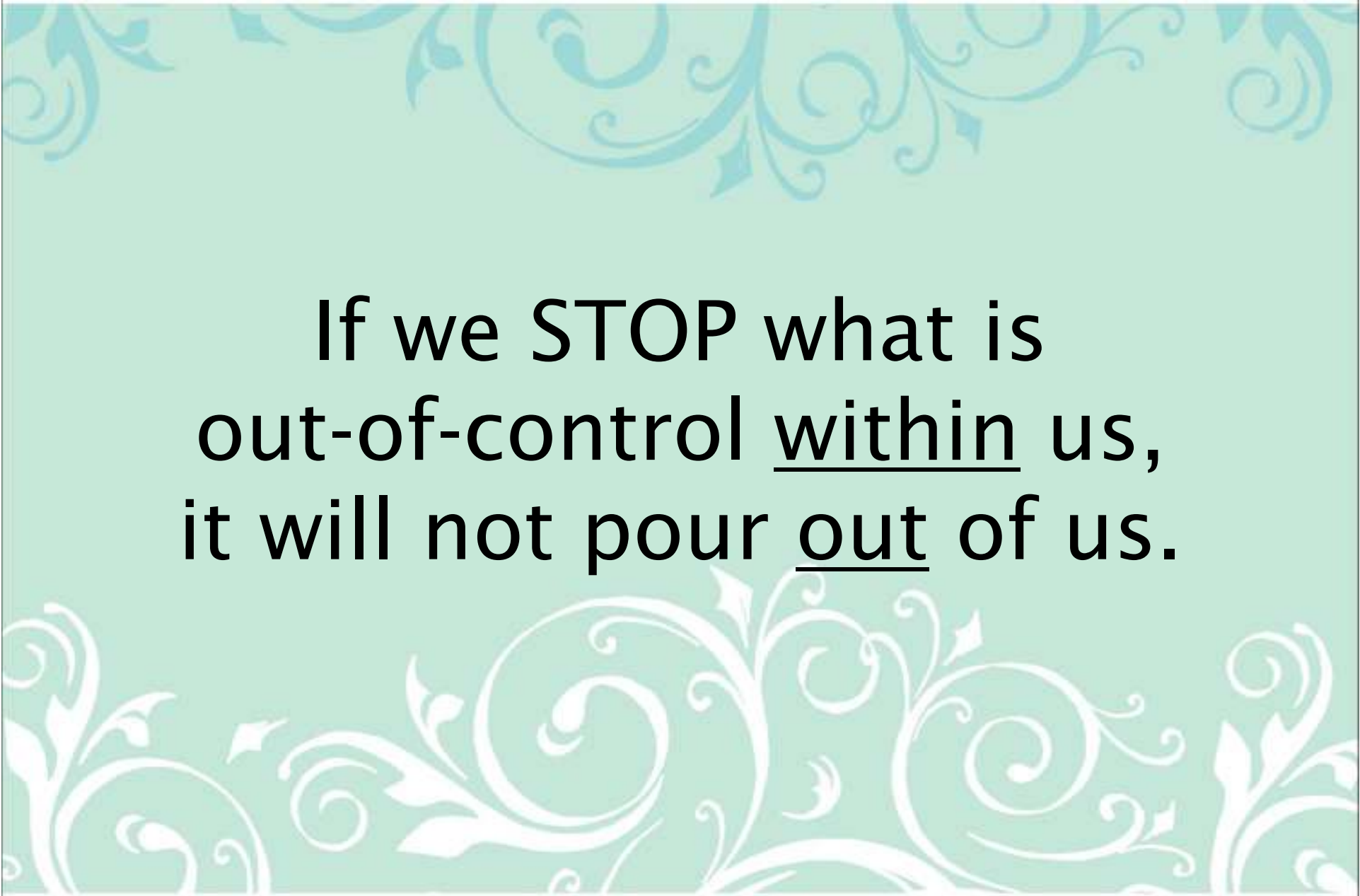


**2. She habitually rules her  
own spirit.**

I Samuel 1:7



**To rule over my spirit  
means to control or  
restrain my inner man.**

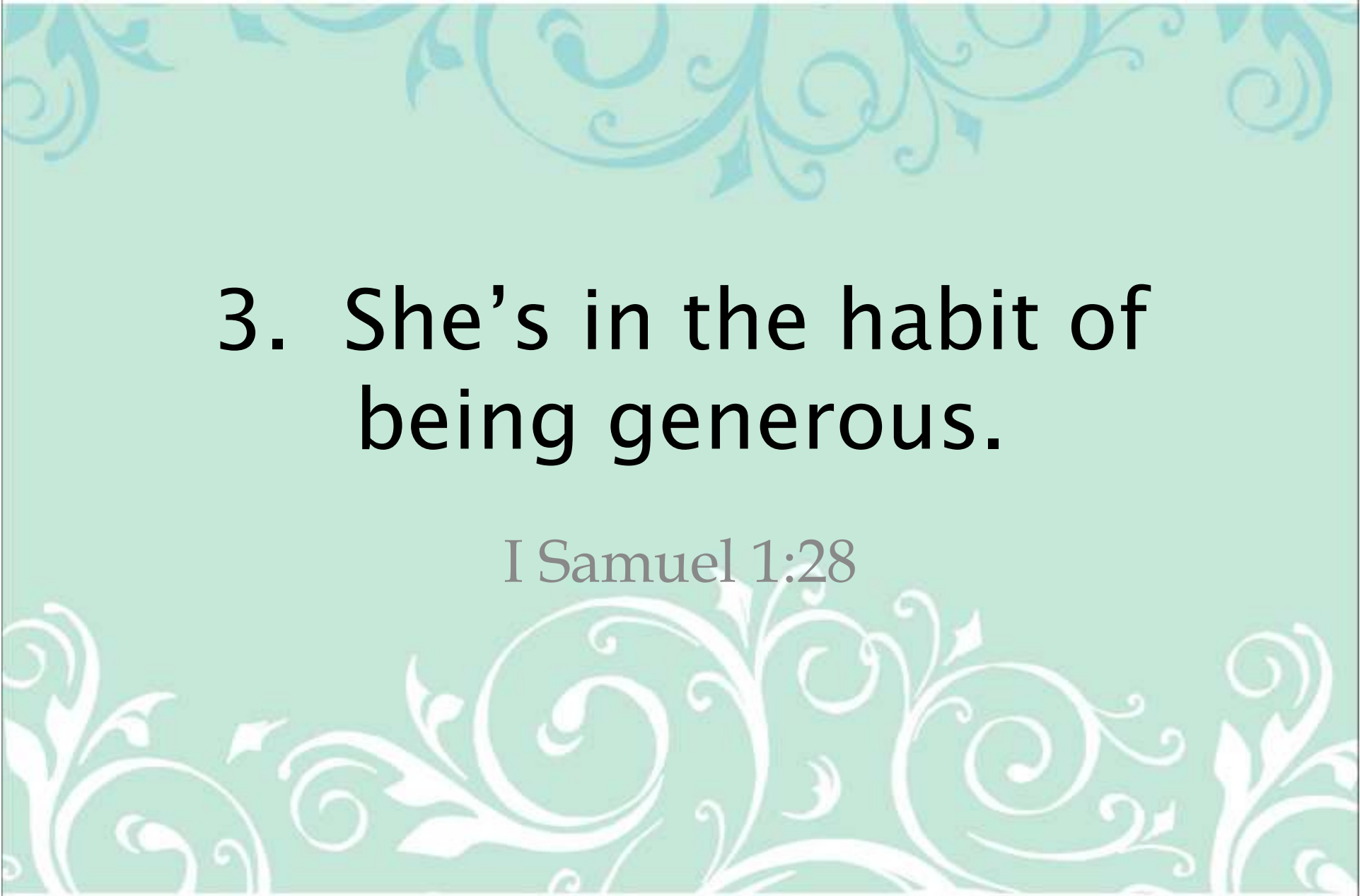


If we STOP what is  
out-of-control within us,  
it will not pour out of us.

## Malachi 2:16

(Amplified Bible)

“For the Lord, the God of Israel, says: I hate divorce and marital separation and him who covers his garment [his wife] with violence. Therefore keep a watch upon your spirit [that it may be controlled by My Spirit], that you deal not treacherously and faithlessly [with your marriage mate].”



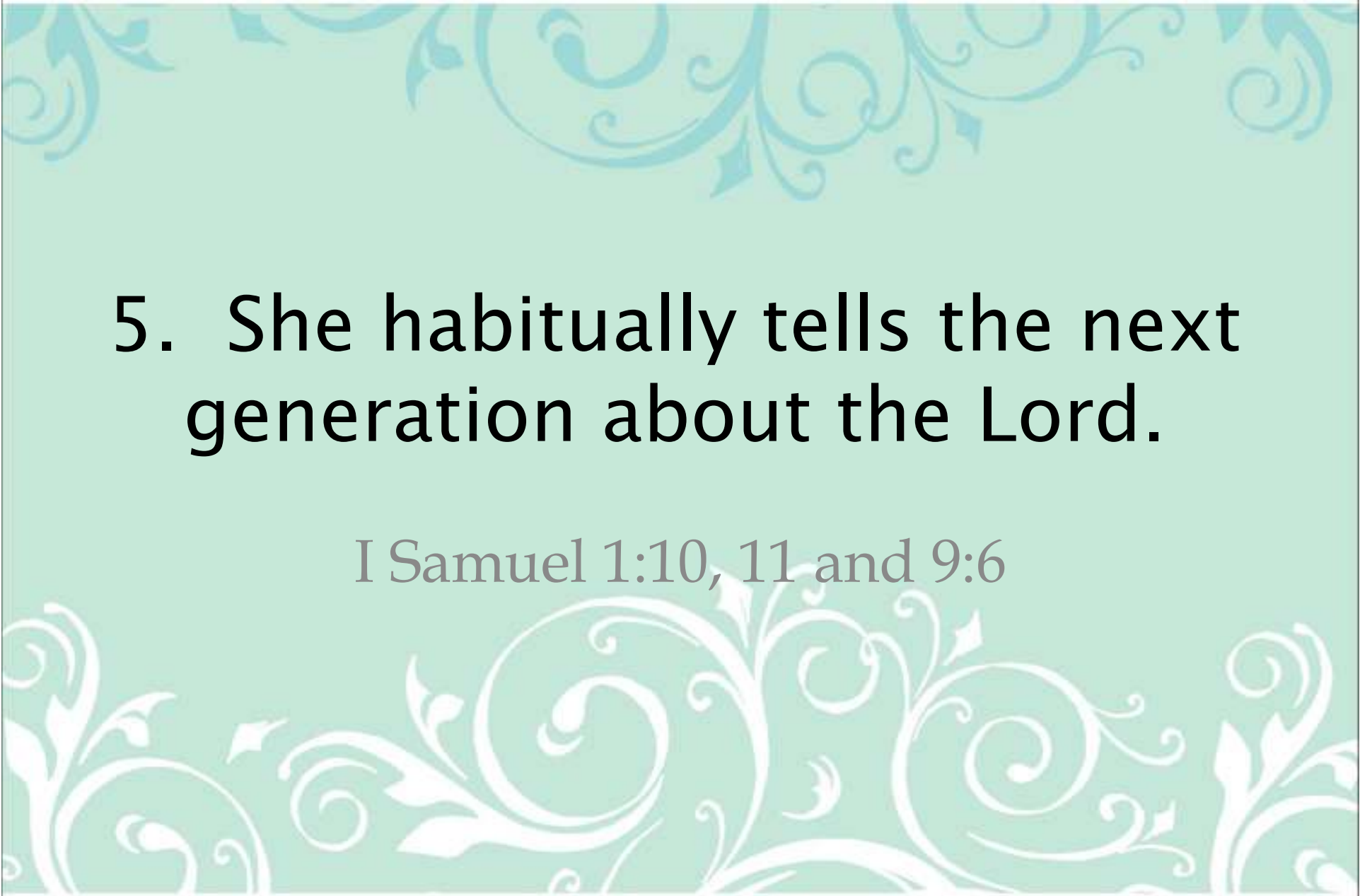
**3. She's in the habit of  
being generous.**

I Samuel 1:28



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

I Samuel 1:8,9,15

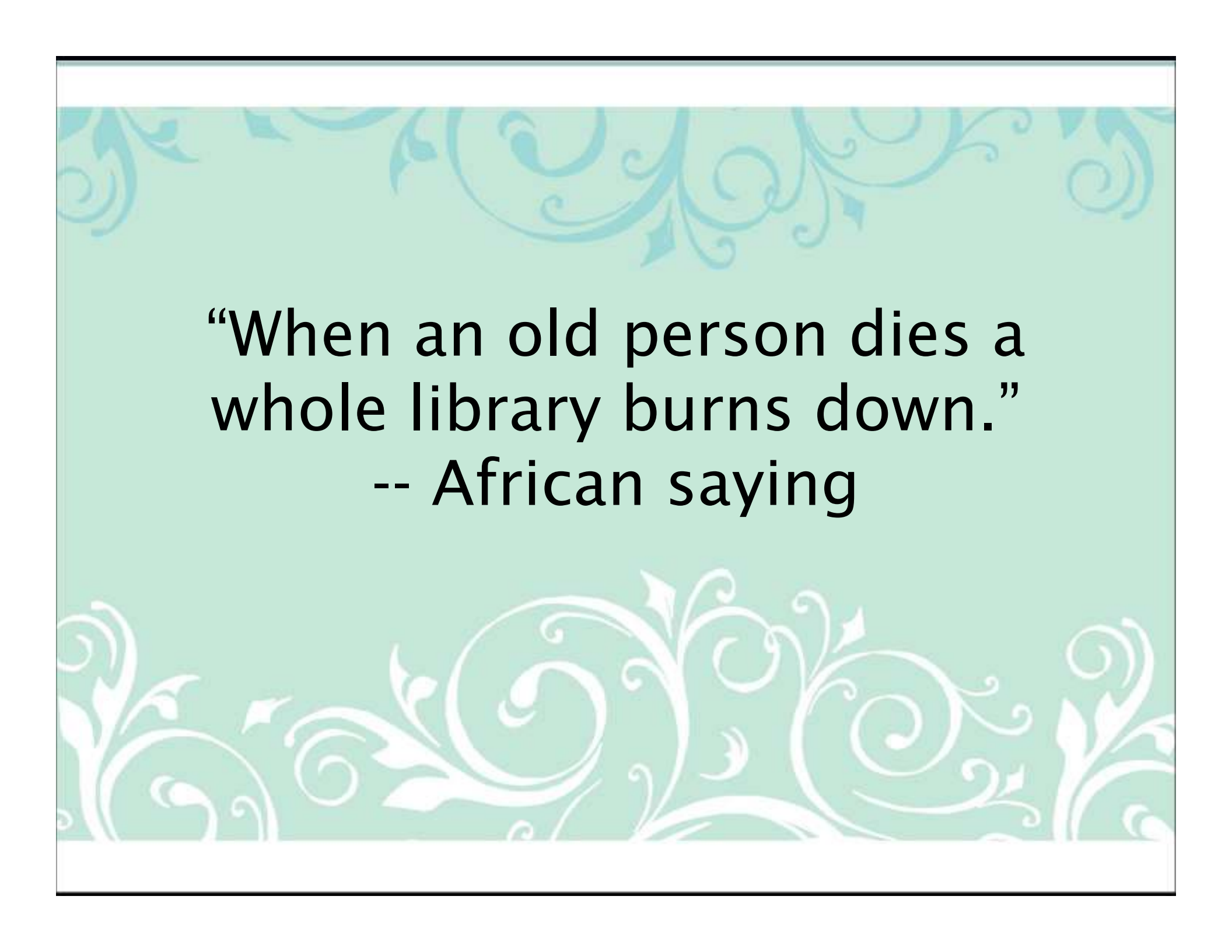


**5. She habitually tells the next generation about the Lord.**

I Samuel 1:10, 11 and 9:6



**How does a mom pass on  
her faith?**



**“When an old person dies a  
whole library burns down.”  
-- African saying**



**6. She develops the habit  
of praying fervently.**

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

## James 5:16

“The *fervent* prayer of a righteous man (or woman) avails much.”

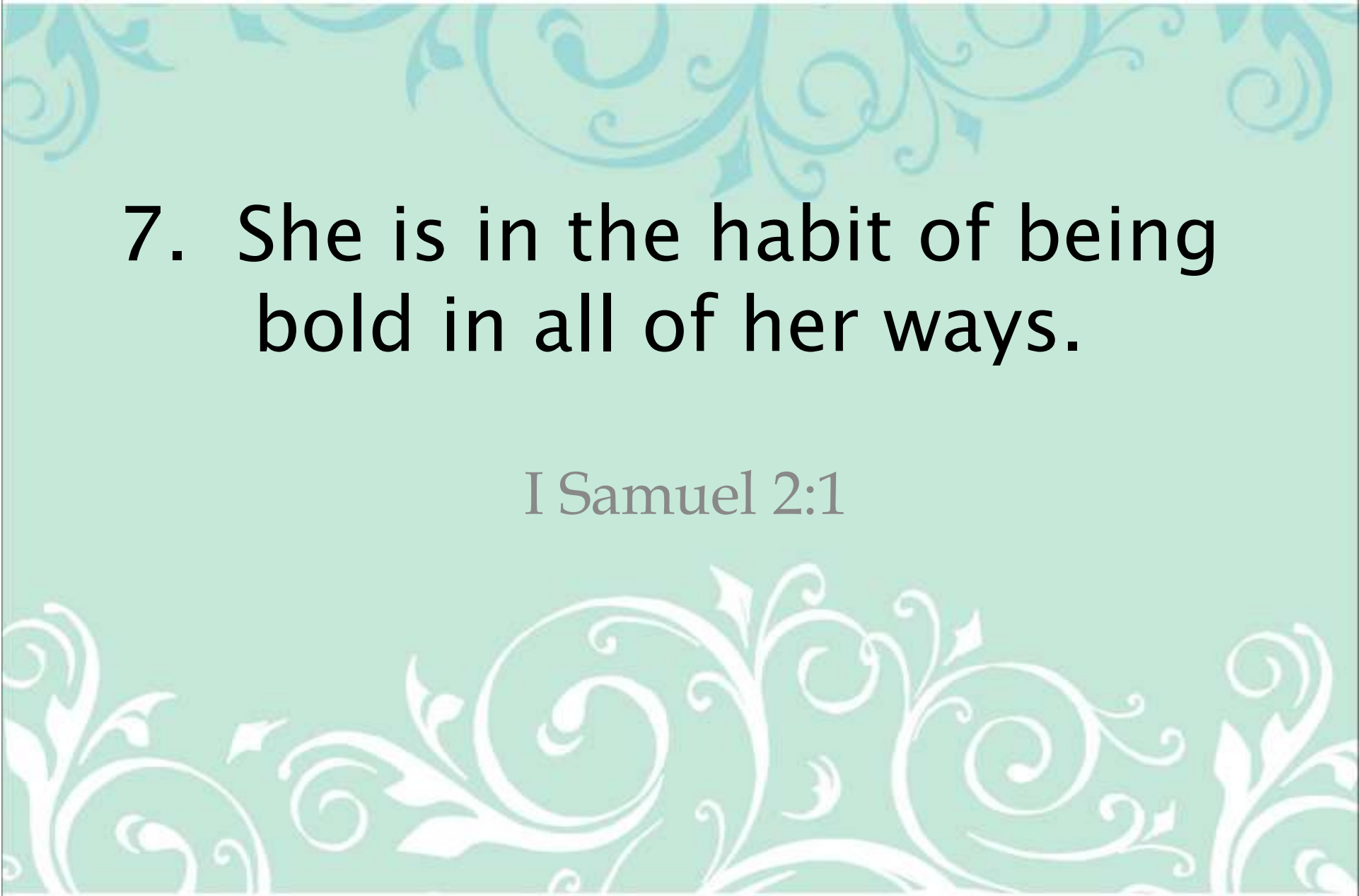
“avails much”

in the Amplified Bible =

“makes tremendous power available”

# Greek definition of “fervent”

= the in-working of supplication



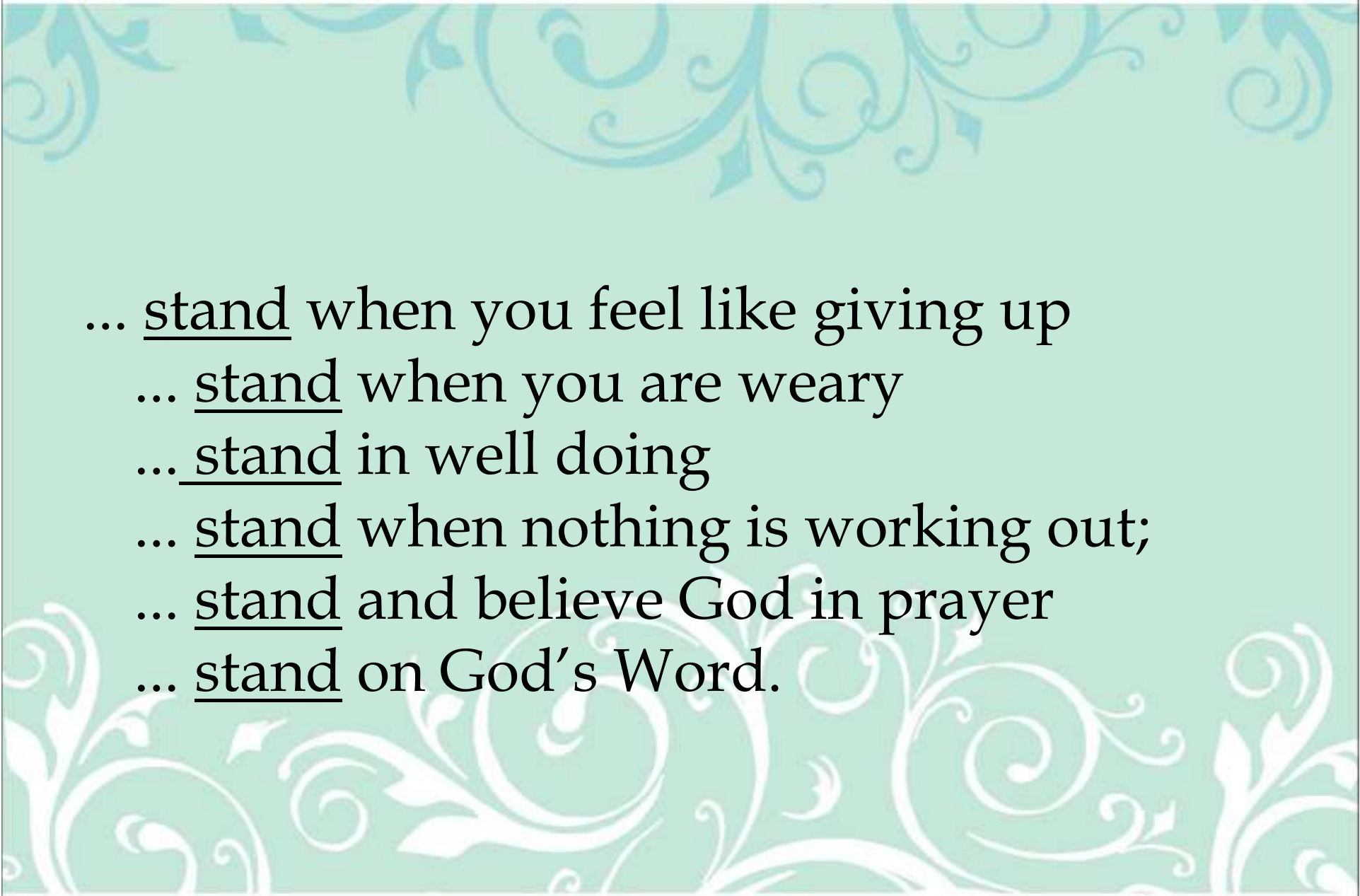
**7. She is in the habit of being bold in all of her ways.**

I Samuel 2:1



Proverbs 28:1  
(New Living Translation)

The wicked run away when no one is  
chasing them,  
but the godly are as bold as lions.”

- 
- ... stand when you feel like giving up
  - ... stand when you are weary
  - ... stand in well doing
  - ... stand when nothing is working out;
  - ... stand and believe God in prayer
  - ... stand on God's Word.

“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*