

LISTENER GUIDE

Don't Be a Wimp: Kicking the Habits That Make Women Weak

by Mary Kassian (True Woman '14)

Text: 2 Timothy 3:6–7

A daughter of the King is not wimpy and weak. She is a daughter of dignity. She is a woman who dresses herself with strength and makes her arms strong.

The Lord wants steel magnolias. He wants us to be soft, feminine women with fire in our bellies and courage in our hearts and backbones of steel so that we can say “yes” to truth and “no” to unrighteousness.

Seven habits that characterize wimpy women—habits you’ll want to kick if you want to become a woman of strength

1. A wimpy woman tolerates _____.

- A creep is any _____ influence that worms its way into our lives.
- Sin doesn’t advance by _____; it advances by creeps—one tiny _____ at a time.
- _____ is the ultimate creep, and he will constantly and persistently try to gain ground in your life.
- Through Christ’s death and resurrection, He has given us the power to say “no” to the creep.
- As women, we have a unique responsibility in our homes to make sure bad stuff doesn’t creep into our _____.

A weak woman entertains bad influences. A woman of strength shuts them down.

2. A wimpy woman fails to _____ her mind.

- In our struggle against sin, the victory will be won or lost on the battlefield of our _____.
- In order to combat falsehood, we need to become intimately familiar with _____.
- A woman of strength _____ and _____ her mind.

A weak woman is _____ by _____. A woman of strength takes her thoughts _____ to _____ (2 Cor. 10:5).

3. A wimpy woman lets things _____ up.

- Old, unresolved sins make you _____ to new sins.
- There are burdens we are meant to bear and that God strengthens us to bear. But then there are burdens we are not meant to bear, such as _____ and _____.
- Sins pile up when we keep them _____.
- When someone speaks their sins and confesses, it's like bringing it into the _____ and letting it go (James 5:16).

A weak woman hides sin in the _____. A woman of strength brings it to the _____.

4. A wimpy woman makes _____.

- Proverbs 12:15: "The way of a fool is right in his own eyes, but a wise man listens to advice."
- Psalm 1:1: "Blessed is the man who walks not in the counsel of the wicked."
- Proverbs 8:12, 14: "I, wisdom, dwell with prudence, and I find knowledge and discretion. . . . I have counsel and sound wisdom; I have insight; I have strength."

A weak woman wanders _____. A woman of strength carefully _____ her _____.

5. A wimpy woman is governed by her _____.

- Psalm 107:9: "For he satisfies the longing soul, and the hungry soul he fills with good things."
- The "I know, but . . ." syndrome.

A weak woman lets her _____ drive her _____. A woman of strength makes her _____ drive her _____.

6. A wimpy woman hides behind a _____.

- _____ smart doesn't always translate into _____ smart.
- Knowledge is good, but not without _____. Saying and doing, belief and discipleship, can't be separated.

A weak woman wants to _____. A woman of strength wants to _____.

7. A wimpy woman spins her _____.

- These women are never able to acknowledge the truth. There's no _____, _____, or _____.
- There's no _____.

A weak woman _____. A woman of strength _____, and she bears _____.

A woman of strength recognizes that she is weak, and that she needs a Savior—that she's in a lifelong wrestling match with sin, and she's not going to win unless that Savior comes in and takes care of it for her.

In order to become a woman who clothes myself in strength, I need to identify my weakness and press into the strength of Jesus.

LISTENER GUIDE – ANSWER KEY

Don't Be a Wimp: Kicking the Habits That Make Women Weak

by Mary Kassian (True Woman '14)

Text: 2 Timothy 3:6–7

A daughter of the King is not wimpy and weak. She is a daughter of dignity. She is a woman who dresses herself with strength and makes her arms strong.

The Lord wants steel magnolias. He wants us to be soft, feminine women with fire in our bellies and courage in our hearts and backbones of steel so that we can say “yes” to truth and “no” to unrighteousness.

Seven habits that characterize wimpy women—habits you’ll want to kick if you want to become a woman of strength

1. A wimpy woman tolerates creeps.

- A creep is any negative influence that worms its way into our lives.
- Sin doesn’t advance by leaps; it advances by creeps—one tiny compromise at a time.
- Satan is the ultimate creep, and he will constantly and persistently try to gain ground in your life.
- Through Christ’s death and resurrection, He has given us the power to say “no” to the creep.
- As women, we have a unique responsibility in our homes to make sure bad stuff doesn’t creep into our households.

A weak woman entertains bad influences. A woman of strength shuts them down.

2. A wimpy woman fails to guard her mind.

- In our struggle against sin, the victory will be won or lost on the battlefield of our minds.
- In order to combat falsehood, we need to become intimately familiar with truth.
- A woman of strength equips and protects her mind.

A weak woman is captivated by lies. A woman of strength takes her thoughts captive to truth (2 Cor. 10:5).

3. A wimpy woman lets things pile up.

- Old, unresolved sins make you susceptible to new sins.
- There are burdens we are meant to bear and that God strengthens us to bear. But then there are burdens we are not meant to bear, such as sin and guilt.
- Sins pile up when we keep them hidden.
- When someone speaks their sins and confesses, it's like bringing it into the light and letting it go (James 5:16).

A weak woman hides sin in the dark. A woman of strength brings it to the light.

4. A wimpy woman makes bad choices.

- Proverbs 12:15: "The way of a fool is right in his own eyes, but a wise man listens to advice."
- Psalm 1:1: "Blessed is the man who walks not in the counsel of the wicked."
- Proverbs 8:12, 14: "I, wisdom, dwell with prudence, and I find knowledge and discretion. . . . I have counsel and sound wisdom; I have insight; I have strength."

A weak woman wanders off course. A woman of strength carefully considers her steps.

5. A wimpy woman is governed by her emotions.

- Psalm 107:9: "For he satisfies the longing soul, and the hungry soul he fills with good things."
- The "I know, but . . ." syndrome.

A weak woman lets her emotions drive her mind. A woman of strength makes her mind drive her emotions.

6. A wimpy woman hides behind a religious mask.

- Brain smart doesn't always translate into life smart.
- Knowledge is good, but not without behavior. Saying and doing, belief and discipleship, can't be separated.

A weak woman wants to take more in. A woman of strength wants to work it out.

7. A wimpy woman spins her tires .

- These women are never able to acknowledge the truth. There's no progress , change , or victory .
- There's no spiritual growth .

A weak woman stagnates . A woman of strength grows , and she bears fruit .

A woman of strength recognizes that she is weak, and that she needs a Savior—that she's in a lifelong wrestling match with sin, and she's not going to win unless that Savior comes in and takes care of it for her.

In order to become a woman who clothes myself in strength, I need to identify my weakness and press into the strength of Jesus.