

A Thankful Woman

*“Strength and honour are her clothing; and she shall rejoice in time to come”
(Proverbs 31:25).*

A. *Select a verse or passage from the list below.*

- 1) *Copy it.*
- 2) *Read it in several different translations of the Bible.*
- 3) *Read the passage and several of the verses before and after it to gain a better understanding of the context of the passage.*
- 4) *Rewrite the passage in your own words. What does it mean?*
- 5) *Record a specific way in which you can change your actions or attitudes based on the teaching of this passage.*
- 6) *Memorize the passage.*
- 7) *Follow this procedure with each of the passages below.*

Psalm 16:6

Psalm 37:16

Psalm 42

Psalm 68:19

Psalm 100:4

Psalm 103:1-5

Psalm 107:9

Proverbs 15:15

Proverbs 16:8

Proverbs 19:3

Ecclesiastes 4:6

Jeremiah 31:14

Lamentations 3:39-40

1 Corinthians 10:10

Philippians 2:14-15

Philippians 4:11

1 Thessalonians 5:18

1 Timothy 6:6-8

Hebrews 13:5

James 4:1-3

(BIBLE / SPEECH / HANDWRITING)

- B. Make a commitment to read and study the Bible every day. Don't eat breakfast until you read. Focusing on God and His Word leads to true contentment. (BIBLE)
- C. Read Philippians 4:6-7 and 1 Thessalonians 5:16-18. What is the relationship between thankfulness and prayer? Make a commitment to pray every day. Don't go to sleep until you have had your private prayer time. Prayer helps us bring our desires into harmony with God's plan for our lives. (BIBLE)
- D. Study the chapters on complaining, envy/jealousy, and covetousness in **For Instruction in Righteousness**.^{5,11} (BIBLE)
- E. Memorize Questions No. 146-149 in the **Westminster Larger Catechism**.^{5, 8}
(BIBLE / DOCTRINE / SPEECH)
- F. Write out all the things you can think of that God has done for you. Consider spiritual, physical, and social areas, family, possessions, abilities, opportunities, etc. Keep this list and continue to add to it. Thank God for His great grace in your life. (WRITING)
- G. Make a list of all the things you appreciate about your father. Then list ways in which you can express your thankfulness to him. Do it! (WRITING)
- H. Make lists of all the things you appreciate about your mother, your teacher, your employer, your friend, etc. List ways in which you can express your thankfulness. Put your ideas into action! (WRITING)
- I. Write thank-you letters to your parents, grandparents, and teachers. (ENGLISH COMPOSITION)
- J. Pray daily, setting aside time to specifically praise God for His character, His loving mercy, and His many blessings in your life. (SELF-GOVERNMENT)

- K. Study Chapters 2, 19, and 28 in **Christian Character** by Gary Maldaner. ^{4,11} (BIBLE)
- L. Read Chapter 8, "A Sunny Disposition," in **Beautiful Girlhood** revised by Karen Andreola. ^{6,8,11} (READING)
- M. Study verses about the contentious and brawling woman. How can a wife's lack of thankfulness affect her attitude toward her husband? Discuss this with your mother. (BIBLE / FAMILY)
- N. Interview your mother and other women. About what are they most tempted to nag or complain? Compile a list of common complaints. Search for Scriptures that teach what a woman's response to each of these complaints should be. (RESEARCH / WRITING / FAMILY)
- O. Study God's sovereignty. What does sovereignty mean? How does it affect our lives? Write an essay explaining the relationship between contentment and one's acceptance of God's sovereignty. (BIBLE / RESEARCH / VOCABULARY / WRITING)
- P. Do a topical study on the **brevity of man's earthly life**. How does a proper view of our life in the context of eternity affect our contentment here on earth? (BIBLE / RESEARCH)
- Q. Study the word **covet**. What does it mean? How is it used in Scripture? What are its results? (BIBLE / VOCABULARY)
- R. Should a child of the King be discontent? List all the things you desire but do not have. Read through the list. Mark anything on the list that God would not be able to give you if He thought it was best for you. (WRITING)
- S. Make a list of all the things about which you are discontent -- everything you can think of -- your appearance, circumstances, family, etc. Then list the sins of your heart that are at the root of these areas of discontent. Confess these sins to God, and to the people involved. Memorize verses that will help you combat these sins. (WRITING / BIBLE / SPEECH)

- T. Study Lesson 16 in *The Shorter Catechism for Study Classes* by G.I. Williamson.⁸ (BIBLE)
- U. Study what God says about "riches". How does this relate to discontentment and covetousness? Write a summary of your study. (BIBLE / RESEARCH / WRITING)
- V. Do word studies on the words "rejoice" and "joy". (BIBLE / RESEARCH / WRITING / VOCABULARY)
- W. Study Hebrews 11. Explain how each person listed demonstrated godly contentment. (BIBLE)
- X. Talk to an older woman about contentment. How has she learned to be content? What advice does she have for you? (SOCIAL SKILLS)
- Y. Study the history of the Israelites from Egypt to Canaan. List all mentions of their murmurings, the Bible reference, and the results of their discontentment. (Use the form on page 447.) (BIBLE / HISTORY / WRITING)
- Z. Study accounts in the Bible of people other than the Israelites who were discontent or covetous. What happened to them? List each person, reference, situation, and the consequences of murmuring. (Use the form on page 448.) (BIBLE / HISTORY / WRITING)
- AA. Study the life of Jesus. Read the Gospels, Isaiah 53, and Philippians 2. List each event in His life that could have tempted him to complain, note His response, and record a specific lesson you can learn from each example. (Use the form on page 449.) (BIBLE / RESEARCH)
- BB. Read the chapter in Thomas Watson's book, *The Lord's Prayer*, that discusses the phrase, "Thy will be done." Outline what you have learned from this reading.⁸ (BIBLE / READING / WRITING)
- CC. Discontentment can be described as a "questioning of God's goodness." Write an essay on this theme. (ENGLISH COMPOSITION)

*DD. Read **The Rare Jewel of Christian Contentment** by Jeremiah Burroughs. Outline the main ideas of each chapter, discuss the review questions with your parents, and write a paper explaining what actions you plan to take as the result of reading this book.*⁸ (READING / ENGLISH COMPOSITION)

*EE. Write an essay discussing the following quote from **The Rare Jewel of Christian Contentment** by Jeremiah Burroughs: "You know how when you strike something soft it makes no noise, but if you strike a hard thing it makes a noise; so with the hearts of men who are full of themselves, and hardened with self-love, if they receive a stroke they make a noise, but a self-denying Christian yields to God's hand, and makes no noise."* (ENGLISH COMPOSITION)

FF. Martin Luther once said, "The sea of God's mercies should swallow up all our particular afflictions." Write an essay or present a speech on what you think this means. (ENGLISH COMPOSITION)

(For related projects, refer to chapters on the good steward, and the prayerful, determined, and trusting woman.)

Additional ideas:

Parents:

The virtuous woman "shall rejoice in time to come" (Proverbs 31:25). She will laugh at the future and not fear it. She knows God is sovereign, and that He will give her whatever is best. She need not fret nor worry. She need not grasp for what she does not have. She can be content in whatever situation in which God places her, knowing that He is in control.

A life of faith is a life of contentment and thankfulness. We need to train our daughters to be content with what God and we, by God's grace, have chosen to give them. We need to encourage them to trust God's sovereign plan for them, and to realize that all we really deserve is eternal condemnation. Anything beyond that is a gift that God has bestowed upon us and we should be grateful.

Consider and discuss with your daughter the following questions:

- *Is she grateful to God for all that He has provided?*
- *Does she accept hardship or testing as part of God's loving hand in her life?*
- *Does she trust God to do and provide what is best for her?*
- *Is she typically cheerful and smiling?*
- *Is she content with her life, or does she wish for change in areas she cannot or should not change?*
- *Does she focus on material pleasures, or on eternal treasures?*
- *Is she satisfied with what she has, or is she always seeking for more?*
- *Does she beg for things when you are in the store together?*
- *Does she express thankfulness to you and others for your love and sacrifice on her behalf?*

- *Is she quick to express thanks for any service or favor rendered to her?*
- *Does she complain?*
- *Does she whine?*
- *Does she strive with others to gain something she wants?*
- *Does she strive with others to protect her perceived rights?*
- *Is she covetous or envious of the possessions of others?*
- *Is she covetous or envious of the talents of others?*
- *Is she covetous or envious of the successes of others?*
- *Is she covetous or envious of the privileges of others?*
- *Does she harbor bitterness?*
- *Does she worry about someone else getting a bigger share of something than she does?*
- *Does she want something after she sees someone else with it?*

Notes and comments: