

Relating to Women – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

What were some ways you treated women in the past? What were the commonly held mindsets regarding women? Which mindsets or beliefs about women were pleasing to God? Which ones were opposed to the way God desires us to treat or think about women? How have you changed in your perception of women since then?

Day 2

The more time you spend in the real world, the more contact you have with women and the more you have to guard your heart. There are different types of women that we attract depending on the kind of man we are. We need to guard ourselves against attracting the kind of women that are ungodly. If you are not married, or if you are married, you need to treat women with respect and a pure heart. If you are married, God's will for you is to work on your relationship with your wife. Write down some things you would like to see improved in your marriage that you can help improve. Write down some things you can do to improve the marriage in those areas. If you are not married, write down a list of character qualities you would like to have in a potential wife.

Day 3

Memorize

1 TIMOTHY 5:1-2 (NIV)

¹Do not rebuke an older man harshly, but exhort him as if he were your father. Treat younger men as brothers, ²older women as mothers, and younger women as sisters, with absolute purity.

Day 4

When it comes to a relationship with a woman, one of the most important parts of a godly relationship is who you are. God needs to work on you to become the kind of man who would be good for a woman; someone who can take care of them and not be focused on yourself all the time. There are many character traits that are important to develop before you jump into a relationship. Learning how to lead, how to stand for what you believe, how to protect, how to take care of yourself and someone else, how to think about someone else's needs above your own, how to have a disagreement without saying hurtful things. Spend some time asking God if there are areas in your life He wants you to work on and mature in these areas.

Day 5

If you are single and wanting to get into a relationship, be careful not to jump into one too fast. Relationships with the opposite sex are usually emotional rollercoasters and depending on how intense your temptations are, they can make things much more difficult in your recovery. It is a good idea to refrain from any serious relationships for at least 6 months to a year after graduating the program, just to give you time to get accustomed to dealing with the pressures of life. Most instances of relapse involve a woman where there was a sexual relationship going on because the graduate rushed into a relationship and didn't discipline himself to maintain godly principles in relationships.