

the
Gorgeous
woman

Bible Study



Sharon A. Gill

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Amazon reviews:

The GORGEOUS Woman Bible Study is awesome. I love its uniqueness, simplicity, and practicality. It's a great tool for a women's bible study group and even a teen and young women's group can benefit from this bible study. I can go back and review each lesson as many times as I like without feeling overwhelmed with too much information. The G.o.r.g.e.o.u.s. woman gets straight to the heart of the lesson. Each week you can find yourself in one of the women in the lesson. It provokes you to take a look at yourself and look for ways in the lesson to be empowered and grow. I highly recommend this study if you're looking for a great study. ~ Doretha Johnson

I purchased this book for personal bible study but the lessons were so encouraging to me I wanted other women to be strengthened and uplifted. I taught this bible study in a small life team group and week after week women's lives were changed for the better we learned about biblical women who were gorgeous not because of their outer beauty but because of their God-given attributes. If you want to impact the lives of women this bible study is for you. ~ A. Frazier

I'm only just beginning this study but I'm blown away. Starting at the beginning of 2020 is the perfect time to set goals and this motivates me more to get into the word and ask God to guide me to those goals. God is ultimately in control so giving it up to him is my

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new goal for the new year. Thank you Sharon Gill. You hit it out of the ballpark. ~ Anonymous

This is the best online Bible Study ever. Ms. Gill leads us through our studies and allows God to shine through her ~ Anonymous

This is an amazing Bible Study for women. It has helped me tremendously in looking at my character and how I can change to become a better woman of God and in my daily life. Each day I read from this book, God speaks to me and confirms what I'm reading is true or what I'm going through or experiencing I end up reading about it that day. That's my experience. I haven't met Sharon Gill the Author of this book, but I've conversed with her through email and Facebook. She's an awesome lady and she truly loves Our Father God. You won't be disappointed. ~ Sharla Webb

Very inspirational! ~ Mel

I loved the woman bible study will be looking forward to any more material like this one. ~ Anonymous

Prologue

(Dedicated to Pam Hutchinson)

I once attended a memorial service for a woman who I had known for about eighteen months. We met on approximately four occasions during that time, the last one being an intimate dinner with her and her husband, myself, and my husband.

Shortly after our dinner date, the woman went for surgery to remove a lump near her neck base that was causing her some excruciating headaches. The surgery did not go well, and this wonderful woman slipped into the arms of Jesus about a week and a half later.

At her memorial service, the most beautiful I have ever attended, many men and women paid tribute to the life she lived. They talked about her warmth and kindness and her caring for others. Her business skills were lauded, but not more than her greatness as a mother. She was also an exemplary wife and partner to her husband. They spoke about her gentle spirit and her love for Jesus Christ, and what a great friend she was. One speaker said it so succinctly when he said she was the embodiment of the Proverbs 31 woman. The amazing thing was that all these people knew her for less than three years.

What made her have such a profound impact on all of us? It was the life she lived. In her death, we celebrated her life, and we were all

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challenged, men and women alike, to continue her legacy, being useful to those we meet and having the right spirit about things. She was only forty-six years old, but she had left an indelible mark on all who met her. She was indeed a G.O.R.G.E.O.U.S. woman!

About the Author



Sharon A. Gill is a life coach, business owner, and author. She blogs about life, business development, and spiritual growth at www.sharongill.com and www.thegorgeouswoman.com

Sharon is the Founder of Oasis Compassion Agency, a nonprofit organization that empowered the disadvantaged in her community from 2003 through 2019. She was the Chief Operating Officer of the Gill Law Firm in Delray Beach, Florida, until its closure in December 2019. She is an ordained Minister of Women and served as Director of Women’s Ministries in three churches. She has been a Bible study teacher for the past 25 years.

Sharon has received numerous business and community service awards in her career. Some of her awards include the Women’s Chamber of Commerce Giraffe Award for distinguished service to the community, Bank of America Local Heroes Award, The Martin Luther King Leadership Award, and the Palms West Chamber of Commerce Stiletto Award. Sharon has both taught and created women’s Bible studies for more than 20 years.

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The Palm Beach Post recently named her as one of the Most Powerful African American Woman in Palm Beach County and the Palm Beacher Magazine as one of 21 Most Inspiring Women in Palm Beach County.

She is a summa cum laude graduate of the MacArthur School of Leadership at Palm Beach Atlantic University.

Mrs. Gill has appeared in interviews on ION tv, WXEL, and WRMB Moody radio station. She has also appeared in several newspapers and magazines for her work as a community leader.

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HOW TO USE THIS BOOK

Before you jump in on Day One, we wanted to offer a few words about how the Study is designed and some suggestions about how you can get the most out of it. You may follow your intuition, but these guidelines will help you get the most out of the Study.

Structure Of The Study

The Study has eight chapters broken down into five daily lessons that should be completed weekly over eight weeks. You should try and complete one assignment per day, but let your spirit lead you. It may take you more time to get through the material, but it's better to slow it down and experience the teaching, rather than plowing ahead without prayer and understanding to keep up.

Each week begins with some background material on the assigned reading, the reading itself, followed by some questions to think about. At the end of the lessons is a short prayer you may adopt, or you may create one of your own.

Set Aside Time

We suggest that you set aside some time before or at the end of your day to complete each day's work. These lessons may be completed in 30 minutes or less, so you may even be able to cover the material during a lunch break or some other downtime. Whatever time you

choose, you must honor the Lord and your decision by setting aside a specific time to pray and complete the material.

Maintain Perspective

The purpose of this Bible study is to help you to draw closer to God in prayer and fellowship and to experience a breakthrough in your area of need ultimately. Do not become flustered or frustrated if you happen to miss a day or fall a day or two behind. We're all humans and prone to fall back from time to time. Just make up the missed time when you can. God may want to slow it down with you. Stay the course.

Pray About Specific Requests

No one can tell you what to pray about. However, we suggest that you get very specific about your requests during this time of prayer. Some people pray very general prayers. General prayers such as "bless me, Lord" are better than no prayers at all. But we suggest that you will find a more significant impact on your inner life when you pray about specific things and then observe how God is moving in those areas.

INTRODUCTION

Welcome to the G.O.R.G.E.O.U.S. Women Bible Study!

I love women, and I dedicate this book to all of them! The concept of this book originated with my husband. We both like teaching with acrostics, and during one of our conversations, he suggested we write a book entitled the G.O.R.G.E.O.U.S. woman. Later, I wrote this Bible study using the concept for my small women's Group and taught the principles of what I thought made up a genuinely G.O.R.G.E.O.U.S. woman.

My thought processes and ideas come from over twenty years of being involved in Women's Ministries in three different churches. In the first church, I served as an evening coordinator and teacher of women's Bible studies. In the second church, I served as the Director of Women's Ministries and a Bible study teacher, in the third church, I served as the Pastor of Women and Administration. In addition to these experiences, I founded a nonprofit agency in 2003, and through it have counseled many hurting women in need of guidance, hope, and encouragement.

I remembered when I first heard the Holy Spirit speaking directly to me as it pertained to women. I had just become the Director of Women's Ministries in the second church, and during this time, my daughter and I attended an outdoor event held at her elementary school. At the event, one woman, in particular, was quite rude to me.

As I was about to think something extremely negative about her, I felt a strong restraint on my thoughts and heard a clear voice in my head saying *“you must begin to love all women; they come in all shapes, sizes, colors and yes, personalities, but if you are going to direct them, then you must first, love them.”* This incident took place in early 2003, and since then, I do not pick and choose who I will love, the choice to love them all was already made for me by Christ.

This Bible study is grounded in my belief and faith in Jesus’s Christ. While it is possible to become a gorgeous woman without a relationship with Jesus, the genuinely G.O.R.G.E.O.U.S. woman is one who embraces her relationship with Christ and through the power of the Holy Spirit, can abide and live by the principles discussed herein.

Each character attribute discussed will be based on the lives of both biblical women and women of our time, and will provide practical application as to how you can develop the same attributes in your own life. This book can be studied alone or within the context of a small group. I would recommend for maximum effect to engage at least one person who will hold you accountable and you the same for her.

There are practical exercises at the end of each chapter that I strongly recommend that you do. I believe that if you practice these things, not only will you become a G.O.R.G.E.O.U.S. woman, you will enjoy who you are, and all those around you will reap the benefits.

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Thank you for taking the time to discover how you can be more G.O.R.G.E.O.U.S., and may God grant you understanding and a teachable heart as you do this Bible study. So grab a girlfriend or get a group together and hold each other accountable and get on your way. You are almost there!



Please watch the video on YouTube at
https://www.youtube.com/watch?v=MbU5G6_Q8J0

WEEK ONE ~ GOAL-ORIENTED

Goal-Oriented: Day 1

1. Personal Testimony

2. Why are you here today? What is your “Goal” for taking this class?

Profile of Women with Good Goals:

Hannah: (1 Samuel 1: 1-20, 2:1-10)

What was Hannah’s main goal before the Lord, according to verse 11? What did the Lord do for her in verse 20? Do you think you have the perseverance to wait on God as long as Hannah did? Read chapters 2:1-10 and praise God now for the things you have been praying for. Praise Him in faith and belief.

The Canaanite Woman: (Matthew 15:21-28)

What did Jesus say about the Canaanite Woman in verse 28? What was this woman's goal? What do you think about her persistence in light of Jesus's' initial answers to her in verses 24 & 26?

The Woman with the issue of blood: (Luke 8:43-48)

What was her chief aim in life? How many years has she been waiting for an answer?

Prayer:

Dear Lord, thank you for my life. Thank you that I can bring my requests before you boldly and in confidence. Help me as I undertake this journey to become a G.O.R.G.E.O.U.S. woman. Please soften my heart and make it teachable. Help me to be an example and an encouragement to those around me. Show me your will for my life at this current moment. I pray this in Jesus's name. Amen. (Hebrews 4:16).

Prayers, Praise, and Personal Notes:

Goal-Oriented: Day 2

Profile of Women with Bad Goals:

Herodias: (Mark 6:14-29, Matthew 14:1-12)

What was Herodias' goal and why?

Jezebel: (1 Kings 21:1-16)

Jezebel was responsible for many wrongs. Which one of these affected you the most?

The mother of James and John: (Matthew 20:20-23)

What do you think were the motives of the mother?

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Have you ever prayed and asked God for something and realized afterward that you had the wrong motive? If yes, what did you do when you realized it?

Prayer:

Dear Lord, thank you for giving me another day and another opportunity to praise your name. I know that my “heart is deceitful above all things and desperately wicked.” Please “create in me a clean heart and renew a right spirit within me.” I do not trust myself, dear God. Please guide and direct my thoughts and actions today, in Jesus’s name. Amen. (Jeremiah 17:9; Psalm 51:10)

Prayers, Praise, and Personal Notes:

Goal-Oriented: Day 3

Profiles of people without goals:

I once met a lady who, after seeing my dream home, told me she never dreams. When I asked her why she said to me that she did not visualize because she did not want to be disappointed. Is that you today, my friend? I hope not. Jeremiah 29:11 tells us that God has plans to prosper us. We have permission to dream! (For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.)

Read Proverbs 29:18. What happens to people without a goal or a vision for their lives?

Read Luke 14:28-32. What does Jesus instruct us to do in this passage? As you think of your future and things you would like to accomplish, are you counting the cost?

Read Genesis 25:29-34. What was Esau's goal for the future? What happened to him as a result of his plans or lack thereof?

Read Matthew 25:14-30. What was the condition of the heart of the servant who had one talent? Did he have any goals or plans? What does God expect you to do with your gifts and talents? What can happen as a result of not doing what God expects?

Prayer:

Dear Lord, thank you for the plans that you have for my life. Help me to remember that your plans for me are good and prosperous. Help me never to take for granted the fact that I am alive today, and where there is life; there is always hope. Help me to remember my birthright that I am a child of the King, and you have blessed me with all spiritual blessings at the time of my conception. Please let me live a goal-oriented life that will bring you honor and praise. In Jesus's name. Amen. (Jeremiah 29:11, Ephesians 1:3-4)

Prayers, Praise, and Personal Notes:

Video fill in the blank:



Please watch video on YouTube at this link:
<https://www.youtube.com/watch?v=gxtxFEyGqu4>

Key Insight: *Goals require faith and action.*

A healthy spiritual foundation should be your first goal and should catalyze all the other goals you want to accomplish.

Goal-Oriented: Day 4

“And the LORD answered me: ‘Write the vision; make it plain on tablets, so he may run who reads it.’-Habakkuk 2:2

How to set goals and keep them.

"You create your reality in life, and it begins with your thoughts. Thoughts become action. Action creates reality." -Sharon Gill

Five Steps to creating a God-centered goal:

1. Go to the Lord in prayer and examine your own heart about the motives behind your goal. Is it selfish? Does it honor God and others?
2. If the goal passes the prayer test, then write it out in a notepad or journal. Studies prove that written goals are many times more likely to be acted upon and therefore achieved.
3. Run your goal through the S.M.A.R.T. test. S.M.A.R.T. goals are defined below.
4. If your goal passes the S.M.A.R.T. test, get with a sister or person you trust to support you, and keep you accountable to your goals. No matter how small the goal, there will be times of self-doubt and discouragement. That's the time you'll need an accountability partner to encourage you along the path.

Caution! Be sure the person you choose to confide in is trustworthy and positive. Do not indulge any of your goals or dreams to anyone with a cynical, envious, or critical spirit. That is a sure dream killer! If you don't have such a person in your life, pray about it and leave your confidence in the Lord alone.

WHAT IS a S.M.A.R.T. GOAL?

A good goal should have at least these five qualities:

1. **Specific:** You are much more likely to accomplish a specific goal than a general one. An example of a vague goal is: I plan to get healthier. A specific goal would be: I will join a gym this week, and I will commit to working out three days per week! Do you see the difference? One goal is very general. The other is specific!
To create a specific goal, ask yourself the "W" questions: Why am I pursuing this goal? What is involved? Who is involved? When do I start? Where do I go?
2. **Measurable:** You need to establish some measurable criteria to know if you're achieving your goal. Using the health example, a measurable goal would be: I plan to lose five pounds in the next thirty days. This is measurable. You can know whether you're successful or not, and you can make adjustments. A goal that can't be measured is not a real goal.
3. **Attainable:** You should be capable of achieving your goal. With God, ALL things are possible. But in the realm of goal

setting and goal achieving, your goal should be attainable. An example of an unattainable goal would be to set a goal that, on a particular day, you would grow wings and fly. Nothing is impossible with God, but that goal probably is unattainable. Going after it would be a waste of time and energy.

One of my suggestions for your goal setting journey is to set a small attainable goal that you're reasonably confident you can achieve. Once you've mastered that goal, you can attempt something more challenging. We call these "stretch" goals because they require a more significant measure of faith and effort to achieve.

4. **Results-focused:** Your goal should measure outcomes and not just activities. What is the intended result that you are looking to achieve? Define it! An example of a results-focused goal is: I plan to save \$500 by December 31, 20XX.
5. **Time-bound:** Your goal must have a specific time frame for completion. Without a time frame, you have no sense of urgency or measurement. An example of a time-bound goal is featured in #2 above, under Measurable.

Stop and Assess: Now that you have the steps to achieving any goal, your homework is to select one to three small goals and to run it through the process described in this chapter. We will briefly discuss your goals in Week 2.

You are the daughters of the King! God created each of you with purpose and gave you the ability to achieve all of His goals. It's now time to get started!

Prayer:

Dear Lord, I pray for my sister right now that she would be encouraged to think big and to dream big, because You are a BIG God, and nothing is too difficult for you. Guide our thoughts and reveal a bigger and better future to us so we can be a blessing to those around us. The Scripture says we should "bring our requests before you and wait in expectation." Please write your plans in my heart today. In Jesus's name, I pray. Amen. (Psalm 5:3).

Prayers, Praise, and Personal Notes:

Goal-Oriented: Day 5

Goal Setting Exercise: Vision Board.

Here is a fun exercise that you can do to help get you excited about your goals. Get some magazines, markers, glue, and scissors, along with a poster board, and let's start creating.

By now, you should have an idea of your goals and should have them written in your journal. Now is the time to put them on display.

Let's say, for example, you desire to be healthier; you can cut out pictures of healthy foods from magazines and paste them on your board. You can also cut out pictures of someone with a healthy body, bottles of water, or exercise equipment.

If you would like a better house, car, better job, you can cut out pictures of the vehicle you would like to have, or the home you would like to live in. You could cut out photos of an office building or someone wearing the uniform of the career you would like to have.

You can cut headlines out of magazines with words that inspire. Examples include words like *Inspiration, Prayer, God, Love, Empowerment, and Family.*

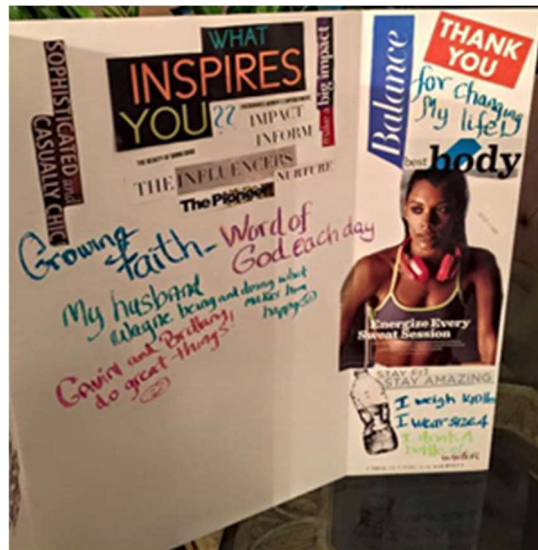
Finally, use colored markers to write out your goals on sections of your board. You can write things like;

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- ❖ I want to weigh 150 pounds by December 31, 20XX.
- ❖ I want to own my house by December 31, 20XX.
- ❖ I want to have a better relationship with my children. I commit to spending one evening per week (or month) with each one.
- ❖ I will start having weekly dates with my husband beginning June 1, 20XX.

Finally, place your board in a place where you can see it often. If space is an issue, get a smaller board so you can pin it to the wall in your closet or bathroom. The more you look at your goals, the more you envision them, and the more likely they will come to pass.

Here is an example of one of my boards “in progress.” Be creative and have fun!



Prayer:

Dear Lord, thank you for helping me see a bigger vision for myself and my family. Thank you for making me a goal-oriented woman. Equip me today with courage, strength, and boldness to walk in the destiny you have planned for me. Help me to live a life worthy of the calling I received. In Jesus's name. Amen. (Ephesians 4:1)

Prayers, Praise, and Personal Notes:
