

A string of pearls is draped across a pink fabric background. The pearls are white and have a glossy, lustrous finish. The fabric has a subtle, fine-grained texture. The lighting is soft, highlighting the smooth curves and reflections on the pearls.

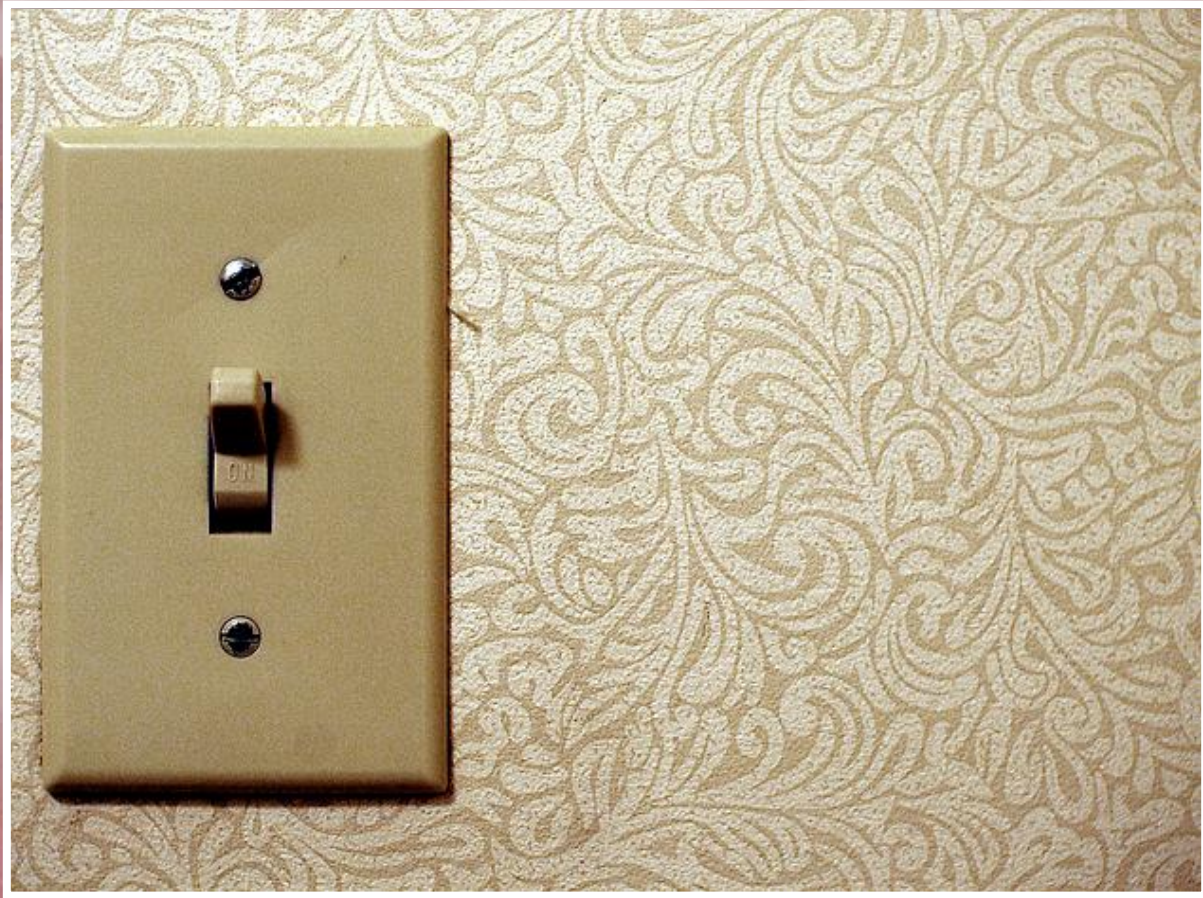
The Woman of Excellence

A Secure Woman: Oxytocin?



Proverbs 31.25: The Excellent woman is “clothed in ... dignity.”

Taking back our dignity: 5
Steps



1. Check your security switches



“You shouldn’t be insecure,
you’re so _____!”

Watch that self-talk!

She hasn't this problem

+ I do

She hasn't a problem in
the world

Look what she has on

+ Look what I have on

I have the fashion sense
of a fly

I tried to talk to her

+ She seemed distracted

She hates me

She's gorgeous

+ She gets attention

She's conceited

She's got this

+ She's got that

I've got nothing

Take your
fear all the
way through
to God's grace



Realistically: A full-fear follow-through



2. Stop Making
Comparisons

Comparisons

- Romans 12.3,4: Don't think more of yourself [or less]; don't conform."
- Galatians 5.26 (Message): We will not compare ourselves with each other as if one of us were better and another worse. We have far more interesting things to do with our lives. Each of us is an original.





3. Start Personalizing Other
Women



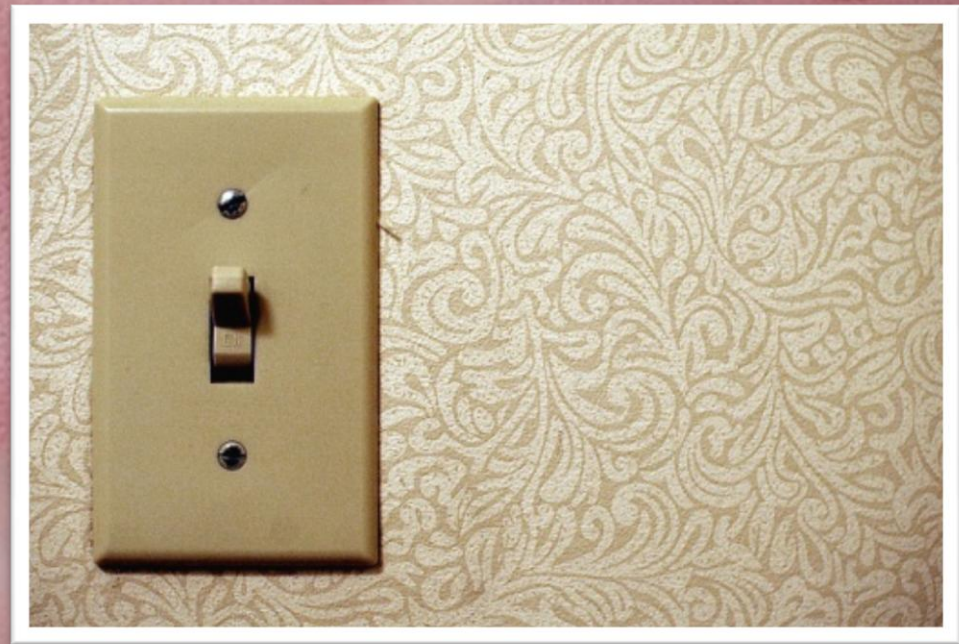
A rival: Someone we want to beat; Inferior: Someone we already have

Stop Measuring

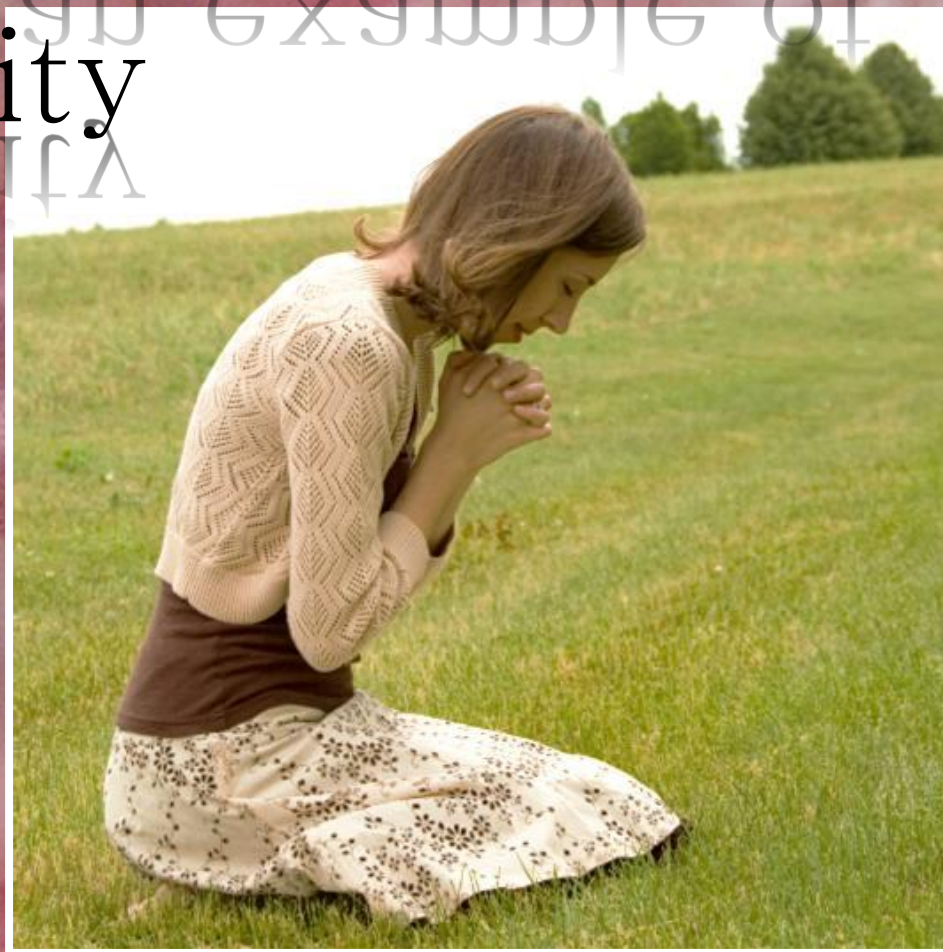
“That girl you’ve placed as a rival because you measure her as more attractive—she has pains, scars, insecurities, imperfections, and fears. Maybe her perfect make-up is an attempt to mask her own insecurities. Perhaps that perfectly mysterious cut to her blouse is her attempt to gain attention from men so she can feel secure. She is a person. Therefore, she has problems.” –Beth Moore, *So Long Insecurity: You’ve been a bad friend to us*

4. Don't Trip The Switch

- Setting the tone of competition
 - Dress to impress: puts others on the defensive
 - Dressing seductively: others feel inferior
 - Attack: obvious weakness of others



5. Be an example of security



1 Timothy 4.12



Security in Christ

2 Corinthians 4.6-7

Discussion Questions

- What triggers your insecurity switch most?
How can you follow these steps to avoid these switches?
- In what ways do you unfairly measure the worth of other girls?
- What can you do to help other women feel secure around you?
- How do you plan to get to step 5?