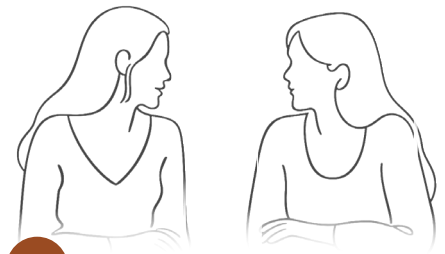


Questions

Every Christian Woman Should Ask Herself Each Week

If even one of these scares you, that's the one you most need to answer.



1 Walk With God

- Where are you at in God's Word?
- What have you been learning in God's Word?
- Have you spent adequate time in the Bible and in prayer?
- What books or commentaries are you reading right now?

4 What You Watch & Read

- What images and videos did you view this week?
- What books, shows, or movies fed your imagination, and what did they feed it?
- Did you read romance novels, fanfiction, or content that stirred up sexual fantasy?
- Have you been watching shows or videos that normalize what God calls sin?
- Could you tell the women in your church what you watched and read without flinching?

7 Idolatry

- What did you run to this week instead of God?
- When you felt anxious, where did you turn first?
- When you felt empty, what did you reach for?
- Whose approval mattered more to you than God's this week?
- Is there anything you would be more devastated to lose than your walk with Christ?

10 Money

- Did you give to your local church and to missions?
- Did you take real steps to get out of debt, or did you spend frivolously?
- What purchase this week did you not actually need?

13 If You Are Single

- Are you pursuing purity in your relationships with men: physical, emotional, digital?
- Are you using your singleness for the Lord, or wasting it?
- Are you content in this season or grasping?
- If you are dating, are you holding him to a Biblical standard, and yourself as well?
- Are you preparing spiritually, financially, and in character to one day be a godly wife and mother?

16 Entitlement & Pride

- Is there any area where you feel mistreated or misunderstood?
- Are you angry with anyone?
- Do you feel justified in your envy, anger, or bitterness?
- Have you been slow to forgive or refusing to forgive someone?
- Are you jealous of someone's possessions, position, or success?
- Have you struggled with pride? Putting it down?
- Have you been breaking the law and justifying it?

2 The Tongue

- Did you gossip about anyone this week, even disguised as a prayer request?
- Did you lie, even small ones?
- Did you speak harshly to your husband, your kids, a coworker, or a stranger?
- Did you complain or grumble in a way that pulled others down?
- Did you slander another woman, to her face, behind her back, or in your thoughts?

5 The Heart's Wandering

- Did you look at any man longer than necessary, inciting lust?
- Did you nurture an emotional attachment to a man you shouldn't be attached to?
- Have you been alone with a man in any setting that could look compromising?
- Did you entertain a sexual fantasy?
- Are you texting or confiding in a man you'd hide from your husband, or your future one?
- What struggle is weighing on your mind that you haven't told anyone?

8 The Inner Life

- What fear ruled you this week?
- What anxiety did you carry that you never brought to God?
- Did you despair, even briefly, about your circumstances or your soul?
- What lies have you been believing about yourself, about God, or about your future?
- Did your emotions rule you, or did the truth?

11 Sisterhood

- Who is currently sharpening you as a woman of God?
- Who are you sharpening?
- Have you isolated yourself from your sisters this week?
- Have you envied, slandered, or competed with another woman?
- Is there a sin you are hiding from others in your life?

14 If You Are a Mother

- Did you give priority to your children?
- Were you consistent with family worship?
- Did you disciple your children in the Word?
- Did you discipline your children in love?
- Did your tone with your children reflect the gospel?

17 Vision, Witness & Service

- How are you moving forward with your short-term goals?
- How are you moving forward with your long-term goals?
- Did you share the gospel this week?
- Whose life did you influence for Christ?
- How did you use your gifts to serve someone who couldn't repay you?
- Are you seeking to please God over man?

3 Phone & Feed

- How many hours did you spend on your phone this week?
- What did you scroll past that you didn't need to see?
- Whose life did you envy on social media?
- Did you compare yourself to women on a screen and walk away discontent?
- Did you post just to be seen and admired?
- Could you put your phone in a drawer for 24 hours without anxiety?

6 Body, Beauty & Vanity

- How did you steward the body God gave you with sleep, food, and exercise?
- Did you obsess over your appearance, your weight, or how you compare to other women?
- Did you dress to honor God, or to draw eyes that aren't yours to draw?
- Did you shame or hate the body God gave you?
- Did vanity drive any of your decisions this week?

9 Work

- What sins in your work life need confession?
- Did any of your dealings lack integrity?
- Were you faithful with your time at work, in the home, or in your calling?
- What steps did you take to excel at the work God gave you?

12 If You Are Married

- How did you respect your husband this week?
- Did you speak well of him, to his face, and to others?
- How did you encourage him by name?
- Did you fulfill his needs: physical, emotional, spiritual?
- Have you communicated honestly with him about your own needs?
- Did you pray for him by name?

15 Hospitality & Home

- Did you open your home or your life to someone in need this week?
- Did you tend the household God gave you with diligence, whether you live alone, with roommates, or with a family?
- Did your space reflect peace, or contempt and chaos?
- Did you cultivate a place where others could come and rest?

18 Most Importantly...

- Are you willing to repent over every sinful action you committed this week?
- Are you willing to confess them to another believer?
- Did you just lie when answering ANY of the questions above?