

Week 1 – The Heart Of A Women

Read

I know I am not alone in this nagging sense of failing to measure up, a feeling of not being good enough as a woman.

Every woman I've ever met feels it—something deeper than just the sense of failing at what she does. An underlying, gut feeling of failing at who she *is*. *I am not enough, and I am too much* at the same time. Not pretty enough, not thin enough, not kind enough, not gracious enough, not disciplined enough. But too emotional, too needy, too sensitive, too strong, too opinionated, too messy. The result is shame, the universal companion of women. It haunts us, nipping at our heels, feeding on our deepest fear that we will end up abandoned and alone.

After all, if we were better women—whatever *that* means—life wouldn't be so hard. Right? We wouldn't have so many struggles; there would be less sorrow in our hearts. Why is it so hard to create meaningful friendships and sustain them? Why do our days seem so unimportant, filled not with romance and adventure but with duties and demands? We feel *unseen*, even by those who are closest to us. We feel *unsought*—that no one has the passion or the courage to pursue us, to get past our messiness to find the woman deep inside. And we feel *uncertain*—uncertain what it even means to be a woman; uncertain what it truly means to be feminine; uncertain if we are or ever will be.

Aware of our deep failings, we pour contempt on our own hearts for wanting more. Oh, we long for intimacy and for adventure; we long to be the Beauty of some great story. But the desires set deep in our hearts seem like a luxury, granted only to those women who get their acts together. The message to the rest of us—whether from a driven culture or a driven church—is “try harder.”

And in all the exhortations we have missed the most important thing of all. We have missed the *heart* of a woman.

And that is not a wise thing to do, for as the Scriptures tell us, the heart is central. “Above all else, guard your heart, for it is the wellspring of life” (Prov. 4:23). Above all else. Why? Because God knows that our heart is core to who we are. It is the source of all our creativity, our courage, and our convictions. It is the fountainhead of our faith, our hope, and of course, our love. This “wellspring of life” within us is the very essence of our existence, the center of our being. Your heart as a woman is the most important thing about you.

Think about it: God created you as a *woman*. “God created man in his own image... male and female he created them” (Gen. 1:27). Whatever it means to bear God’s image, you do so as a *woman*. Female. That’s how and where you bear his image. Your feminine heart has been created with the greatest of all possible dignities—as a reflection of God’s own heart. You are a woman to your soul, to the very core of your being. And so the journey to discover what God meant when he created woman in his image—when he created *you* as his woman— that journey begins with your heart. Another way of saying this is that the journey begins with *desire*. The desires that God has placed into our hearts are clues as to who we really are and the role that we are meant to play. Many of us have come to despise our desires or at least try to bury them. They have become a source of pain or shame. We are embarrassed by them. But we don’t need to be. The desires of our heart bear a great glory because, as we will detail further in the next chapter, they are precisely where we bear the image of God. We long for certain things because *he* does!

Reflect

1. Stasi says that your heart is the most important thing about you. Is this a new thought to you? What is your response to that statement?
2. How has your heart been valued in your life? Have you valued it as the treasure it is?
3. In what area do you feel you’ve most lost heart? Do you feel it is possible to get it back? Why or why not?

Scripture

Genesis 1:27

27 So God created mankind in his own image,

in the image of God he created them;

male and female he created them.