

Briarwood In-Town Women's Retreat – February 2026 – Breakout Session

Adorning Ourselves To Be “Fit for the Feast”

- I. Introduction – Adornment trivia, a bit of my story, and a warning not to deceive ourselves with false confidence or “leafy” adornment.

- II. The Characters and How They Adorn Themselves
 - a. Adam and Eve – Genesis 3
 - b. The Pharisees – Matthew 21:18-19
 - c. All Women, Everywhere – Proverbs 31:30

- III. What We Can Learn from Them
 - a. Adam and Eve
 - i. We were never meant to have perfect capacities – our capacity isn't our issue, our rebellion is. Genesis 3:1-6
 - ii. Our struggle will not last forever! Genesis 3:15
 - iii. The only acceptable adornment we can ever have comes from the bloodshed of another. Genesis 3:21
 - b. The Pharisees
 - i. True adornment isn't from any of the stuff, it is just from Him –Mt. 15:8
 - ii. He is calling us to more, not less – Mt. 5:20
 - iii. But he calls us all individually.
 1. He may be calling you to do less, to give less, to have more of Him.
 2. Or He may be calling you to do or give more, to have more of Him.
 - c. His Desire for us as Women
 - i. To depend on Him. (Hope in God: 1 Peter 3:5)
 - ii. To dwell in His delight. (Zeph. 3:17, Ps. 149:4, Ps. 37:23)
 - iii. To devote ourselves to wisdom. (Proverbs 3:14-18, 9:8-13, 16:21-24, 4:6-9, and Prov. 31)

IV. Reflection Questions For Later Consideration (Taken from Kopic's - You Were Never Meant to Do It All)

- 1) In what ways do you feel endlessly stretched and overwhelmed?
- 2) What do you think God expects of you in a given day? (or week or year)...
- 3) Reflect on the words of Jesus - "Come to me all who labor and are heavy laden and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls in me. For my yoke is easy and my burden is light."

Is Jesus someone you could relax with?
- 4) What expectations of yourself might not be from God?
- 5) Are you comparing yourself and your life to others in a way that may not be helpful? What is God calling YOU to in this season?
- 6) Do you sense God's delight in you? What aspects of you do you think God doesn't like? Are there things you have sought to get rid of that are not necessarily sin but parts of your design that God made you to be and actually reveal his love for and delight in you?

Final Questions to Consider:

- 7) What would it look like for you to live each day from a sense of your total dependence on Him, and yet responsibly running after wisdom (which comes from Him) so that you can better reflect his heart to the world around you?
- 8) Spend time today thanking God for how he has adorned you to be fit for his feast by the blood of his Son and it is not up to you to "adorn yourself" properly for Him. Now, pray that today He would give you that sense of His great delight in you, His daughter, and enable you to live as loved and safe as you truly are in Him.