

every woman for herself, and no right

As we try to define ourselves as

young women, we often focus on

and wrong.

the central, innermost, or most essential part of anything.

Value [val-yoo] Noun relative worth, merit, or importance: the value of a college education; the value of a queen in chess.

# CORE VALUES POINT 7: CORE VALUES POINT 7:

Every decision we make in life is sifted through the filter of our core values. If one of the core values you have determined is that "it's OK to do whatever it takes to survive" when the decision comes to lie, cheat, or steal, you will end up in a situation that could bring potentially disastrous consequences to you and all those who follow you.

You should never wait until you are confronted with a difficult values choice to determine what to do. Just as a soldier, firefighter or surgeon trains to respond to every possible scenario in advance, you should be observing, studying, thinking and deciding every day what you would do when challenged in different kinds of situations. Pay attention to the situations and challenges of people around you. What bothers them about decisions they have made in the past? What are the consequences of certain choices? Regrets can be brutal, all by themselves, but so can the change in direction that some decisions will cause. If you make the wrong decision, you could find yourself in a completely different place in life than you intended.

Let's be brutally honest: It happens with girls every day, who end up pregnant while they are still in school. They didn't plan for it to happen. But they didn't plan for it NOT to happen. Their core values were tested in a area they had not prepared themselves to stand their ground. You need to think ahead and know what to do and say to keep your life under control.

To be effective, solid, and able to stand the test of fire like pure gold, core values are best determined ahead of time. Your "back-seat" theology needs to be determined before you decide to go on a date with a guy. If you wait until you are in the back seat, you have already lost the battle.

Purity is not the only core value you will have to defend. Every day, you will be tested in the areas of patience, kindness, diligence, truthfulness, loyalty...everything that you are.

That's why it's important to hide God's words in your heart, so that you won't sin against Him. If you are spending daily devotion time with the Lord, following Him closely, listening and paying attention to when He nudges you toward or away from something, you will be better equipped to hold tight to your core values, and come through the trials as pure gold.

#### Non-negotiable (adj.) /nähn ne GO shuh-bul/

Not open to discussion or modification.

The strongest women --those who have passed being tried by the fire--have a list of non-negotiables that they live by in any given situation. What are your non-negotiables?

Solid core values stick to the true North idea--depending on God's words to define right and wrong. A good place to begin would be the 10 Commandments from Deuteronomy 20 and Exodus 5:

- 1. You shall have no other gods before Me.
- 2. You shall not make idols.
- 3. You shall not take the name of the LORD your God in vain.
- 4. Remember the Sabbath day, to keep it holy.
- 5. Honor your father and your mother.
- 6. You shall not murder.
- 7. You shall not have sex outside of marriage.
- 8. You shall not steal.
- 9. You shall not lie about your neighbor.

GOOD-AS-GOLD WOMEN HAVE A LIST OF NON-NEGOTIABLES



10. You shall not lust after other MAKE A LIST you think you need to consider people's things. and research in the Bible? List them here, then make it a point OF CHARACTER TRAITS to prayerfully pursue the right These original 10 core values given answers. YOU CONSIDER TO BE by God establish a standard--the gold standard--for our conduct, that if correctly followed will lead us into the healthiest, happiest, A LEADER and most fulfilling life. On the other hand, if we choose to break these commandments, we are not just hurting ourselves. Sin sets in motion a pattern of destruction for ourselves and our families for generations to come! What are some consequences of weak core values? What are some rewards for strong core values? What are some values choices Tony Rorie, founder of The Men ...FOR EVERY SITUATION.

### CORE VALUES POINT 2: CORE VALUES POINT 2: CORE VALUES POINT 2: OUR VALUES POINT 2: OUR VALUES POINT 2:

Core values should not only be the guiding principles in our own lives, they should be passed from generation to generation. They should become the essence of a family. Have you ever spent time with a strong family and noticed that there are certain qualities that make the family different? As a woman, we are the heart of the home. We set the tone for love and compassion, but most all, for following God with our whole hearts in a way that makes us solid and strong, and our families solid and strong, too.

Back in the ancient pages of the Old Testament, there is a very interesting story in the book of Jeremiah. You have probably never heard it -- it's one of those hidden treasures that few have discovered or understood.

It's a true story, but it certainly has equal value with a parable that Jesus may have told because it makes a really important point that is still completely valid today. It's about a certain family who had a set of values that everyone else thought were outdated, irrelevant, old-fashioned...Whatever words you might apply today to that kind of situation. You might think somebody with old fashioned values is a "prude" or just plain weird, but there is nothing wrong with embracing values that have been tried and true for many years--traditional values have stood the test of time in many cases because they match the

values that the Bible teaches. If God tells us what is right and wrong, who are we, as simple humans, to argue? God's word is true North. He never changes. Whatever he defined as good character thousands of years ago is still the same. That may seem hard to accept, but listen to this story.

One day, God gave this message to Jeremiah the prophet. (It was a regular occurrence for God to speak directly to a prophet, who would then go and give the message to the person for whom it was intended). This is how Jeremiah related what happened:



God said, "Go to the settlement where the families of the Recabites live, and invite them to the LORD's Temple. Take them into one of the inner rooms, and offer them some wine."

So I went to see Jaazaniah ...and all his brothers and sons—representing all the Recabite families. I took them to the Temple, and we went into the room assigned to the sons of Hanan son of Igdaliah, a man of God...

I set cups and jugs of wine before them and invited them to have a drink, but they refused.

"No," they said, "we don't drink wine, because our ancestor Jehonadab son of Recab gave us this command:

'You and your descendants must never drink wine. And do not build houses or plant crops or vineyards, but always live in tents. If you follow these commands, you will live long, good lives in the land.' So we have obeyed him in all these things.

We have never had a drink of wine to this day, nor have our wives, our sons, or our daughters. We haven't built houses or owned vineyards or farms or planted crops. We have lived in tents and have fully obeyed all the commands of Jehonadab, our ancestor.

But when King Nebuchadnezzar of Babylon attacked this country, we were afraid of the Babylonian and Syrian armies. So we decided to move to Jerusalem. That is why we are here."

Then the LORD gave this message to Jeremiah: "This is what the LORD of Heaven's Armies, the God of Israel, says: Go and say to the people in Judah and Jerusalem, 'Come and learn a lesson about how to obey me.

The Recabites do not drink wine to this day because their ancestor Jehonadab told them not to. But I have spoken to you again and again, and you refuse to obey me. (Jeremiah 35: 1-14)



Imagine being that person! The one about whom God said, "Take a lesson from her! Hey everybody, this is what I'm talking about! This is what obeying me looks like!"

God gave them two direct orders, years and years before, and they made sure their children knew about them and kept them, passing them on from generation to generation. What would our society look like if we had just kept the two orders Jesus gave us, passing them down from generation to generation, and obeying them no matter what anyone else said or did?

The two great commandments, Jesus said, are:

- 1) Love God with all your heart, all your mind, all your soul and all your strength; and
- 2) Love your neighbor like you love yourself.

If we had stuck to these two core values, we might have completely banished all cruelty, selfishness and sin from the world by now!

Every core value counts. Every core value is a shield against what the world tries to do to us--how people try to hurt and change us, tear us down, diminish our value, take away our self-respect, destroy our worth and derail our purpose.

We set the tone for our household. And not only our immediate family but also those who are to come, for generations.

Figure out your core values. Don't throw out valuable traditional values. They may be old, but if they match what God says in his word, they are the gold standard. Hold them tight, never wavering. Then, pass them on.

### challenge: FILL IN THE MISSING NUMBERS.

The missing numbers are integers between 0 and 9. The numbers in each row add up to totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right.

17

FIGURING OUT 13

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NOW...WHAT WOULD YOU DO, IF YOU HAD TO SOLVE THIS PUZZLE IN LESS THAN A MINUTE, TO SAVE YOUR LIFE?

That's about what you're doing, if you wait until you're in the middle of a problem to try to figure out your values. It could be a life-changing decision-good or bad. Take time to think about and explore your values ahead of time--KNOW THEM, so when they are tried, you will be ready with the right answer!



# CORE VALUES POINT 3: CORE VALUES ARE DEMONSTRATED BY OUR TRANSPORT

and Ladies of Honor, is known as a great leader and great father. But he tells a story about a time when he wasn't feeling so much like a leader at all. However strong a spiritual leader he was, there was something missing.

"I went to a men's conference where the speaker, Dr. Tony Evans was teaching about Psalm 128," Mr. Rorie related. "In this Psalm, a Godly family pattern was being described. It said:

How joyful are those who fear the LORD—All who follow his ways. You will enjoy the fruit of your labor. How joyful and prosperous you will be! Your wife will be like a fruitful grapevine, flourishing within your home. Your children will be like vigorous young olive trees as they sit around your table. That is the LORD's blessing for those who fear him. (Psalm 128:1-4)"

As the speaker described God's promise that our children would be flourishing around our table like olive trees, Mr. Rorie had an epiphany.

"It occurred to me that I didn't even own a table! Any meals that were eaten in my house were generally in the living room, in front of the television. I was immediately convicted and decided to go home and get my family a table to have meals together and provide an atmosphere where I could pour into them and hear their struggles."

[The term "convicted," in a spiritual sense, is when you feel like the Lord has just gripped your heart with an overwhelming feeling that there is something you have done wrong, so that you feel an extreme sense of urgency to make it right!]

Mr. Rorie explained how, from that time forward, his family would often hold family meetings around that table and discuss everything from family problems to family vacation plans. It became the axis of everything that happened in the family.

The results were notable: countless amounts of quality time spent together.

"I will never regret that decision to buy the table," said Mr. Rorie. "A family tradition of shared meals was born that day."

Another notable tradition that Rorie's started was a Family Devotion.

One evening while attending a church service, the guest speaker asked the audience a question, "How many of you have a regularly scheduled weekly time with your family where you study God's

word, worship together, and pray for one another as a family. Out of a crowd of 500, only 3 or so raised their hands. I was not able to raise my hand.

"I knew the value of a family devotional time," said Mr. Rorie.
"I had even made attempts in the past to get us together and do this. Sure, we read the Bible at times, prayed at times, but I had never been intentional about setting a set night of the week for us, as a family, to grow together in the Lord. I was convicted again."

That night, He decided to take action and shared with Mrs.
Rorie what was on his heart. She wholeheartedly agreed. They decided that from that point forward every Monday night would be their family devotional night.

The first Monday rolled around and the opportunities to do something else appeared from every direction. But they said "no" to those things and "yes" to their family.

First, they had dinner together as a family-at the table.

Then, after dinner, they moved into the living room.

"My son brought out the guitar and led us in two songs," he recalled. "The girls sang and it sounded like angels in our house." After the worship time, they all took out their Bibles and took turns reading different chapters from the Bible.

"I didn't put a lot of thought into a theme or where to read, just reading any part was good, and sometimes they seemed to follow a common thread...Imagine that!"

"When they finished the worship and Bible reading, it was time to pray," he continues. "I began the prayer by praying out loud for my wife. I prayed for her upcoming week and anything else that came to mind. I thanked God for giving me such a Godly, wonderful wife.

Then I prayed for each of my children individually, asking God to bless and protect them this upcoming week, along with praying for anything else that came to mind that they might need.

"Then, it was my wife's turn to pray. She prayed for me, then anything else that came to mind. Then each of my children prayed, starting from the oldest, and working their way down, for whatever was on their heart.

By the time we finished praying, we felt closer to God and closer as a family. Finally, we all sat down together to enjoy dessert.

This tradition has helped us stay connected and grow closer as a family. We even started inviting other families over to teach them how to have a family devotional.

There is an old saying that says 'More is caught than is taught.' When we demonstrate character, prayer, and devotion in our lives, we pass the baton of values to the next generation."



Aren't you a leader? Even if you're not the head of your household, you can be the one who has the courage to BE the change you want to see, starting with your own home. Why not suggest a family devotion time? Take a little time to plan it, present the idea, and get it started. Then, be persistent to encourage everyone in keeping it up by championing it regularly, and helping to make it something everyone really looks forward to doing.

First, you must have a set time and day of the week to make it happen -- otherwise, it gets put off, and put off, and never happens. Pick a day of the week that works for everyone, and help everyone make it a priority--so they don't make other plans.

Next it must have a structure. It should include three things:

- 1. Reading from God's Word
- 2. Discussion and Teaching
- 3. Prayer

Give everyone a chance to participate, and value their input, no matter how small. It's not about impressing anybody or proving a point--it's about coming together to support one another as you serve God and grow as a family. This can be especially meaningful if someone in your family does not yet know Jesus. You may not be able to get them to go to church yet, but you can certainly get them to agree to sit down and spend some family time together, even if it's a Bible study with pizza or cookies.

Where do you find devotions? You have lots of options. You can read through a chapter of the Bible together, then talk about it, and how it can be applied to your lives. You can look for a family devotional book, or even find them for free on-line (just Google "Family devotions" and you'll find a good variety).

The YOUVERSION Bible App also has SO many family devotion plans, already planned out for you to study together.

So, let's go, LEADER -- let's get started!







#### THE FRIEND FACTOR

A leader of leaders once said, "You are changed most by two things in life – the books you read, and the friends you keep."

Our friends and our futures are completely intertwined. More than we realize, we are shaped and formed by the company we keep.

In his book, Think and Grow Rich, Napoleon Hill introduces the concept of the Mastermind Alliance or Group.

The concept is that when great minds come together and think and dream, their collective thoughts take on an exponential power beyond their individual thoughts.

When we associate with people who are intelligent and moving forward, we encourage each other to go farther and do more than we would otherwise.

If you hang around five confident people, you will be the sixth.

If you hang around five intelligent people, you will be the sixth.

If you hang around five successful people, you will be the sixth.

The company we keep also shapes our identity. Spend time with women of substance. This includes virtual time. To whose influence are you exposing yourself? A Hollywood drama queen, with a life full of scandals, drama, and self-destruction, or an iconic woman of God, whose life is full of wisdom, compassion, peace, success, and goodness?

Dare to challenge yourself about the kind of associations you keep. You are the sum total of your five closest friends. They are the ones who will guide and influence you, no matter what you learn in church, at home, or Ladies of Honor. If you have ever bought a little basket of strawberries, you've probably opened it and found one rotten one in there. If you don't take it out, and leave it in there with the others, will the other good ones make it unrotten? No, the mold will spread from the rotten berry to cover all the others in a very short time.

You have made a decision to be different. Give your friends a chance to follow you. If they don't, then you need to be careful how close you keep them, because the closer you get, the stronger their influence is.

If you have some concerns about your friends who won't follow you into your new life with Christ, talk to a trusted leader and pray for guidance. It could be a life or death decision!

"For me, there is a guiding compass that just lives inside of me. Every time I've gone against it, something bad has happened. As long as I stay in line and honor it, it has really been life changing."

These are the words of Tyler Perry, a highly successful actor and producer who is never shy to profess his faith as a Christian, and to point out that his walk with God has been the stabilizing force in his life -- the one relationship that has kept him from falling into the all the common pitfalls of fame and fortune.

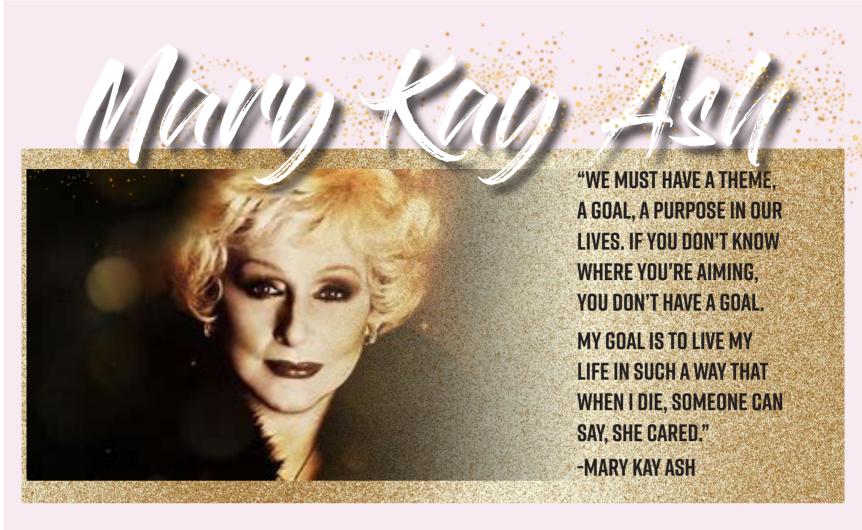
For thousands of years, explorers, sailors, travelers of all kinds have used a device called a compass to find NORTH. Whether it was the warriors in the Chinese Han Dynasty, who first used the compass around 220 BC, or navigators who use Polaris, the North Star, finding TRUE NORTH is the tried-and-true method to determine your direction.

If you know where North is, for sure, you know how to head south or east, to get where you want to go. In either case, TRUE NORTH is not relative, it does not change, it is not a matter of opinion or different calculations. It is not based on how you feel about something, or what someone else has said. It is universal and unchanging.

In much the same way, we must learn to depend upon God's word to be our own TRUE NORTH--the absolute truth, in the middle of a sea of unsteady and unstable ideas

Read it. Learn it. Depend on it. Embrace it. Follow it. It's the only absolute that there is.

ı	"KEEP YOUR FATHER'S <u>DNOMOCMA</u> AND DO NOT
	FORSAKE YOUR MOTHER'S <u>HEGCITAN.</u> BIND THEM
	ALWAYS ON YOUR HEART; FASTEN
	THEM AROUND YOUR NECK. WHEN
	YOU <u>LAKW,</u> THEY WILL <u>EDUGI</u> YOU;
	WHEN YOU <u>ELEPS</u> , THEY WILL <u>AHTWO</u>
3	OVER YOU; WHEN YOU AWAKE, THEY WILL KAPES TO
	YOU. FOR THIS COMMAND IS A LAMP, THIS TEACHING IS
ĺ	A LIGHT, AND <u>ROONTCCREI</u> AND <u>OUCNNISTOITR</u>
	ARE THE WAY TO LIFE"
п	
	Unscramble the jumbled words in the verse above from the 6th chapter of Proverbs, the recopy the verse below. Finally, rewrite it in your own words, as if you were explaining it someone else.
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## THE WOMAN WHO BUILT AN EMPIRE on the Golden Rule

Recognized today as one of America's greatest entrepreneurs, Mary Kay Ash stepped out into a man's world in the 1960's to blaze a new path for women. After retiring from a successful career in direct sales, her dream was to provide women with an openended, unparalleled business opportunity. She founded "Beauty by Mary Kay" on Sept. 13, 1963 with her life savings of \$5,000, the support of her family and nine Mary Kay Independent Beauty Consultants.

The corporation is described as a dream company – one which would provide women with open-ended potential to achieve personal and financial success.

Mary Kay adopted the Golden Rule as her guiding philosophy, determining that the best course of action in virtually any situation could be easily discerned by doing unto others as you would have them do unto you. She also steadfastly believed that life's priorities should be kept in their proper order, which to her meant putting faith first, family second and career third.

One of Jesus' first documented sermons teaches about letting your light shine on others.

"You are the light of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father." (Matthew 5:14)

Mary Kay Ash not only embraced and practiced her core values, she built an empire on them, shining her light on millions, teaching them to embrace godly core values, so that their lights could shine, too!

## Does Your Inner Beauty Shine Out to Others?

As an individual and a corporate leader, Mary Kay stressed the importance of recognizing the accomplishments of others. And she constantly encouraged both the corporate staff and the independent sales force to act as if each person they met was wearing a sign around his or her neck that read "Make me feel important."

As she recruited and trained women for her sales force, she noticed something that you can often see among your own peers, and maybe in yourself.

"So many women just don't konw how great they really are." She explained. "They come to us all Vogue outside and vague inside."

Vague means unclear, undefined, shapless...failing to focus on your core values will certainly leave you vague on the inside. As women, we tend to spend more time appearing beautiful than being truly beautiful. Presenting yourself well should certainly be a habit, but it should not be how you define yourself. Your true identity and true beauty really lies within.

"Don't be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God." (1 Peter 3:3-4)

A gentle and quiet spirit...that's the kind of spirit that shows kindness and compassion to others, that tries to make others feel important, that goes out of its way, setting aside its own interests

and ambitions, to be sure the	
other person feels genuinely cared for. It's the kind of spirit that does	
not demand to be treated well,	
but, instead, treats others the way you would like to be treated.	
CONSIDER MARY KAY'S	
GUIDING PHILOSOPHY, AND HER	
INSTRUCTIONS TO TREAT EVERY	
PERSON LIKE SOMEONE IMPORTANT.	
HOW CAN YOU MAKE THIS	
PRINCIPLE A PART OF YOUR OWN	
EVERYDAY LIFE? HOW, EXACTLY, DOES IT SHOW TRUE CHRISTLIKE	
BEHAVIOR?	

## "AS IRON SHARPENS IRON, SO A FRIEND SHARPENS A FRIEND."

"ONE WHO HAS UNRELIABLE FRIENDS COMES TO RUIN, BUT A REAL FRIEND STICKS CLOSER THAN A BROTHER" - PROVERBS 18:24

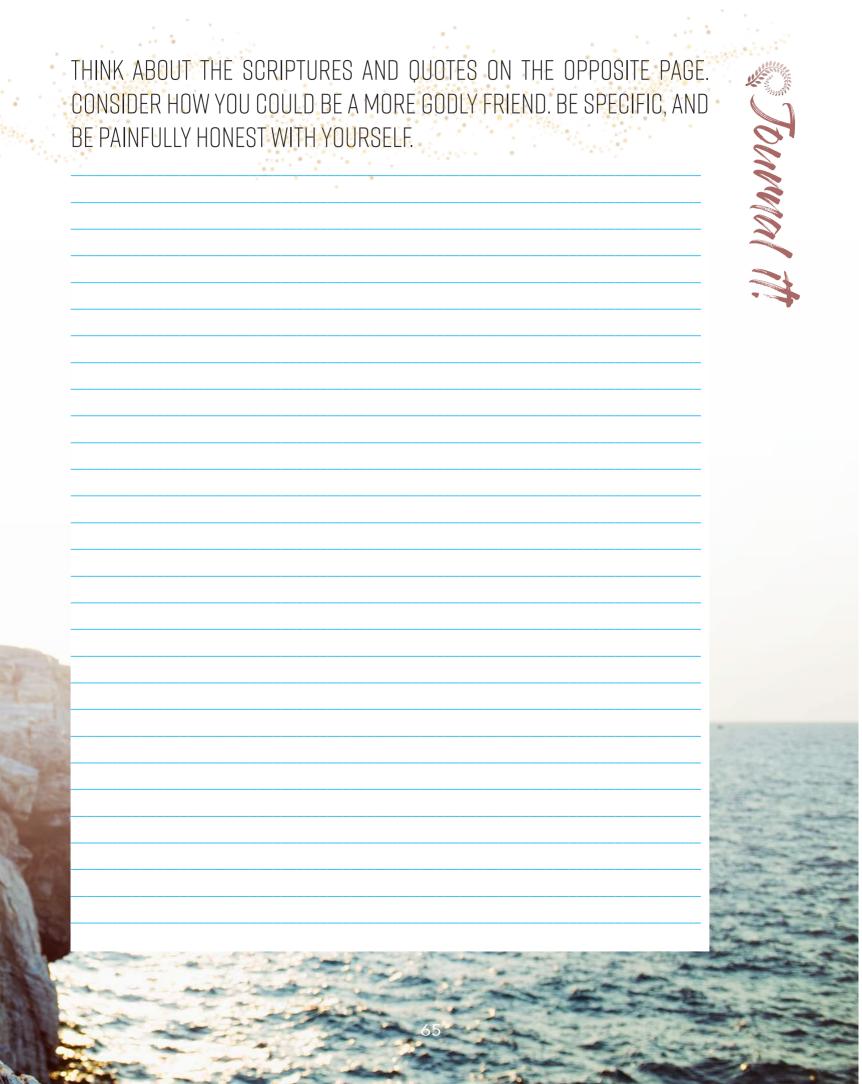
### PROVERBS 27:17

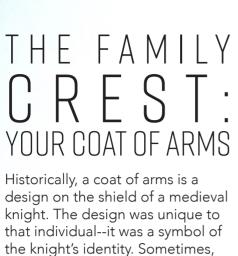
"People who are real friends will help you be all God wants you to be."
- Toyce Meyer

"YOU DECIDE WHAT
IS PLANTED IN YOUR
LIFE AND WHAT IS NOT.
BIBLICAL FRIENDS ARE
MEANT TO SHARPEN ONE
ANOTHER. UNHEALTHY
FRIENDS MAKE YOU
SPIRITUALLY DULL."
- BETH MOORE

"WHAT DRAWS PEOPLE TO BE FRIENDS IS THEY SEE THE SAME TRUTH - THEY SHARE IT."







Historically, a coat of arms is a design on the shield of a medieval knight. The design was unique to that individual--it was a symbol of the knight's identity. Sometimes, the individual only had rights to the coat of arms during his lifetime. Other times, he was allowed to pass it down to his descendants, and it became the family coat of arms.

As time went on, some nations, and even corporations, adopted their own coats of arms.

The symbols on a coat of arms are meant to represent the achievements of the person, state, or

corporation to whom the arms were granted.

The first documented use of coats of arms in medieval times is on the Bayeux Tapestry (see the beautiful image of this below). In ancient times, tapestries told the stories of major events, memorializing them in intricately created art in away that shows the glory of the moment. The Bayeux Tapestry dates from the 11th century A.D. and chronicles the Norman invasion of England. Some of the knights on the tapestry are seen holding shields with heraldi¢ insignia on them, www.usually.painted crosses (these were the earliest and

most common types

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of coats of arms)

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The use of coats of arms became pretty common by the 12th century and was used by many knights and minor feudal lords who went in battle.

Within another century, families were using coats of arms as the family logo, and sewed these arms onto flags that flew above their castles and manors.<sup>3</sup>

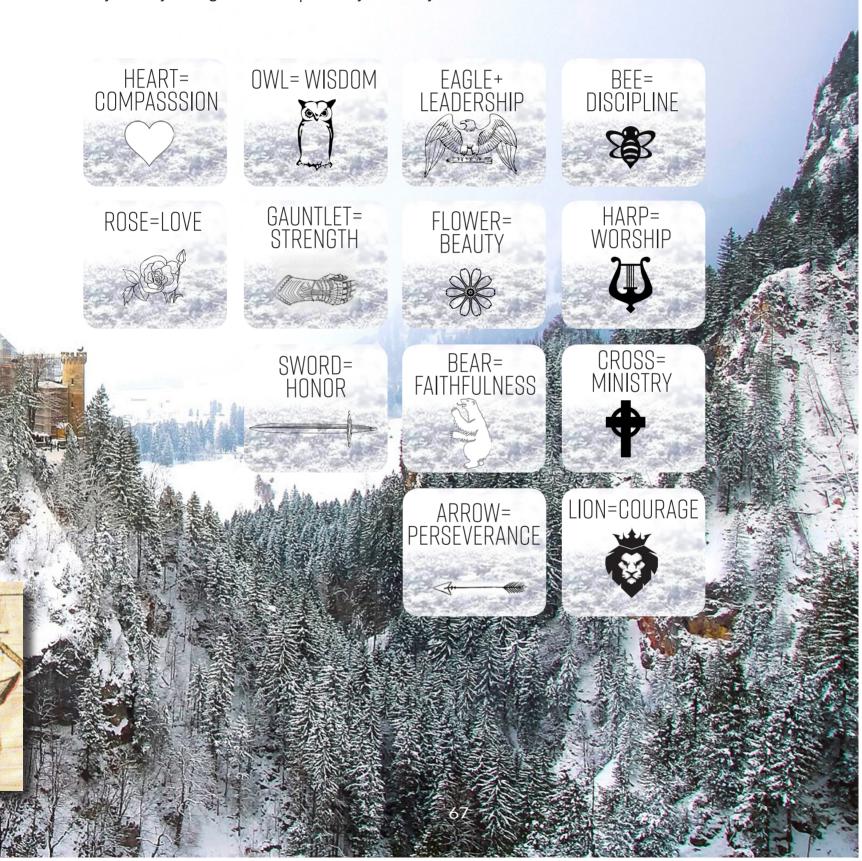
You might have an InstaGram or SnapChat account, with a profile picture and description about the most important things about yourself you want people to know. In a way, this is a modern adaptation of your coat of arms. What does it say about you? How are you labeling yourself? As a follower of Christ and a Lady of Honor, you should make sure that even yoursocial media identity is godly.



& challenge

With input from your entire family or friends from your Ladies of Honor group, develop a family crest or Coat of Arms that symbolizes your four ideal main core values as a family. Use the template on the back of this page.

The crest consists of four symbols that best represent the things your family values most. Choose any symbol that fits best, but here are just a few examples of symbols you might use to represent your family's values.



### MY PERSONAL COAT OF ARMS

