



# Women of Valor

INNER RESERVOIRS: STRENGTH,  
DIGNITY, AND INTEGRITY

# Inner Strength

***Strength and dignity are  
her clothing, and she smiles  
at the future.***

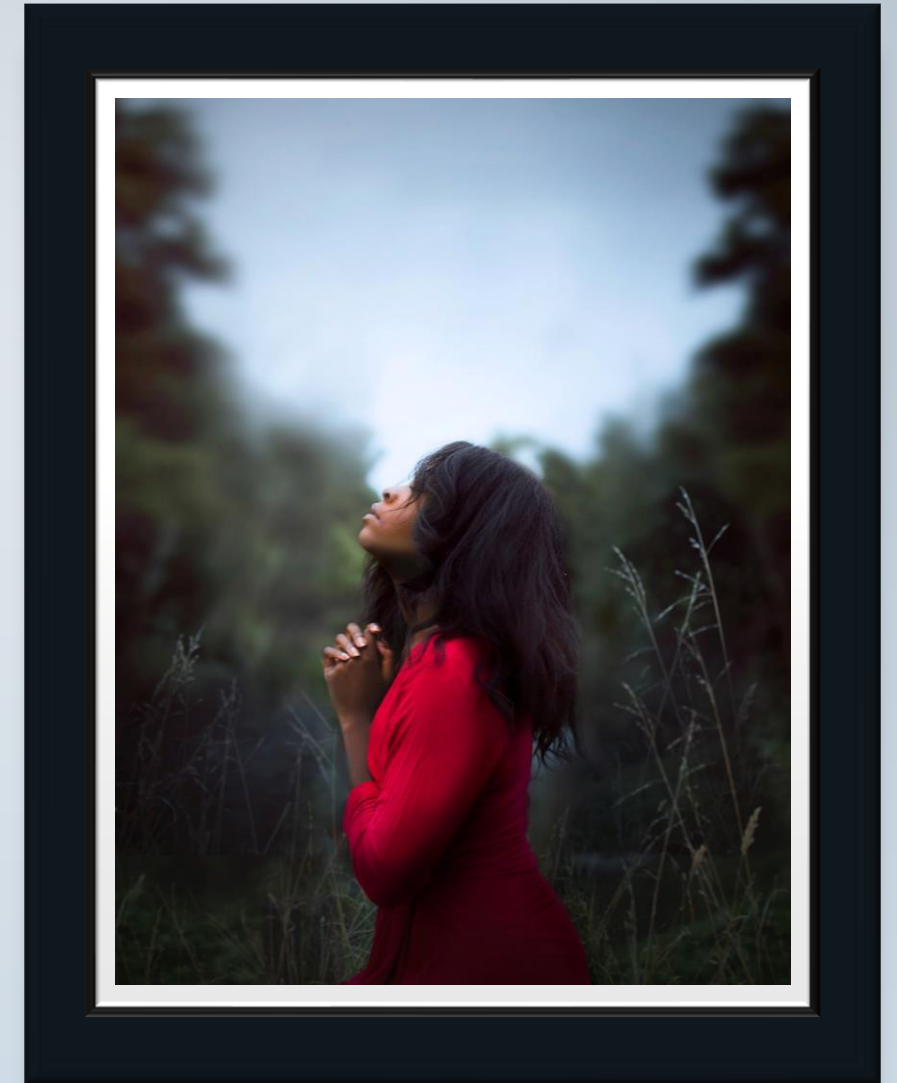
***(Proverbs 31:25)***



# Prayer & Relationship with Yeshua

*Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.*

*(Philippians 4:6-7)*



# Our History with God

***IF WE CAN'T SEE HOW GOD WAS WITH US IN OUR PAST, IT WILL BE HARD FOR US TO SEE HIM WITH US IN THE PRESENT, AND IN OUR FUTURE.***



# Finding Benefits

***Finding benefits from our circumstances can build inner resilience.***



# Pushing Past Our Comfort Zones

- *Our comfort zones are not always a good benchmark to go by.*
- *Pushing past our fears and going beyond our comfort zones is part of inner growth. God uses it to strengthen us.*
- *Each of us make choices every day. We decide between our can and our cant's.*

# A Sense of Mission

- *If we see our lives having a purpose, God can make His direction clearer to us.*



- **For the equipping of God's people for the work of ministry, for the building up of the body of Christ, until we all attain to the unity of the faith, and of the true knowledge of the Son of God, to a mature man, to the measure of the stature of fullness which belongs to the fullness of Christ. (Ephesians 4:12-13)**

# Self-Compassion

***Extending compassion to others, receiving compassion, and having self-compassion is one of God's primary ways to heal us and carry us through things. Self-compassion actually fosters inner resilience.***





# The Mantle of Dignity

*Strength and dignity are her clothing, and she smiles at the future. (Proverbs 31:25)*



# Self-Image

- ***Self-image has a lot to do with our personal dignity being understood.***
- ***Our self-image can include our fears about who we are, how we hope others perceive us, and our view of who we want to be.***



1) **Opposite of Dignity = Shame**

2) **Appeasement**

- 1) **Shame tells us there is something inherently wrong with us.**

- 2) **Pagan cultures related to their gods by way of appeasement.**

# Integrity – The 3<sup>rd</sup> Inner Reservoir



## Personal Responsibility:

*Proverbs 9:12: If you are wise, you are wise for yourself, And if you scoff, you alone will suffer from it.*

## 2) Trust

## 3) Honesty

- **2) Trust is a fragile virtue. Trust is something that is earned, but is never permanent.**



- **3) Without honesty, there is no transparency. Without transparency, true expression is limited and any hope of intimacy dies.**

# Mutual Respect



- ***Mutual respect is one of the foundations of how a relationship becomes trustworthy, and grows into intimacy.***