

WOMANHOOD.

with Christna Stubbs

Week 4 Worksheet

Name:

Date:

Below, list some things that you need to guard your heart from, and include the consequence of not guarding your heart from this particular thing. Next to them, list practical ways you can achieve this. For example:

#1 I need to guard my heart from comparison. If I fail to do this, I will never be fully confident in the woman God created me to be. My purpose will suffer.

I can overcome this by spending less time on the social media pages of others. I can also take an extended break from social media and stick with it. It is also important that I pray to God about this, and surrender this area of my life to Him.
