

Division Class Handbook

“I discipline my body and make it my slave, so that, after I have preached to others,
I myself will not be disqualified.” 1 Cor 9:27

“While bodily training is of some value, Godliness is of value in every way, as it
holds promise for the present life and also for the life to come.” 1 Tim 4:8

*Dear Division class student,
I am so excited that the Lord has placed you in division class this semester! I pray
that you will reap much physical and spiritual growth as we do this together for His
glory!*

Why Division Class?

As I think about sharing the heart behind division class, two verses stand out in my mind. The first one is found in the last half of 1 Corinthians 9 which reads,

*"Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. Now everyone who competes in the games exercises self-control in all things. They then do it to receive a corruptible crown, but we an incorruptible. Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; **but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.**"*

Friend, here Paul is talking about the concept of freedom through discipline. Everyone who runs in the Olympics can only win when they have spent hours and hours, days weeks and even years exercising self-control and self-discipline! That discipline is what gives the athlete freedom to run fast and win the prize!

Paul knows how tempting and sinful our flesh can be. Think about it: how often do we sin because we **want** something? "I want to spend time with that friend, I want to eat that food, I want to have my favorite color of thing," those are all wants/desires of the flesh. According to James 4, every sin happens because of our strong desires/wants! That's basically what Paul is saying here. Our fleshly desires for sin - our desires for "I want" are **SO** strong that he even 'beats' his body into submission to make it a slave, so that he can have the freedom to win and be a good example! If you are able to discipline your body and your desires, if you can practice saying 'no' to the flesh and the things you/your flesh wants, that will give you the freedom to run in Godliness unhindered from the slavery to sin!

We Christians can't afford to have another generation of weak women who just do the easy thing of trying to control everything and dominate over their authorities because they don't have the strength to deny their flesh in surrender to God, weak women who do the easy thing of indulging their flesh and riding the roller coaster of emotions because they can't say no to their fleshly emotions, weak women who can't say no to the flesh and just keep scrolling mindlessly on social media to try and escape. But growing in that strength starts now: with the habits you build as a kid. Do you practice indulging your flesh and doing whatever you want now? Or do you practice doing things that are hard that you really don't want to do? I want you to be able to say no to your feelings, no to your flesh, no to your body, and ultimately I want you to be able to say no to your wrong desires, so that you are able to say yes to the right, and live boldly for our God.

And dear friend, that is what I am praying for you with this division ballet class. I pray that the rigor and difficulty of this ballet class will help you practice disciplining your body physically as an athlete saying 'no' to the flesh, giving you the self-control over your body, so that you can truly run the race and win the prize with the freedom that comes through being able to discipline your body so you can be free to win the race and be a powerful effective proverbs 31 woman unhindered from needless entanglements in sin.

"For physical training is of some value, but Godliness has value for all things, holding promise for both the present life and the life to come." 1 Tim 4:8

No matter what physical training we do, at some point we will be presented with eternity after we die. No matter how hard we worked on the splits, or our foute turns, we won't be able to take any of those things with us! That's why I pray that this class will bring not only physical discipline, but will use our physical discipline in ballet for the purpose of Godliness, that you will truly know God and be surrendered to Him. For now, Ballet might be that motivation to push into the things of God this semester. I pray that some day, you will pursue God for His own sake, motivated by amazement at Him. And until then, I pray that this class can cause you to know that God better so that your amazement for Him grows.

About Division Class:

Our mission at ballet 31 is to **partner with parents in raising up the next generation of Proverbs 31 women by providing high quality professional grade ballet training inextricably linked with word for word chapters of the Bible, for the purpose of character building in class and evangelism in performances in the greater Snohomish county area.**

Division class provides a more **intensified** and **personalized** training environment in both the physical and the spiritual in order to maximize student growth.

- Intensified – meaning the training will be a higher standard both physically and spiritually
- Personalized – meaning physical and spiritual goals are personalized to students specifically in a mentor model environment

This is designed for students who want to take their dance education and personal development to the next level, and invest more in their growth. It is intended to be taken in conjunction with Ballet 31 and requires a pre-op, mid-op meeting and commitment to goals.

My hope for you for this class:

My hope is that you would practice universal learning tools that will help you intentionally grow in the future – both physically as an artist and dancer and spiritually as one who loves your God and walks with Him faithfully.

- You will have practiced making and implementing SMART goals both as a dancer and in your personal spiritual goals.
- You will have learned self-discipline and integrity as you adapt and achieve those difficult dance and spiritual goals.
- You will have learned endurance and focus in persevering even when things are physically or spiritually very difficult.
- You will, Lord-willing, become more diligent, excellent and elegant in the character trait that you singled out.

Core Values:

1. We believe that no body grows in 'Fuzzy Land.' We as humans need clear definition in order to grow.
 - a. This is why we use the principals of 'smart' goals for our dance and spiritual goal setting. (specific, measurable, achievable, relevant, time-based)
 - b. This is why we have accountability peers in class, and with teachers throughout the semester
 - c. This is why we meet in your home for the pre-op meeting so you can practice playing through real life scenarios where the scenarios actually occur.

2. We believe that students grow best in an environment with real caring personal connection
 - a. This is why class is structured as a 'personal mentorship model' class with teachers doing the pre-op, mid-op, and 'special time' to build personal connections between mentors and student.
 - b. Relationships forge stronger when you are doing hard things together. Our desire is to use the bond that comes from the intense physical dance environment to create intentional friendships centered around growth in Godliness through the encouragement of accountability peers and mentors.
 - c. This is why students, mentors and accountability peers are committed to care by praying for one another outside of class

3. We believe that people don't grow by staying comfortable
 - a. Everything about division class is HARD!
 - i. The amount and complexity of ballet terminology, choreography, stamina, strength and flexibility is designed to be mentally and physically very difficult.
 - ii. The spiritual goals, the daily denying of the flesh and implemented accountability measures are also designed to be very difficult.
 - b. This is why we have dancers create a rigorous spiritual and physical goals at home

A Note About Hard: There is a very fine line between hard in a good way and hard in a bad way. We want to push you to the optimized growing point but not push you to the breaking point. That's another reason why it is critical for mentors to be very personalized and tailored to each dancer out of a heart of care. Depending on the dancers needs and growth, students and mentors may decide to pivot mid-semester based on what would be most growing for students both physically and spiritually.

Prepare for your Division Pre-op Meeting:

One of your first touch stones with division class will be the division class pre-op meeting. The goal is to get to know you better, gauge how we can best serve you, set expectations correctly, and answer any questions, as well as create the physical and spiritual goals that your semester will be built around.

Practically, this means your teacher will find a time to come to your home sometime between ballet orientation and the first day of class. The student and at least one parent must be present. We will pray, go through this handbook, answer questions, talk about principles of goal setting, do a physical evaluation, and create your physical and spiritual goals.

Before this meeting, please:

- Think, pray and talk with your parents about one specific area you feel the Lord wants you to grow in this semester. If you like, feel free to brainstorm some Bible verses that relate to that topic or think up some creative ideas you that may help you work in that area.
- Feel free to briefly read through this handbook together with your parent to get an idea for what division class is about. Feel free to talk about what makes you most excited and most nervous and write down any questions you or your parent(s) have about division class!
- If you have ideas of ways you want to improve in physically as a dancer and artist, feel free to take note of those areas as well. If you can't think of anything in particular, don't worry about it. Your teacher will have ideas and come up with a tailored plan as to what she thinks would be most beneficial to you physically as a dancer.
- When the teachers come to your home, have your Bible, a pencil, journal, and this division class pack handbook and any thoughts or notes you had about the area you want to grow in.
- Please wear comfortable clothes that you are able to dance in (it can be class attire, but it doesn't have to be – just no dresses or jeans that you're unable to do a physical evaluation in)
- Most importantly pray together that God will grow you through this class both physically and spiritually in whatever ways He has planned

Prepare for Division Class:

In class itself you can expect more advanced warm ups, barre work, and a short time in the middle to ask your predetermined questions to your accountability partner. As par standard, please arrive 10-15 minutes before your class begins, to ensure you are able to comfortably use the restroom and warm up before class begins, and please inform the teacher if you are going to be absent or late.

- Bring a water bottle and your accountability questions/goal sheets
- Know any choreography or exercises that were assigned the previous week (there will not be this every week, but if there is, it is important)

Sin Profile

Know the Enemy and Know the Truth!

We can't fight an enemy unless we know about the enemy, and how to fight and win according to God's word! Below are some tools that can help us understand the nature of our sin, and the nature of how God changes us. This is a helpful foundation as we start to think about how to approach making our goals and action plans.

1. Know the Bible verses:

How many verses can you think of that relate your topic you are working on? You can ask your parents, look in a Bible dictionary, look in the back of your Bible, or if you are older you can look up some passages (I like openbible.is). make observations about these passages: What are passages that relate to your topic?

Passages:

Observations:

2. Know the 'Put off; Put on' (Ephesians 4:22)

In your Bible study, one goal is to figure out what you want to 'put off' and what you want to 'put on.' You won't grow if you are only trying to get rid of the bad. Instead, we need to replace our sin with something good and biblical! (eg. "Don't be fearful" vs "Replace my fear with trust in God") More info in the appendix

Put off:

Put on:

3. Know the Idol: 'What are you wanting more than God'

Every sin comes from us wanting something more than God. Anything that captures your heart mind or affection more than God is an idol! We win when our idol gets threatened or taken away! What are you desiring more than God in this area? Common ones are (comfort, my way, fun, pleasing people, being right, being the best, what people think) More info in the appendix

("I'm frustrated when it's my sisters turn on the tablet not mine!")

*I want my turn on the tablet more than my relationship with my sister and my relationship with God.
I am sacrificing my relationship with my sister and God for the sake of 5 extra minutes on the tablet.)*

In this sin situation, I usually am wanting _____ more than God

Know the Root vs Fruit: ‘Pride, Selfishness, Unbelief’

All of our sins have root sins and fruit sins. Usually we can see the fruit, but only when we pull out the root do we make true progress un unrooting that sin. More info in the appendix

(Fruit sin: Anger at my bother when he disrupts my reading time

Root sin: Pride makes me think that I deserve peace and quiet)

The root behind my sin is:

Know the Problem: ‘Lack of knowledge or obedience?’

When there is a problem it’s for one of two reasons. Either we know what it looks like to do the right thing and It’s a lack of obedience. Or we don’t have a picture of what the right thing is, so it’s a matter of knowledge.

“Don’t be fearful”

“Replace my fear with trust in God”

This is due to a lack of _____

Know the Choice: Y chart

Every choice and decision we make to sin or not is kind of like a “Y” we can choose to please God or to please self. If we please self, it’s easy at first but gets harder and more painful as we go. If we choose to please God it’s hard at first but gets easier and more delightful as we get to know God better and become more holy! Count the cost. Is it really worth it to indulge in bad habits? Or is it worth it to follow Christ! More info in the appendix

Are you committed to pleasing God over pleasing yourself in the moments of choice?

Know the Feelings: The feelings train

Feelings are good, but we should not be driven by our feelings. Our feelings shouldn’t drive our actions and our thinking, our thinking should drive our actions and our feelings! More info in appendix

I am sometimes driven by the feeling of:

Instead of being driven by the truth that:

Know how to Pray: Praying Scripture!

Spiritual Goal

My goal is to put off...

...And Put On...

Routine Action Plan

We cannot expect to grow if we are not being faithful to saturate ourselves with scripture and prayer! That is the purpose of making this Routine Action Plan.

Plan Must Include:

- ✂ Bible Reading Goal
- ✂ Prayer Goal
- ✂ Sin-specific Goal

Bible Accountability Question

Prayer Accountability Question

In-the-Moment Action Plan

In the moment of temptation, we need to have predecided precisely what we will do instead of falling into sin. That is the purpose of an IMAP: In the Moment Action Plan.

Sin-Sanctification Accountability Question



Bible Accountability Question

Prayer Accountability Question

Sin-Sanctification Accountability Question



Bible Accountability Question

Prayer Accountability Question

Sin-Sanctification Accountability Question

Dear _____
I am taking a Ballet 31 Division class where we make goals to grow physically and spiritually. Each of us picks an area where we feel the Lord wants us to grow in.

I have made goals to grow into a woman of _____
by replacing my _____ with _____

God did not design us to fight alone, he designed us to have believers around us to help us in the moments of temptation. Because of this, I would like to ask you to be my 'IMAP Advocate'

What that means, is I would like to ask you to commit to helping me execute my IMAP (In the Moment Action Plan) my action plan for what I will do to work toward overcoming my temptation.

If you ever see that I _____

I would ask that you _____

I would like to ask that you commit to praying _____ for me.

I know in the moment of temptation it's easy to not want to be humble and teachable. But because I know that serving my God is so important, I have counted the cost and I commit to being humble and teachable in those moments of temptation. When you do the above, I commit to doing _____

Would you please consider helping me in this way? Thank you so much!

Yes, I commit to being your IMAP advocate by helping you in the moment of your temptation, and faithfully praying for you and your growth in this area

Physical Goal

Routine Plan

Specific Plan

Making S.M.A.R.T. Goals:

One major component of the division pre-op meeting is making effective goals so that we can grow as much as possible this semester. Because of this, we can learn some goal-making principals through the SMART goal acronym.

Specific: Goals will be more helpful the more specific detail you give. Can you see how the second goal is better?

“My goal is to do better at being diligent” vs

“When I want to read my book instead of doing chores in the morning, my goal is to replace my laziness with diligence by finishing my chores within 15 a minute timer”

Masurable: You will better be able to succeed at your goals if you can measure progress. Can you see how the second goal is better?

“My goal is to be more flexible with my splits” vs

“My goal to go from 8” off the floor in my splits, to 0” off the floor in my splits”

Achievable: Don't set yourself up for failure by making goals that are too far out of reach. Make sure to have an accurate assessment of yourself, so that your goals are growing for you, yet within reach compared to what you are currently doing. Can you see how the second goal is better?

“My goal is to read 10 chapters of the Bible every day, and do an hour of prayer every day, and do a prayer walk every day, and read 12 pages of Systematic Theology every day and memorize the entire book of 1 Peter.” vs

“My goal is to read 1 chapter, pray through my list of humility verses, and recite James 4:6 each day for 5 days this week.

Relevant: Make sure that your plan actually is relevant to what you are hoping to achieve. Can you see how the second goal is better?

“My goal is to increase my core strength by stretching my back in the ‘seal pose’ for 3 mins” vs

“My goal is to increase my core strength by holding the plank for 3 mins”

Time-based: When you bind your goals to time, it makes them much easier to achieve and measure progress. Can you see how the second goal is better?

“I want to pray through my list of scriptures about self control each day”vs

“Every morning from 7:15-7:30 after I get dressed, but before I go down stairs for breakfast, I will pray through my list of scriptures on self-control”

Other Notes on Goals:

1. You are not a servant of the goals, you goals are a servant of you. “Sabbath is made for man not man for the Sabbath”
 - **Goals Aren’t Made of Stone:**

If you need to change your goal – go for it! Goal edits are totally fine! That actually means you’re learning and growing! If something isn’t working, STOP! Let’s brainstorm a new way. We can do that 20 times and we learn from each one! Don’t feel like you have failed if you made a goal that wasn’t actually helpful to you. Let’s learn and grow and try again!
 - **Don’t Fall in the Ditch! Legalism or Complacency:**

Goals and structure are designed to boost you from passive complacency to active intentionality. If you ever find yourself doing a goal just for the sake of doing a goal, or you find yourself more focused on checking the box rather than your relationship with the Lord, that shows you are being a servant of the goal rather having the goal serving you as a tool to help you serve the Lord. Remember the goals are supposed to be training wheels as a structure to help you build habits and achieve difficult feats to grow you both as a dancer and closer to the Lord. However, if you are being lax and complacent, that’s when having very robust goals can be very helpful. “law to the proud grace to the humble” If you are wondering if you are falling into either of these ditches, you can pause and ask yourself this question, “Is this helping me learn to discipline myself for the purpose of Godliness and growing me closer to the Lord?”
 - **Goals Aren’t Worth Sinning Over:**

If you had an idea that you were going to do your goal right before bed, but then your mom or dad asks you to go to sleep right away, which is more important? Most certainly it is more important to obey God by obeying your parents! Sometimes it’s easy to make a goal and have a perfect plan to execute it. You might have an idea that you will sit down to a peaceful evening reading your Bible – but then your sister walks in crying and needs encouragement. So go encourage your sister! Again, remember that these goals are to stimulate you into Godliness, NOT to become an idol worth sinning over.
2. Beware of the ‘Week 3 Syndrome’

Most teams, goals, relationships, and friendships follow a common pattern that some call “Forming, Storming, Norming, Performing.” At first, human nature loves new things! Sometimes people call this the honeymoon phase or the forming phase. It’s all so new, fun and wonderful! But after a while the excitement wears off and the dullness of regular life comes in, it’s all just so much less exciting. But then people work through problems and end up figuring things out and they get to their peak efficiency! It’s the same with division class. At first usually division class is so new and fun and exciting and we are on fire and can’t wait to complete our goals and work on our choreography! But usually around week 3 or 4 the fun new excitement wears off and it’s just hard. It’s just not as fun anymore. We enter the ‘storming’ phase where someone says something that offends us, or something didn’t go our way. But I encourage you to expect that in advance, and decide ahead of time to tackle whatever discouragement comes with a Godly attitude, and follow through ‘til the end! It will get better! No one said it was easy. But it is worth it to follow Christ with perseverance and develop skills that will help grow your character!



Appendix



	"Put Off"	Scriptural Insight	"Put On"	Worry/Fear	1Pe 5:7	Trust
1.	Lack of love	1Jo 4:7,8,20	Love	42. Unbelief	Mat 6:25-32	1Pe 5:7
2.	Judging	Mat 7:1-2	Let God search my heart	43. Unbelief	Heb 3:12	Heb 11:1, 6
3.	Bitterness	Heb 12:15	Tenderhearted and forgiving	44. Unfaithfulness	Pro 25:19	Luk 16:10-12
4.	Unforgiving Spirit	Mar 11:26	Forgiving spirit	45. Neglect of Bible study	2Ti 3:14-17	Psa 1-2
5.	Selfishness	Phi 2:21	Self denial	46. Prayerlessness	Luk 18:1	Mat 26:41
6.	Pride	Pro 16:5	Humility	47. No burden for the lost	Mat 9:36-38	Act 1:8
7.	Boasting (Conceit)	1Co 4:7	Esteeming others	48. Burying talents	Luk 12:48	1Co 4:2
8.	Stubbornness	1Sa 15:23	Brokenness	49. Irresponsibility (Family/Work)	Luk 16:12	Luk 16:10
9.	Disrespect for authority	Act 23:5	Honor authority	50. Procrastination	Pro 10:5	Pro 27:1
10.	Rebellion	1Sa 15:23	Submission	51. Irreverence in church	Ecc 5:1	Psa 89:7
11.	Disobedience	1Sa 12:15	Obedience	52. Inhospitable	1Pe 4:9	Rom 12:13
12.	Impatience	Jas 1:2-4	Patience	53. Cheating	2Co 4:2	2Co 8:21
13.	Ungratefulness	Rom 1:21	Gratefulness	54. Stealing	Pro 29:24	Eph 4:28
14.	Covetousness	Luk 12:15	Contentment	55. Lack of moderation	Pro 11:1	1Co 9:25
15.	Discontent	Heb 13:5	Contentment	56. Gluttony	Pro 23:21	1Co 9:27
16.	Murmuring/ Complaining	Phi 2:14	Praise	57. Wrong friends	Psa 1:1	Pro 13:20
17.	Irritation of others	Gal 5:26	Preferring in love	58. Temporal values	Mat 6:19-21	2Co 4:18
18.	Jealousy	Gal 5:26	Trust	59. Love of money/Greed	1Ti 6:9-10	Mat 6:33
19.	Strife/Contention	Pro 13:10	Peace	60. Stinginess	1Jo 3:17	Pro 11:24-25
20.	Retaliation (Getting even)	Pro 24:29	Return good for evil	61. Moral impurity	1Th 4:7	1Th 4:4
21.	Losing temper	Pro 25:28	Self-control	62. Fornication	1Co 6:18	1Th 4:3
22.	Anger	Pro 29:22	Self-control	63. Lust	1Pe 2:11	Tts 2:12
23.	Wrath	Jas 1:19-20	Soft answer	64. Adultery	Mat 5:27-28	Pro 5:14-19
24.	Easily irritated	1Co 13:5	Not easily provoked	65. Homosexuality	Lev 18:22	1Th 4:4-5
25.	Hatred	Mat 5:21-22	Love	66. Incest	Lev 18:6	1Co 7:2, 5
26.	Murder	Exd 20:13	Love	67. Pornography	Psa 101:3	Phi 4:8
27.	Gossip	1Ti 5:13	Edifying speech	68. Immodest dress	Pro 7:10	1Ti 2:9
28.	Evil speaking	Jas 4:11	Good report	69. Flirtation	Pro 7:21	1Pe 3:4
29.	Critical spirit	Gal 5:15	Kindness	70. Worldly entertainment	Pro 21:17	Gal 5:16
30.	Lying	Eph 4:25	Speak truth	71. Fleshly music	Eph 4:29-30	Eph 5:19
31.	Profanity	Pro 4:24	Pure speech	72. Bodily harm	1Co 3:16-17	1Co 6:19-20
32.	Idle words	Mat 12:36	Bridle tongue	73. Alcoholism	Pro 20:1	Pro 23:30
33.	Wrong motives	1Sa 16:7	Spiritual motives	74. Following the crowd	Pro 1:10	Pro 3:7
34.	Evil thoughts	Mat 5:19-20	Pure thoughts	75. Witchcraft/ Astrology/ Horoscopes	Deu 18:10-11	Deu 6:5
35.	Complacency	Rev 3:15	Zeal	76. Gambling	Pro 28:20-22	Luk 16:11
36.	Laziness	Pro 20:4	Diligence	77. Preferential treatment	Jas 2:1-9	Luk 6:31
37.	Slothfulness (Not doing best)	Pro 18:9	Wholeheartedness	78. Presumption on the future	Pro 27:1	Jas 4:14-16
38.	Hypocrisy	Job 8:13	Sincerity	"But there is forgiveness with Thee..."		
39.	Idolatry	Deu 11:16	Worship God only			
40.	Left first love	Rev 2:4	Fervent devotion			
41.	Lack of rejoicing always	Phi 4:4	Rejoice			

Idol Watch:

Time

(What do you enjoy spending the most time on? When you have free time, what do you do with it?)

Money

(What types of things do you spend your money on?)

Joy

(What makes you light up and can get you talking on and on?)

Desires

(What do you pray for? what do you hope for? what do you find yourself really wanting?)

Thoughts

(What does your mind wander to? What do you find yourself thinking about often? What types of things do you replay over in your mind?)

Potential Idol Candidates:

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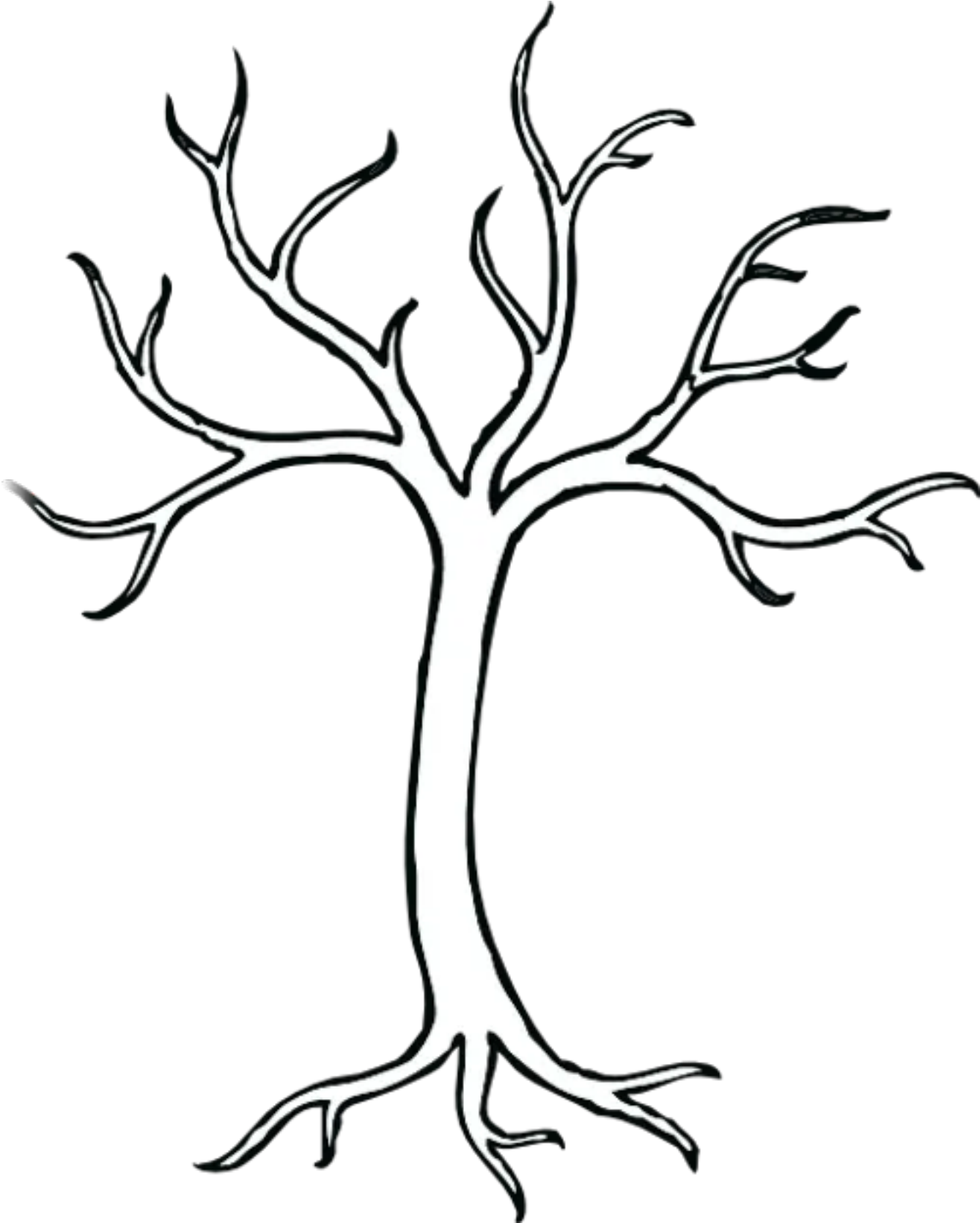
Idol or gift?

How can you tell if it's an idol, or a beautiful gift from God that you are enjoying?

- 1 When God and that clash, which one gives?
- 2 If you treated God with the passion and devotion you give to that, what would change?
- 3 Do you sin when it's taken away or limited?
- 4 Would you be happy without it?
- 5 Do you sacrifice to it? (no... like legitly... what do you sacrifice in order to get more of?)
- 6 Are you willing to sin to get it?
- 7 Is it causing you to become more Christ-like?
- 8 "I can't wait till I can just _____"

Pray Parent Plan

Root sin vs Fruit Sin Diagram



The Y Chart

Please Self

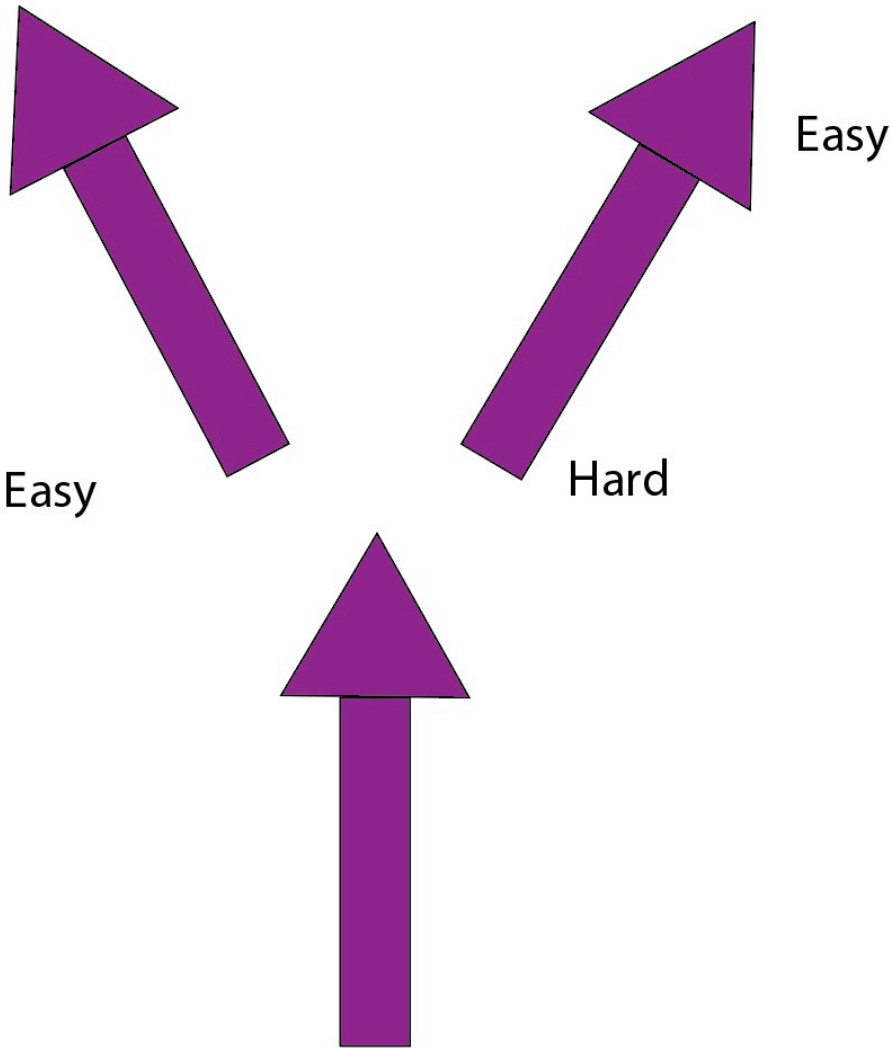
Please God

Hard

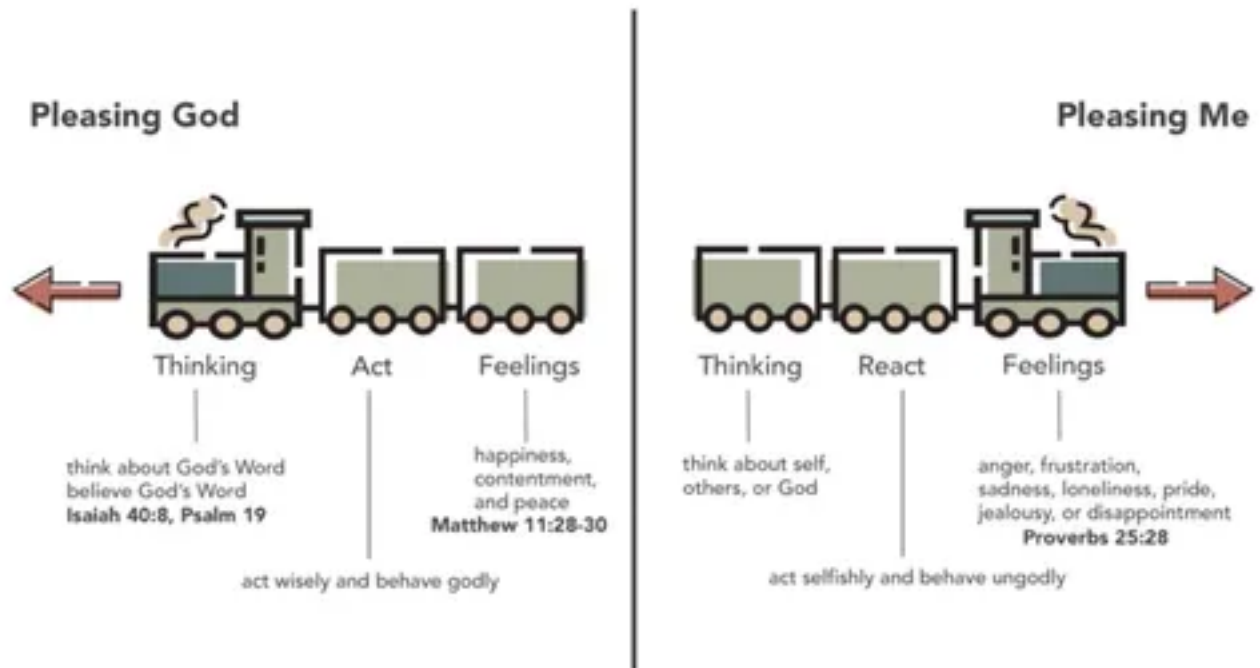
Easy

Easy

Hard



FEELINGS TRAIN



God you are:

~~God you are~~ ~~you are~~
Isa 6 "Holy, holy, holy ~~is~~ the LORD of hosts;
the whole earth is full of ~~his~~ glory!"^[b]

~~You are~~
Ps 96 "4 For great ~~is~~ Yahweh, and greatly to be praised;
He ~~is~~^[a] more ^[b] fearsome than all gods."

~~You are~~ ~~You~~ ~~Your~~ ~~You~~
Isa 57 "Who dwells forever, whose name is Holy, "I dwell on a high and holy place,
And also with the crushed and lowly of spirit

~~You, are~~
For Yahweh ~~is~~ a God of knowledge"

~~You~~
"6 Yahweh puts to death and makes alive;

~~You~~
He brings down to Sheol and raises up."

~~You~~
7 Yahweh makes poor and rich;

~~You~~ ~~You~~
He brings low; He also exalts.

~~You are~~
Heb 12 "a blazing fire and darkness and gloom and a tempest ¹⁹ ~~and the sound of a~~
~~trumpet~~ and a voice whose words made ~~the~~ hearers beg that no further messages be
spoken to them

James 1:17

Every good gift and every perfect gift is from ~~above~~ ^{You}, coming down from the Father of
lights, ~~with whom~~ ^{in you} there is no variation or shadow due to change. ~~You,~~

1 Chron 29 "Praise be to you, Lord,

the God of our father Israel,

Let our Minds be Godly:

Romans 12:2 ^{Help us} Do ~~not~~ be conformed to this world, but be transformed by the renewal of ^{help us to} ~~your~~ ^{our} mind, ^{to} that by testing ^{we} you may discern what is the will of God, what is good and acceptable and perfect.

Philippians 4:8 ^{Help us think about} Finally, ~~brothers~~, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about ~~these~~ ^{help us to} things.

Isaiah 26:3 You keep him in perfect peace whose mind is stayed on you, ^{so help us} ~~because~~ he trusts ^{there} in you.

2 Corinthians 10:3-6 We destroy arguments and every lofty opinion raised against the knowledge of God, ^{help us to} ~~and~~ take every thought captive to obey Christ, being ready to punish every disobedience, when your obedience is complete.

Proverbs 4:23 ^{help us to} Keep ~~your~~ ^{our} heart with all vigilance, for from it flow the springs of life.

Ephesians 4:22-24 ^{help us} To put off ~~your~~ ^{our} old self, which belongs to ~~your~~ ^{our} former manner of life and is corrupt through deceitful desires, ^{help us} ~~and~~ to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.

Colossians 3:1-2 If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth.

God let us grow in our personal sanctification:

Romans 12:11 ^{help us} ~~Do~~ not be slothful in zeal, ^{but} ~~be~~ fervent in spirit, serve the Lord.

Isaiah 59:17 He put on righteousness as a breastplate, and a helmet of salvation on his head; he put on garments of vengeance for clothing, and wrapped himself in zeal as a cloak.

Ephesians 4:29 ^{us have} Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

Philippians 1:27 Only let ^{our} ~~you~~ manner of life be worthy of the gospel of Christ,

Galatians 6:9 And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

Psalm 19:14 Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer.

1 Peter 3:10 For "Whoever desires to love life and see good days, let him keep his tongue from evil and his lips from speaking deceit;

1 Peter 4:10 Above all, keep fervent in your love for one another, because LOVE COVERS A MULTITUDE OF SINS. ⁹ Be hospitable to one another without grumbling. ¹⁰ As each one has received a gift, employ it in serving one another as good stewards of the manifold grace of God

Galatians 1:10 For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ.

And with that, dear friend, I pray that this class would be an abundantly powerful blessing from the Lord as you grow into the God-fearing Proverbs 31 woman that He designed you to be - in diligence, excellence, and elegance!

“For while bodily discipline is of some value, Godliness is of value in every way”