



Week One

You are a Woman of

Worth

Self-Care is SOUL Care

Week One

You are a Woman of Worth

*A wife of noble character who can find?
She is worth far more than rubies. Proverbs 31:10*

You are a temple of the Holy Spirit.

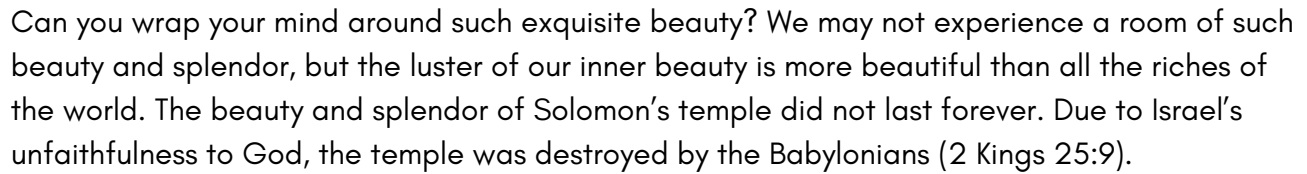


Second Temple Model at Israel Museum, Jerusalem

Picture this: You have just walked into the most beautiful room you have ever seen. Envision this room completely covered in gold, from the ceiling to the floor. Candles perched on golden lamp stands illuminate the room with a glowing beauty and luster. All the walls are engraved with decorations of golden angels, blooming flowers, and exotic palm trees.

If you were to walk into such a room, how would you describe such beauty? Magnificent. Exquisite. Stunning. Splendor. Perhaps you would be speechless. This scene describes the inner sanctuary of the temple of God built by King Solomon. Hear the incredible detail of the interior of the temple paraphrased in The Message:

"The Inner Sanctuary was a cube, thirty feet each way, all plated with gold. The Altar of cedar was also gold-plated. Everywhere you looked there was pure gold: gold chains strung in front of the gold-plated Inner Sanctuary—gold everywhere—walls, ceiling, floor, and Altar. Dazzling! Then he made two cherubim, gigantic angel-like figures, from olive wood. Each was fifteen feet tall...The cherubim were gold-plated. He then carved engravings of cherubim, palm trees, and flower blossoms on all the walls of both the Inner and the Main Sanctuary. And all the floors of both inner and outer rooms were gold-plated."



"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought with a price. Therefore, honor God with your body."

...For we are the temple of the living God. As God has said:

*"I will live with them
and walk among them,
and I will be their God,
and they will be my people."*

Diagram of the Temple of God in Jerusalem



Here are the main components of the Temple of God that Solomon constructed:

Outer Courts--All people had access to the outer courts of the temple where they would sing and praise the Lord.

Inner Courts--Only the priests (the descendants of Aaron) had access the inner courts where they would wash themselves to prepare for the sacrifices to make before the Lord. This is also where they offered sacrifices to the Lord.

The Holy Place--This is where the priests burned incense as a sweet smelling fragrance to the Lord.

The Most Holy Place (The Holy of Holies)--This is where only the High Priest was able to enter once a year. This is where the shekinah glory of God and His presence dwelled. Here is where the High Priest interceded for the people of Israel.

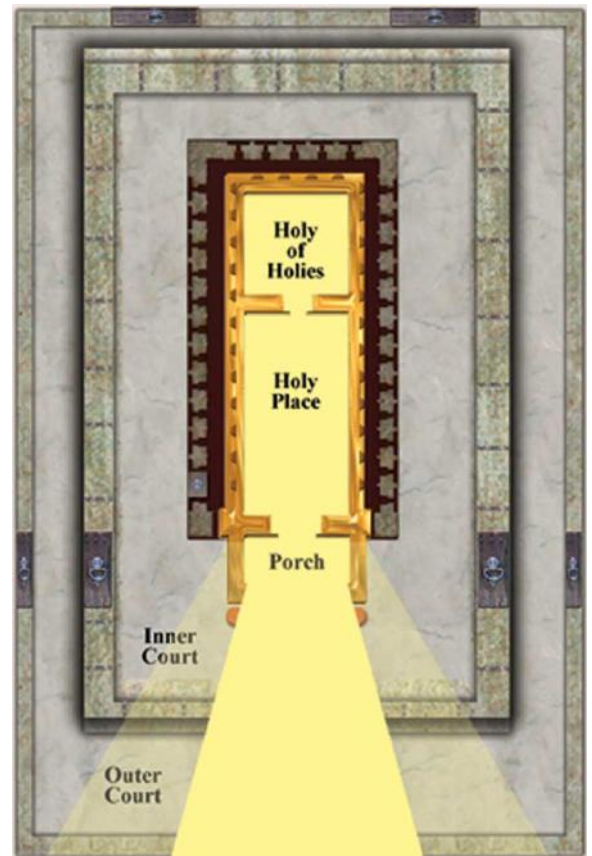


Image from: Koinonia House https://www.khouse.org/personal_update/articles/2007/reflections-his-image-visual-picture-problem-part-1

Our Bodies are a Temple of the Holy Spirit

Our bodies are temples of the Living God. We are now the vessels that display God's beauty and glory. What an incredible honor! Do we live our lives in ways that are honorable and worthy of this high calling? Think about this for a moment. Your body is the holy dwelling place of God Almighty. Let that sink in. He chooses to live within **you**.

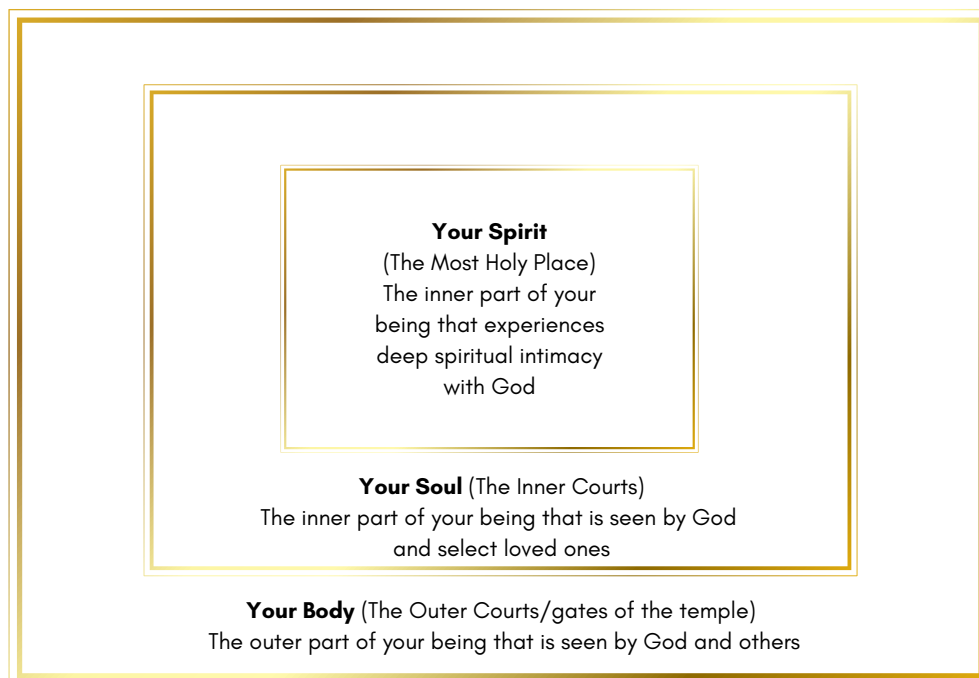
This single fact alone ought to radically alter the way we view ourselves. Within the next few pages of this session we will journey through the core elements of our beings that distinctively make us who we are—our body, soul, and spirit (1 Thessalonians 5:23).

Picture your body as the outer courts of the temple, and your soul and spirit as the inner sanctuaries of the temple, the Holy Place and the Most Holy Place. The Most Holy Place was the room completely covered in gold, where the Ark of the Covenant was placed. The Ark of the Covenant was the most sacred representation of the Lord's presence.

Your inner being is the place where God dwells. Your temple is beautiful, exquisite, stunning, and glorious. Take a look at the diagram on the next page to see the connection between our spirit, soul, and body as temples of the Holy Spirit.



You are a Temple of the Holy Spirit
You are filled with the Spirit of the Living God!



Your Body

Your body is a beautiful, royal treasure. You are fearfully and wonderfully made. You are unique and one-of-a-kind. Your body houses your soul and spirit. Treat your body with dignity and honor!

Your Soul (mind, heart (emotions), will)

Your soul is delicate and divinely made. Your soul makes up your thoughts, emotions, and your will and determination to act.

Your Spirit

Your spirit connects with God powerfully and intimately. Your spirit was saved and renewed the moment you chose to follow Christ and make Him Lord of your life. The Hebrew word for spirit (*ruah*) can mean wind, (Gen 8:1), breath (Ps 31:5), or divine power. In Genesis 2:7 when God created man, he formed Adam from the dust of the ground and breathed into his nostrils the breath of life. It is the spirit of a human that holds life; this breath, or spirit, comes from God, the creator of all things. James 2:26 explains that without our spirits, our bodies are dead. Our spirits not only give us physical life, but are deep, integral parts of our beings. The Holy Spirit dwells with your spirit!



Your broken past does not determine the victory of your Future



Unfortunately, the enemy has tried to destroy our inner temples and devalue our worth. Just like King Nebuchadnezzar destroyed the temple of God in 2 Chronicles 36, the enemy used in our lives or in our past attempted to steal our treasures.

God gave them all into the hands of Nebuchadnezzar. He carried to Babylon all the articles from the temple of God, both large and small, and the treasures of the Lord's temple and the treasures of the king and his officials. They set fire to God's temple and broke down the wall of Jerusalem; they burned all the palaces and destroyed everything of value there.

2 Chronicles 36:17b-19

Satan, the enemy of our souls, only has one objective--to steal, kill, and destroy. (John 10:10) Through the difficult experiences we go through in life, he attempts to destroy us and rob us of our value by getting us to believe lies about ourselves, others, and God. Which woman of the Bible do you most identify with?

Tamar--abuse in childhood

Leah--felt unloved and rejected in her relationship with Jacob

Naomi and Ruth--experienced deep loss in their lives

Abigail--was involved in a toxic relationship

Esther--experienced loss of her mother and father, lived in a land of exile because of the sinfulness of the king/leader of her time

We all have experienced pain in our past--but that pain does not diminish our worth. We need to become aware of how the pain in our past has affected us, and how that affects our relationships with our husbands.

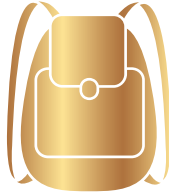
Before we can effectively communicate with our husbands, we need to **communicate with ourselves**--and ask God to reveal the parts of our past that need continued healing. (Note: if any of that past has included abuse of any kind, please seek professional help from a licensed counselor to help you unpack those wounds and help you heal.)

Our husbands desire access to our outer courts (our bodies through intimacy) and inner courts (our soul through connection and communication), but if our temples have been damaged or hurt in the past, it is not easy to "let them in" and give them access to our temples. We may not feel safe to open up and be vulnerable to them because of the hurt and pain from our past.



Unpacking Past Baggage

One of the ways to experience greater fulfillment and joy in marriage is to become more aware of any emotional pain or negative mindsets that you are bringing from your past- either from your immediate family, or past relationships. Fill out the questions below and answer them as honestly as possible.



Baggage from your Family of Origin

Write down negative experiences, negative family patterns, or negative mindsets from your family of origin. These can include the following areas: Resolving conflict, outlook on finances, mindset on child discipline, trust and safety, sex and intimacy, or other topics.

Negative experience in childhood

How did this experience influence your view of yourself? Was it a positive view, or a negative view?



Unpacking Past Baggage

Baggage from your Family of Origin-- Handling Conflict

How did your family of origin handle conflict while you were growing up?

How did this affect the way you currently handle conflict? Is this different from how your husband handles conflict? How so?



How did your family of origin manage finances? What is their overall mindset regarding money?

How did this affect the way you currently manage your finances? Is this different from how your husband handles finances? How so?

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Unpacking Past Baggage

Baggage from your Family of Origin-- Sex and Intimacy

How did your family of origin discuss the topic of sex and intimacy with you as a teen or a young adult? What is their overall mindset regarding this topic?

How did this affect the way you currently view sex and intimacy? Is this different from how your husband views this topic? How so?



What negative experiences have you had from past romantic relationships?

How have these negative experiences affected your current relationship with your husband?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the paper.



Queen Routine Self-Care Checklist



Week of _____

Physical Self-Care	M	T	W	T	F	S	S
Cook a healthy, nourishing meal							
Drink a glass of water in the morning							
Exercise or move your body							
Do a skincare routine							
Take a long bath or shower							

Spiritual Self-Care	M	T	W	T	F	S	S
Read your Bible							
Read for 30 minutes							
Listen to a podcast							
Write in a prayer journal							
Plan out your week in advance							

Emotional Self-Care	M	T	W	T	F	S	S
Practice daily gratitude							
Spend time with a loved one							
Think true thoughts							
Spend time outdoors and in nature							
Journal your thoughts							



Queen Routine Self-Care Checklist



Week of _____

Physical Self-Care	M	T	W	T	F	S	S

Spiritual Self-Care	M	T	W	T	F	S	S

Emotional Self-Care	M	T	W	T	F	S	S

