

created to ✦ flourish.

a 3-day devotional for women

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THE RIGHTEOUS WILL ✨
FLOURISH LIKE A PALM TREE,
THEY WILL GROW LIKE A CEDAR
OF LEBANON; PLANTED IN THE
HOUSE OF THE LORD, THEY
WILL FLOURISH IN THE COURTS
✨ OF OUR GOD.

PSALM 92:12-13

01 day one ✨

When we read through the Bible, there's no denying that God's heart for women is for us to flourish.

He didn't create you just to get by and survive. God's desire for you is to live a life of abundance and to experience the fullness of every good thing that He has for you.

In **Genesis 1**, we read the account of God creating the very first humans, Adam and Eve. In this passage, God gives us a glimpse of His grand design for women. We see a glimpse of His heart for us. In the Garden of Eden, when God created mankind, He created Adam and Eve with purpose, with provision, and He created a place for them. He created mankind to know His approval and His love, and most importantly, to be in relationship with Him, to live in His presence and to know Him, the very source of all life, God Himself.

As we read through the creation account, we see that it's when sin entered that everything began to go very, very wrong.

The day that sin entered the world through disobedience was the day that shame also entered, and it was the day when women began to doubt God's love for us. It's the day that anxiety about provision began to take hold of our hearts and minds to rob us of peace. It's the day striving started, and it's on that day that we became separated from the source of all life, God himself.

Praise God for His grace and for His love that when Jesus came to earth, His death and resurrection broke the curse of sin and not only saved us from eternal separation from God but restored everything that was lost when sin entered the world.

Jesus came not just to get you into heaven but to restore to your life everything that was lost.

As women who have accepted Jesus as our Lord and Saviour, we often find it easy to accept God's salvation for our eternity - *but how often do we doubt God's love for us? How often do we feel ashamed, worried or anxious about provision or feel purposeless?*

So often, we are more than happy to accept Jesus as the God of our salvation, but we struggle and wrestle with the fact that God actually created us to flourish here on earth in every area of our lives. As women, we can become so used to living with things that Jesus paid a high price to set us free from. We live with shame and guilt, we live in striving, and we live with anxiety, robbed of peace, and struggling with our purpose.

As you read through **Genesis 1**, take a look at God's heart for women when He created us.

This is still God's heart for you today. When our Father looks at you, He sees a woman that is loved, and He sees a woman of purpose. He's made room for you, and He has provided all that you need through Jesus to flourish.

read

Take some time to read, pray & reflect on *Genesis 1*.

reflect

What stands out to you from *Genesis 1* about God's heart for you?

Do you ever doubt God's love for you? Why do you think that is?

02 day two ✦

Maybe I'm wrong, but I don't think there'd be a woman in the world who wouldn't want to flourish. For the most part, every person on earth would want to live happy, healthy, purposeful lives. Why do you think the women's health supplement market is such a booming industry?

When we think of being women who flourish, so often, the first things to jump to mind would be what flourishing looks like externally. We focus on who's driving the flashiest car, who's got the best clothes, or who looks like they've got it all together.

We get it all back to front!

Flourishing, according to the Bible, isn't measured by external circumstances, but rather it starts from within and then bears fruit in our external worlds. If flourishing was only dependent on our external circumstances, how would that line up with the lives the early Christians lived? Those who faced death for the sake of the gospel and gave up everything to follow Jesus. When we look at flourishing through the lens of God's Word, we realise that Biblical flourishing doesn't come with striving. Rather, we see that Biblical Flourishing is dependent on where we draw our strength from and on what or who our source is.

Throughout scripture, God likens us to a bunch of different things; like sheep, children, stones, etc., but the one I want us to focus on when it comes to flourishing is the way God likens our lives to trees.

We know that for trees, the external environment around them can affect them, but ultimately what causes trees to flourish is where they are planted and what their roots draw nutrients from. There's a reason God chose trees to describe us. He was giving us a picture to help us understand, that yes, what's happening around you can affect your life but ultimately what's going to cause you to flourish isn't your external environment. What will cause you to flourish is where you're planted and what you're drawing strength from.

In **Psalm 1** and **Psalm 92**, we see this beautiful analogy in action. We see the Psalmists describing our lives as trees and notice the conditions in which those trees flourish and bear fruit.

As we read through these Psalms, why don't you take a moment for self-reflection and look at your own life to see where you're drawing strength from and where you are planted.

Are you striving in your own strength to achieve what only comes from drawing strength from God? Are you trying to use self-help books or relationships, or podcasts to sustain your spirit in the way that it was only designed to get sustenance from God? Our spirits are designed to draw life from God, the source of all life Himself – from His Word, from being in His presence, from being around His people, from worship and being planted in His house. As we draw strength from Him, like a tree that's planted in the right place and drawing nutrients from the right source, we will bear fruit in every season. Our roots will not wither. Whatever we do will prosper, and we will stay fresh and green.

We will flourish.

read

Take some time to read, pray & reflect on *Psalm 1* and *Psalm 92*.

reflect

When you reflect on your own life, what would you say that you're relying on to give you strength?

Do you feel as though you are lacking strength in life? Why?

03 day three ✨

As we've seen so far in our devotional, God's heart for your life is to flourish. He desires for you to have a purpose. He desires for you to have life and life more abundantly. He desires for you to have peace that surpasses all understanding and unspeakable joy!

But as we saw in Day One of the devotional, often, we settle for so much less than what God has for us. Not only this but often we don't actually believe or trust God that His plans for our lives are actually good. We find ourselves not really convinced that these wonderful promises of purpose, joy, perfect peace, and security could be for us.

If we look back to the age-old tactic of the enemy in the garden, we realise that Satan still tries the same thing with us today. Back at the very beginning, Satan twisted what God said by questioning, "Did God really say?" In doing this, he made Eve doubt God's Word and His character. He's been using this same trick on women ever since, and it has been robbing women of their ability to flourish.

Satan knows how much God loves us, and he knows that if he can hurt us and keep us from trusting God, how much it will break the Father's heart. The enemy knows that once you've received Jesus as your Lord and Saviour, your salvation is secured, and he can't keep us out of heaven. So he tries to rob, steal, and destroy us – making us doubt God's promises and His goodness to stop us from flourishing.

If we struggle to believe that God loves us, then we'll struggle to believe that He really wants us to flourish. If we struggle to believe that we can trust Him to keep His Word, then we'll never experience the fullness of all He has for us.

We need to recognise that any doubt, any fear, any lack of trust in God's character or His Word for what it is – a tactic of the devil to keep us from flourishing. Our first step in guarding ourselves against this tactic of the enemy is to make sure we have a Biblical perspective of God's character.

The Bible says in **1 John 4:7**, “God is love.”

God is love. What a thought! Love isn't just an action God does – it's who He is! Love isn't just a feeling God has about us. It's who He is. It's His character.

As we read **1 Corinthians 13**, the chapter that's commonly known as the love chapter, it beautifully describes what love is, and because the Bible says that God is love, it gives us a powerful insight into God's character.

As you read through **1 Corinthians 13**, why don't you read through it with God's perspective on how He views you?

*Pray and ask the Holy Spirit to show you if you have any inaccurate perspectives of who God is. Then, why don't you begin to meditate on all God says He is? Every time those fiery darts of doubt and fear from the enemy try to make you doubt God's character or His promises, take those thoughts captive and replace them with these scriptures from **1 Corinthians 13**.*

God really loves you, He rejoices over you, He has good plans for you, He loves you with an everlasting love, and you can trust in the never changing faithfulness of His character.

read

Take some time to read, pray & reflect on *1 Corinthians 13* and *1 John 4*.

reflect

Do you struggle to trust God when He describes Himself as a loving God?

Why do you think you feel that way?

As you read *1 Corinthians 13*, what are some examples of biblical love that you, perhaps, haven't associated with God? Are you encouraged to know He is all those things?

flourish.

Unless noted otherwise, scripture is written in ESV®
(English Standard Version) translation.

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