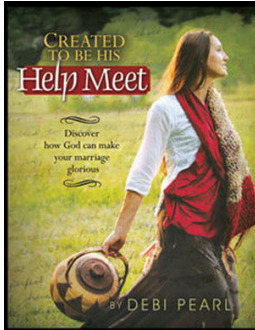


Sarah's Healing Touch for Women

“Above Jewels” Homework Outline for Chapters 1-6



1.) Have you ever thought of yourself as a gift for your husband?

2.) Out of the different attributes listed on page 25 which one would you say is your top one to work on? Can you find any verses in the Bible that speak to you in that area? (Chapter 1)

3.) Have you ever found yourself guilty of not showing a merry heart of love & joy to your husband? What specific things can you start changing today that will show him how much you love, respect, and cherish him? (Chapter 2)

4.) What are some specific Bible verses, quotes, and or thoughts to keep you motivated at being a cheerful wife? (Chapter 2)

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5.) List 5 things that you are thankful about with your life:

1-

2-

3-

4-

5-

Now list 5 things that you are thankful for about your husband:

1-

2-

3-

4-

5-

(chapter 3)

6.) Write a love letter to your husband including the things you are thankful to him about. What was, if any, his response? (Chapter 3)

7.) Would you describe yourself as your husband's best buddy & playmate? If so, how and why? If not how could you change this? (Chapter 4)

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8.) Do you feel like you are a content woman? What areas in your life could you work on in showing more thanksgiving & contentment? (Chapter 4)

9.) Where do you go for your main source of wisdom for everyday life? Is this source helping your relationships in your life (mainly with your husband)?

10.) Read over Time to Consider on pg 56. Do you often have a "poor me" attitude? What can you do to change that?

11.) Find a Proverb to share about wisdom.

12.) Have you ever felt like women are more spiritual than men? (chapter 6)

13.) Do you think people can be tricked by their spiritual feelings/convictions even if it is very strong on their heart? How do you know when to follow those feelings/convictions and when not to?

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14.) What does the word spiritual mean to you?

15.) Does a person need to believe in God in order to be spiritual?

16.) Read time to consider on pg. 64. Does the fruit of peace flow through your home and life? If so in what ways and what are you doing to contribute to that? If not, what do you think is causing the absence of peace and what can you do to change it?

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