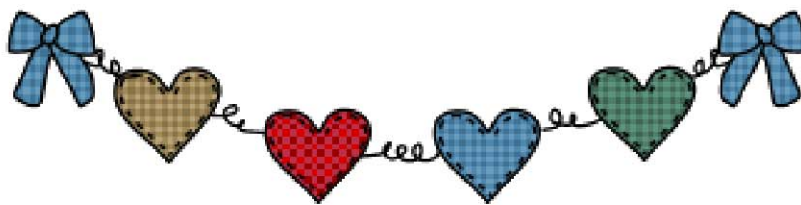


# The Hidden Woman of the Heart...

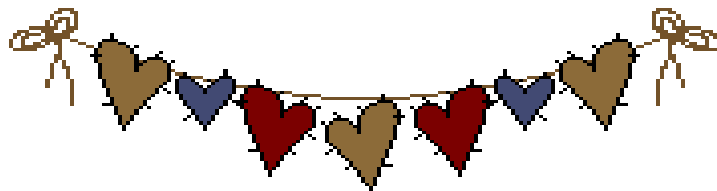
A Bible Study For  
Your Heart



By Cindy Rushton

# *The Hidden Woman of the Heart*

*Developing a PASSION for the  
Call of Womanhood  
Bible Study*



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# *The Hidden Woman of the Heart*

*Developing a PASSION for the Call of  
Womanhood  
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For more information on how to obtain tapes or books written and published by Cindy Rushton, please contact our offices for a free catalog or a sample issue of our  
*Time For Tea Magazine.*

It all began as Cindy sat in a Ladies' Retreat as a nineteen-year-old newlywed. For the first time in her life, she was taught what the Bible had to say about godly womanhood. Sure, she never missed a church service from the time she was 2-years-old. Sure, she was brought up in a Christian home. But, these things were never specifically taught. Actually, if we are honest, these topics are not the ones that give warm fuzzies, thus they have been and still are avoided by many ministers and Bible teachers.

During that retreat, Cindy sat in prayer thanking God for teaching truth to her early in her marriage. As she sat in prayer, the rest of the world going on around her, God whispered His call to Cindy, *"Will you purpose to get to know what I have to say about womanhood? Will you teach it?"* You know her answer...the rest is history!

*The Hidden Woman of the Heart Bible Study* is the result of Cindy's quest to seek for real answers and an accurate picture of what God wants in a godly woman. Cindy has spent her entire marriage digging into the Word for God's plan for godly womanhood. After all of these years, her own study and notes are finally available for others to join her in this journey through Scripture. Written in the typical "Cindy Rushton Style," this study will feel as though you have Cindy sitting there beside you with her Bible and Prayer Journal open pouring into you from the depths of her heart.

If there is one study that will change your life for the better, we, at Rushton Family Ministries, believe that this is THE ONE. So, buckle up. Take your time. God has many treasures in store for you during this study.

The Staff at Rushton Family Ministries

# Welcome...

Remember Genesis 2...

The call from the very foundation of the world is still very clear. We have the call to tend a garden...OUR VERY OWN garden. Not our neighbor's garden WHETHER it is overgrown (needing just a bit of OUR expertise to fix it) OR WHETHER it is TOTALLY ALLURING (drawing us to WANT it to the neglect of our own special garden)!

My dear friend, do you want to fulfill YOUR call? Do you want to become that Godly woman that God has planned for you to become? There are SIX NON-negotiables! Six ROLES that ONLY you can fulfill! Only you can develop your **relationship with God**. Only you can **minister to (and with) your husband**. Only you can **minister to your children**. Only you can **guard and build your home**. Only you can effectively **mentor** those that God brings into your tent. Only you can truly take allow God to minister to you and **shape you into a vessel** that God can use.

There is no little thing in the calling of a woman. Much of what we do is a balancing act. If we are to balance all that we are to do effectively, we must first learn where our garden is. Then, we must learn what our role is in our garden. Then, we must learn how to tend our garden.

Beloved, we have a distinct call, a powerful call! May we answer to the call of womanhood! May we tend this garden given by our Lord! May we enjoy this tremendous calling!

Love, Cindy

# Who Me? A Virtuous Woman???

We are in a battle today! As we enter into this AWESOME call as a woman, each and every one of us enter into a combat zone. I am sure that there are days that you may FEEL that this is totally true. Beloved, it is not just a FEELING. You are in a battle! A blood-n-guts, hand-to-hand, heart-to-heart conflict. We are at battle for the hearts, minds, spirits and souls for our husbands...our dear children...our spiritual children...our homes...our culture!!

Soldiers do not merely go out and fight. Neither can we! Even in the midst of battle, often you will find soldiers RETREAT! Sound crazy? Ineffective? No, it is essential.

Why do you think that a soldier would retreat in the midst of a raging battle?

I have found that there are **three primary reasons** that soldiers retreat in the midst of battle:

- ♥ To rest
- ♥ To strategize
- ♥ To re-supply for battle

As moms in the greatest of battles, we must take time to come back to the Lord!

- ♥ To rest...to find God's rest!
- ♥ To strategize...to find God's plan and let God equip us for our purpose!
- ♥ To re-supply...to refuel on joyfulness, God's Word, and real live encouragement! To put on new armor!

May we come apart today so that God can reach down deep within to the *hidden woman of the heart* to revive our hearts, minds, and souls!

## *A Virtuous Woman...*

Turn to Proverbs 31: 10...

*Who can find a virtuous woman? for her price is far above rubies.*

What is your idea of a virtuous woman? What comes to mind? Is there a person that comes to your mind? What do you think makes her virtuous?

Do you ever get to feeling a bit overwhelmed at the thought of being a virtuous woman? Why do you think this is overwhelming?

I think I have some help here. I, myself, get SO overwhelmed by the image in my mind of what constitutes a godly, virtuous woman. It has helped me so much more to find out what God means in His descriptions of a virtuous woman. Beginning with the definitions of what the word even means...

Have you ever looked up the meaning of **Virtuous**? Look it up in a dictionary and write the definition below...

Take a peek at a few definitions that I found...

**Virtue...**

strength; bravery; valor; strength of mind in regard to danger; that quality that enables a man to encounter danger with firmness; personal bravery; courage; intrepidity; prowess; moral goodness; the practice of moral duties and abstaining from vice, or conformity of life and conversation to the moral law; moral excellence; acting power; excellence; that which constitutes value and merit; power; authority.

The picture here is that true virtue includes: goodness, right actions, right thinking, purity, clean in heart, soul, and body, having a moral way, having POWER, AUTHORITY, INFLUENCE!

What do you think? Can you match up with this definition any better than the image in your mind? How do you see this in your life?

**Virtuous...**

Comes from the Hebrew word chayil (khah-yil) meaning:

a force whether of men, means or other resources; an army (soldiers) company, (great) forces, goods, host, might, power, riches, strength, strong, substance, train, valiant, valiantly, valour, virtuous, virtuously, war, worthy, worthily.

Now, this gets good! Let's look deeper at this definition. Which words surprise you?

How is this definition different from your perspective of what a woman is to be like?

How are you matching up?

- ♥ **Are you an army?** God does not get glory from a WEAK woman (emotional, whiny, conforming) OR from a militant woman (selfish, controlling, take charge). He wants a woman ready for BATTLE: strong, prepared, dependent upon Him. What areas do you need to work on to become a *strong army*?
  
- ♥ **Are you disciplined?** Can the heart of your husband TRUST in you??? No spoil? What about money? No debt? Know that \$\$ is God's money! Does God want for you to have it? Don't presume the future! Can your husband trust you to be LOYAL and FAITHFUL in your morality...tongue...attitude?? Can it be said of you that you do HIM good and not evil ALL the days of your life? Are you building him?? Promoting him?? Or looking for a back door to divorce...taking care of self?? How are you doing here?
  
- ♥ **Where is your courage?** Where do you run when you are weak? How do you handle your foes?
  
- ♥ **Do you yield to your godly authority?** Even when it means you may suffer? Especially when you have a different plan?

Still with me? I know that much of this study will get very, very personal and very, very convicting. Please know that for us to become what God has called us to be, there must be a crucifixion of the flesh. You will feel the very pounding of the nails in your hands at times, but stay with me. It is WORTH the death to self to become that woman that God calls us to become!

## *A Look at the Proverbs 31 Woman...*

Let's look closer at this virtuous woman in Proverbs 31: 10-31...

Go through the passage. List the character qualities that you see in the Proverbs 31 woman...

Go back through the passage. List the things she does...

### **HOW ON EARTH CAN SHE DO IT ALL????**

Let's continue with Titus 2: 3-5. Turn there in your Bible...

The Virtuous Woman not only does it ALL, but she has the responsibility of teaching OTHERS how to do it all! Tired yet???

What areas are you balancing? What do you do in a typical day? Jot down a typical day... (I KNOW there is not room below. Write SMALL!)

Does all of this overwhelm you? How CAN you live, serve, minister, balance ALL that you are to do AND TEACH others???

Take a look at Isaiah 50:4 for God's way for us to be prepared at all times to pour out to those within our sphere of influence...

*4: The Lord GOD hath given me the tongue of the learned, that I should know how to speak a word in season to him that is weary: He wakeneth morning by morning, He wakeneth mine ear to hear as the learned.*

GOD DOES IT! It is not up to us, well, except for us to make that appointment with God each morning and keep it! He gives us exactly the Word that we need each day. BUT, ONLY as we take that time to HEAR Him each morning! Only as we seek to get to KNOW Him! Only as we grow to love Him with ALL our heart, soul, and mind...

Look up Matthew 22: 37-38 and Mark 12: 29-30. What is the most important thing that we as women are to do?

Our number one priority in LIFE is to KNOW and LOVE God! Then, we are called to TEACH others about Him... How can we prepare to TEACH good things? How can we know good things? How can we become virtuous women? How can we get to know God better?? We can miss a shower... food... exercise... BUT NOT time with God! How are you doing? Is He the priority each day?

If you do NOTHING else each day, make your #1 priority getting to KNOW God...taking time to COMMUNE WITH God intimately...entering into the PRESENCE of God each day!

## Draw Near to the Father...

One of the most precious blessings to me is that God, Himself wants more than anything in the whole wide universe to have a relationship with ME...and YOU! Can you fathom the idea that He wants a relationship with us? Can you believe that of all the things that He *could* want, His deepest desire is to just spend time with us? No strings attached! We don't have to do anything. We don't have to be perfect FIRST. He takes us WHERE we are! He takes us ALL!

Turn to Matthew 1: 1-17... Take a look at the women mentioned in the passage. Here is a little background...

- ♥ **Tamar**...widow (2 times); childless; incestuous background BY HER CHOICE (she allured and seduced her father-in-law)!
- ♥ **Rahab**...prostitute (known prostitute...EVEN God documents it in His Word SEVERAL times!); bad upbringing; bad family!
- ♥ **Ruth**...widow left without children; bad upbringing; bad family; idolator!
- ♥ **"Uriah's Wife"**...committed adultery WITH the King; assisted in murdering her own husband to cover it up!
- ♥ **Mary**...young, little insignificant girl from an insignificant place...a virgin with child!!!!!!!!!!!!!!!!!!!!!!

Now, beloved, think about them. We have a tendency to not mention the "black sheep" in our families. Oh, thank God that HE is not like us! God NOT ONLY used them, but called them faithful and listed them specifically in the lineage of Jesus!

What about you? Where have you been? What is your secret? What have you done? Who has stared at you in disgust and judgment? Do you find that you would really rather not have your story written because you are not quite sure you want others to know that you came from a family such as yours? Would you rather hide away in obscurity not sharing your deepest, darkest secrets? Would you rather forget those moments when you made those mistakes that still send shivers all over your body as you feel the pang of humiliation and disappointment in the depths of your heart? Do you think that God surely can't use you...that He has made a mistake choosing you as a mother of your precious children...and that you are not sure you are up for the call even now?

There is one great thing about our great God...He can use any of us!

- ♥ **No one so insignificant that God can't make great.** *Actually*, God specializes in taking the smallest, most insignificant little people to the greatest, most spectacular heights! Think of a few from Scripture and list them below...

- ♥ **No sin so great that God's grace is not greater.** *Actually*, God specializes in taking the

greatest of sinners and turning them into the greatest of all saints! Yes, if you are a woman with a questionable past, **know** that God can use women of questionable pasts for His plan...and He has chosen you! Again, think of a few from Scripture, list below...

God can use any of us! Have you been running away from your calling because of your load of excuses? What are they?

Do you see any of God's vessels in the Scripture who have used the same excuse UNTIL God provided all that was necessary to use them too?

KNOW! God already knows everything about you and He still wants you! Nothing you have done. Nowhere you have been. Nothing, **absolutely nothing**, can hinder you from being used by God. He can make you into the perfect vessel for His purpose!

I do want to note that **HE will** make you into the perfect vessel for His purpose. You may think "*I am DEFINITELY not the perfect mother! (wife, woman, minister...)*" Yet, God sees you much more differently than you see yourself. He sees you **IN Christ**...complete...covered by the blood of Christ...perfect! He does not expect for you to do anything by yourself!

Comforted? Oh, for me this has been a great comfort! We can go to God, JUST as we are! He is willing to take us in just as we are. He loves to be our Teacher to give us the foundation we need to become a Biblical woman. He loves to unfold His wonderful plan for us through a step-by-step walk of faith. He loves to take insignificant people, the least of these, and make them great by using their gifts and talents in a mighty way. He loves to take those from "bad" families or "questionable" pasts to set them upon the high-places in ministry for Him! It is all grace, grace, wonderful grace!

## Get to Know God (and His Names)...

Psalm 9:10...

*And they that know Thy name will put their trust in Thee: for thou,  
LORD, hast not forsaken them that seek Thee."*

His Name has power! In the Name of God there is power. What power have you seen His Name to have in your life?

The name of God has the power to save! To set free! To minister to the depths of your heart and soul! What do you need today?

His name reveals His Character! You can count on Him to BE what He is called! Whatever your need, He can minister to your heart, soul, and mind just because of WHO He is. Look at the following names of God. Jot down how that name has ministered to you in the past OR how it could minister to you today...

**He is I AM for ALL that we need!**

**Elohim (God)**...This name means Mighty Creator, Giver of life. He knows each and every person from the foundation of the world. He knows exactly what each of us needs. He knows exactly where we are going and what our life holds before us. Elohim is the only One that can bring LIFE. He is the One Who takes our life and transforms it into abundant life! How have you seen Elohim work in your life? How has God ministered to you or how can He minister to you as Elohim?

**EI Elyon**...This is the name that means The Most High. As The Most High, God delivers enemies into

our hand (In Genesis 14:20 He delivered Abraham's enemies into his hand!). He is the Redeemer (He can give you back lost ground...lost time!). He rules today in all affairs. (Got a tough situation you need for Him to control?) El Elyon, is the God Who has all we need to do anything. He wants to give you all that you need in abundance. El Elyon has complete Sovereignty—He has THE Plan. He sends you exactly where He plans, but never by yourself...He is in this with you! How have you seen the hand of El Elyon in your life? How has He ministered to you as El Elyon in the past? How could He minister to you as El Elyon today?

**El Roi...** This name means the God Who Sees. (Remember the story of Hagar? Alone, did what she was commanded to do by her authorities, suffering for obedience...but not alone! God was there and He did see!). This name assures us that He is there and His eyes are not shut! Have you ever been in a situation that you felt no one could see the whole truth of what happened? God was there and HE saw it all. How does that comfort you? How can that comfort you today?

**El Shaddai...** This name means All-sufficient One, Protector, Sustainer of life, Unconditional Lover of my soul. It is El Shaddai, Who holds us through the hard times. He is our Refuge during toughest days. He is All-Bountiful, full of blessings. He is there to quiet the restless and give life, abundant life. Just when we think we cannot make it, El Shaddai pours Himself and His Spirit out for us. He gives Himself and His Very Nature to us freely! Seen El Shaddai in your life? How could your situation change today as you pull into El Shaddai?

**Adonai...** This is the name of God that we probably MOST know about. He is the Lord and Master. However, very few choose to press into this relationship with God. The benefits of being the servant of Adonai are beyond that of any other master. However, Adonai demands TOTAL obedience. Total obedience includes following without knowing the details, the reason, the results, the ramifications, or even the rewards. Have you gotten to know God as Adonai? What is your excuse?

What are some of the benefits of serving Adonai? List some of the benefits from Scripture...

**Ishi...** This name is the name that God uses to describe Himself as our Husband. In this name, He commits to a personal relationship with us ETERNALLY. Not a stand-off relationship with an unapproachable God. He commits to a relationship that is intimate, vibrant, and passionate. Need protection, Ishi steps up to the plate. Need provision, once again, your Good Husband provides before you can breathe the request. Need a best friend, oh! There is no better friend. Ishi wants you and wants for you to want Him. Think of your relationship with God...

- ♥ Do you get excited when He calls for you?
- ♥ Do you soak up every Word He says to you?
- ♥ Is He your Soul Satisfaction? Is there another you have run to?
- ♥ Do you know that He *wants* to hear from you? Anytime? Anywhere? No limits?

♥ Do you know that He also *wants* and *needs* to talk to you?

♥ What difference does it make in your life to KNOW that God wants to be known as Ishi, your Husband? How can that change your relationship with Him today?

**Jehovah...** This name simply means I AM or I AM WHO I AM. Confusing? Look a bit deeper. It means I AM ALL you need for me to BE or to BECOME for you. This is probably the name with the deepest meaning. In Jehovah, we see the One, True, Living God. The Self-existent One. The Eternal One. He is Alpha and Omega, which means The Beginning and The End. He is the same in character, personality and commitment yesterday, today, and tomorrow. He ALONE possesses and grants eternal LIFE. All LIFE is in Him and through Him. The name Jehovah means that He is Covenant Keeping. In fact, once His Word has gone out, it cannot change. He, Himself, is our Unchanging God. Faithful to His Word for all generations!

This name is used as a compound name to show many ways and situations in which He can and will BE or BECOME all that you need. Here are the names... In the blanks provided, think through crisis situations or needs in your life, jot down ways that God has BEEN or can BE all you need for your crisis or need.

♥ **Jehovah Jireh...**The Lord Who will provide. His very being is to love and give to us. He delights in giving to us!

♥ **Jehovah Rapha...**The Lord Who Heals: Spirit, Soul, Mind, and Body!

- ♥ **Jehovah Jireh**...The Lord Who Redeems and Restores.
  
  
  
  
  
  
  
  
  
  
- ♥ **Jehovah Nissi**...The Lord we are to look unto in the midst of battle. The One Who goes before us in all situations!
  
  
  
  
  
  
  
  
  
  
- ♥ **Jehovah Mekoddishkem**...The Lord Who Sanctifies and makes us holy!
  
  
  
  
  
  
  
  
  
  
- ♥ **Jehovah Shalom**...The Lord OUR peace. Brings us peace instead of turmoil, strife, and confusion!
  
  
  
  
  
  
  
  
  
  
- ♥ **Jehovah Sabaoth**...The Lord of Hosts. Our Strength. Our Deliverer. Our Refuge. Our Judge. Our Strong Tower. Our Safety. Our Endurance.
  
  
  
  
  
  
  
  
  
  
- ♥ **Jehovah-raah**...The Lord our Shepherd. The one clear Voice. The right way. The straight narrow way. The One Who brings rest, nourishment, and comfort. The One Who gives us the best. The One Who pours forth, running over. The One Who is always with me. The One Who leads in truth.

♥ **Jehovah-tsidkenu**...The Lord our Righteousness.

♥ **Jehovah Shammah**...The Lord is THERE; The One Who bears our load. The One Who gives us step-by step direction (Remember in Exodus as He led the Israelites as cloud by day/fire by night??). Our Help in the battles we face. The One Who can and does bring us out of captivity. The One Who is there to bring glory!

***Special Note!** This is just a dabbling into the names of God. If you want a deeper study through the names of God, take a look at our **Time For Tea Magazine**. Each issue we feature a Bible Study through a different name of God. Eventually, these will be compiled into a complete Bible Study Guide on the names of God. If you are interested in a resource that will introduce you to more names of God until then, you may want to see our tape set entitled **The Great I AM; EVERYTHING We Will Ever Need!***

## *Become a Woman of Vision...*

Ready? You now know what God means by a virtuous woman. You now know that YOU are called to become one. You also know that the first step is to get to know God and His names. Now what?

In order to become a Virtuous Woman, we also need to become women with vision. Look up Proverbs 29: 18.

Unless we get a vision of what God calls us to be and do, we will cast off restraint and live a life void of purpose and meaning. How can we get an accurate picture of what a Godly Woman is really supposed to be like? What do you think would help?

I would like to propose a couple of ideas to help along the way. First, **get in the Word**. Only the Bible can help you get to KNOW God! As you get to know HIM, you will know His heart and His still, small voice teaching you the way to go. Why do you think this would be necessary for the Virtuous Woman?

The Bible has the power to work in your life. Look up 2 Timothy 3:16-17. What does the Word of God do in our lives...

The Word of God is essential if we are to become Virtuous Women. Only there can we find the teaching that we need to learn how to be a godly woman. Only there can we find a kind rebuke that shows us a higher way to live. Only there can we find correction that can change our view about womanhood. Only in the pages of the dearest Book in the world will we find a training manual that will challenge us to become women of vision, thoroughly equipped for every good work.

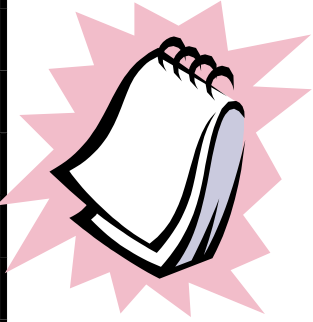
Another way that we can become women of vision is **to study the lives of women in Scripture**. There is simply no other resource like the Bible. In the pages of Scripture we are introduced

candidly to women who lived very real lives and every gritty detail of their lives is out on the table laid bare. We see their strengths *and* their weaknesses. We see *all* of their qualities, sometimes very good and sometimes very, very bad. Their lives are laid bare, showing us their faults *and* the things that we can use to pattern our own lives after!

Want a great project? Pick a woman from Scripture. Get to know her. Ask the following questions...

- ♥ Who is she? What is her story?
- ♥ What were her greatest strengths?
- ♥ What were her greatest shortcomings?
- ♥ Did she have a commitment to God? How strong? How could you tell?
- ♥ What difference did her relationship with God have on those around her?

♥ What principles from her life can change my life?



Make this a project that you keep in a Bible Study Journal for yourself through the years. On those days that you do not know what to study next, pull out this study and dig deep!

## Develop Spiritual Disciplines

*"Thou therefore which teachest another, teachest thou not thyself?"*

Romans 2: 21

Ok, ok! Here is where I begin to REALLY meddle! So, DO NOT skip this section!

I know that of all the things I have done in my life, this is the one area that I can tell when I am on target...or I can tell when I am off track. Women are constantly pouring out. We all have a very strong tendency to get so wrapped up in all that we are to do each and every day—growing in godliness, nurturing our marriages, ministering to the hearts of our children, homemaking, ministering to those in our sphere of influence, homeschooling, working—that we neglect time before God to let Him teach us and pour into our empty cups. As a result, we do not have the vibrancy and passion that we could have. We get tired and weary. BUT! God has a better plan!

How does He teach us? How does He pour into us so we will be ready to pour into the lives of others? Through Spiritual Disciplines!

Take a look at the following Spiritual Disciplines. As you look through them, evaluate your own life. Take note of whether you are currently disciplining yourself in this area or not AND what the effects are as you pour forth into those you love...

### *Rest...*

Oh yes! You read right! Rest! I know what you are thinking, it is probably the same thing that first came across my mind, "REST! Could REST be BIBLICAL???" Yes, beloved...take a look at Mark 6: 31. EVEN Jesus rested! Are you thinking, "What is the big deal about rest?" Let's look at this discipline...

Take a look at Exodus 31: 12-17 and Exodus 23:12. In the Old Covenant, there was a DAY OF REST. What did these passages say was the *purpose* of the Day of Rest?

This was a foreshadow of the rest that would come. This rest is now available to us. When Jesus came with the New Covenant, He brought SPIRITUAL REST!

Why? There are several reasons that we find in Scripture. Take a look at the following Scriptures

and list reasons...

**Exodus 23: 12...**

**Exodus 31: 13-17...**

**Ezekial 20:12...**

**Hebrews 4: 11...**

So, do you want REST? Want to know how DO we have Biblical Rest? Take a look at the following verses, pull out quick how to's...

♥ Psalm 46: 10

♥ 1 Peter 3: 3-4

♥ Hebrews 3:12

♥ Hebrews 3: 13

♥ Hebrews 3: 14-15

♥ Matthew 11: 28-30

We don't have to WORK ourselves to death! We can rest! We have a privilege to refuse worry, anxiety, and the weight that so easily encumbers...we CAN enter into rest!

Are you experiencing rest? God will meet you and build you there. You can shut out the world and enter in! It is there that you will see spiritual and physical dividends. There you will be refreshed!

### *Quiet Times*

Another powerful Spiritual Discipline. Why do you think that it is important to have a daily quiet time? Do you have any verses that come to mind which reinforce your answer?

Take a look at Lamentations 3:23. What reason do you find there to meet with God for a Quiet Time each day?

Take a look at Isaiah 50:4. What preparation do we have from our daily quiet time?