



Disciplines of a Godly Woman

Barbara Hughes

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Discipline.

For many of us, the word alone evokes dread. It's not that we don't want to be disciplined physically, mentally, and spiritually. The challenge seems too hard, and the motivation more about duty than desire. When it comes to our Christian walk, we don't want to be legalistic and just follow some set of rules. That's not what it's all about, right?

Barbara Hughes answers with this encouraging reality: The true heart of spiritual discipline is a relationship with God. As you grow in that relationship, embracing your heavenly Father and his ways, you discover that discipline is your lifeline to him. It is how he gives meaningful shape to all the days of your life.

The "dread" of a disciplined life will be replaced with desire and anticipation as you find that there is no greater purpose than loving Him in every moment, every activity, and every thought. Using poignant stories and faithful reminders, Barbara opens her own heart to help you find the joy of full surrender. Her honest and encouraging look at the Word of God reveals the keys to living a truly godly life. And to strengthen your walk day to day, she offers hymns and praise psalms for your devotional times, a long list of recommended books that will lift your spirits, and Bible study helps to remind you that you're not alone.

Disciplines of a Godly Woman Details

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From Reader Review Disciplines of a Godly Woman for online ebook

Sarah says

Disciplines of a Godly Woman is one of the best books I've read thus far regarding biblical womanhood and its scriptural tenets. In a time where we're beset with innuendo and rhetoric esteeming an "every woman" mentality that the Lord did not mandate, it's refreshing to encounter the correct approach demonstrated within a humble grace laden wrapper. The author's words are imbued with a sensible calm that is unmistakable for its respect for her readers and their respective seasons along with her desire for us all to strive towards the mark we've been given in His word.

The book is devoid of haughty undertones, scriptural stretching, or legalism. What she implies through heartfelt example and admissions of imperfection are the steps we each can take to move closer to the image and disposition that the Lord designed us each to express. Gone is the lioness and the endless cheers for stronger, tougher, locker room pep talk to help us get over the hump. Strength under submission when yielded first to God and His word has a very different odor that is pleasing and exceedingly hard to forget when you've been graced by its presence.

She takes us lower; deeper in Him and in our lessening we find ourselves leaping to heights and bounds we dare not find when we emulate men or succumb to worldly perspectives concerning our sex. Our womanliness and all the elements which make us uniquely feminine and divinely compatible with the opposite sex are beautifully presented and regarded for the sanctity of its difference and the wisdom God exhibited in our fashioning.

Michele Morin says

Strength Training for Countercultural Women

People and books reserve the right to surprise us, and it's a real delight when both happen at the same time. I opened the pages of Barbara Hughes's book expecting the equivalent of a heart-to-heart over a mug of steaming tea, an open Bible and a warm sharing of practices that have held us close to God throughout full and following lives. This I found, indeed, but behind the words of Disciplines of a Godly Woman beats the fiery heart of an apologist, a defender of truth!

"Train yourself for godliness" — the truth of I Timothy 4:7 — is an invitation to enter into "a godliness workout." Coupled with the Hebrews 12:1 injunction to throw off impediments, this training process involves practicing and investing energy into the development of habits and attitudes that lead to godliness.

Barbara is careful to differentiate between legalism and discipline with wise words about relationship. Any acts of godliness that I perform, rightly motivated, will arise from a desire to do what pleases God, or, what John Wesley referred to as "a zealous obedience." Referring to her readers as "gospel women" clinches this

biblical orientation to grace.

Barbara lifts up the spiritual disciplines that she examines and allows them to catch the light like multiple facets of a single jewel. The focus of discipline impacts all the roles that we assume in fulfilling the assignments that God gives, each diverse, each unique and performed with love.

Anyone who has logged in a few years in a pew has heard or read pages of important words about the disciplines of prayer, Bible study, and worship. For those who have not, *Disciplines of a Godly Woman* is an extremely helpful primer, but the text moves on to the pondering of deep things of God in these important areas of “basic training.” No matter how long one has believably followed Christ, there is always a need for growth, perseverance, and the bending of the will to God’s will.

Viewed as disciplines in my training toward godliness, issues such as contentment, propriety, nurturing, good deeds, witnessing, and giving become more than simply items on a never-ending checklist. They are exercises that build my understanding and my embrace of my role as a countercultural woman who understands that the words of Jesus identifying the Holy Spirit as “helper” have “forever elevated the position of the one who assists.”

Barbara brooks no excuses and holds high the standard of obedience. In her discussion of the call to marriage versus singleness, she says, “Maybe this sounds unpleasant to you. Obedience often feels that way initially.” My ear detects the crisp tones of Elisabeth Elliot’s no-nonsense teaching ministry. However, love is held up as the motivation for all good deeds, and may, in the end, have to be “put on” (in Colossians 3 parlance) as an act of the will — deliberately and one sleeve at a time.

With gentle assistance toward personal worship and reading of the Word in multiple appendices, Barbara puts an arm around her readers while affirming the truth that a relationship with God requires effort. Even so, there is “no contradiction between grace and hard work.” Grace says:

I will act in obedience because of my love for God . . . not to earn His love for me.

I will follow the teaching of God’s Word because I am in relationship with its Author . . . not because I fear losing that relationship.

I will persevere in the disciplines of the Christian life because I am held in a hope that is based on strong promises . . . not because I am hoping that the disciplines themselves will hold me in the faith.

Gospel women know this, of course, but we do need a reminder now and then, and sweet reassurance that we are not on this journey alone.

Thank you, Barbara.

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This book was provided by Crossway in exchange for my review. I am disclosing this in accordance with the Federal Trade Commission’s 16 CFR, Part 255 : “Guides Concerning the Use of Endorsements and Testimonials in Advertising.”

Kaitlin Sarago says

Overall it was a great book that covered areas of Christian discipline! But there were several statements that I wholeheartedly disagree with, so I took off a star.

Aymara says

Es uno de los libros que más me ha marcado y esclarecido, cada tema esta abordado de una forma clara, magistral y bíblicamente fundado (cosa que es importante). Sin duda lo recomiendo e incluso lo volveré a leer de forma más pausada. Me encanta que al final en la sección de recursos tenga un plan de lectura bíblica de un año tanto como para la familia como en privado.

love it!!

Magdalene Lim says

The word "Discipline" stood out to me as I like to try to improve my lack of it. Never mind that the title reads "Disciplines of a Godly Woman" and is not exactly one that teaches you how to be a more disciplined Christian woman. So not only am I ill-disciplined, I am careless. Haha, but thankfully, this book did not disappoint.

It is chock-full of questions to ponder and actionable steps to take, making it something you can't exactly breeze through. Many bible verses pepper the book and I especially like the anecdotes Hughes includes. I would say this it is a well-written book, distilled from the gazillion books Hughes references as well as her own life experiences. It is one of those books I feel that I should re-read.

Jessica says

Wonderful guidance!

This book offers very detailed instruction and guidance on the breadth of being a godly woman. Filled with scripture as reference. It's truly positive, uplifting and powerful!

Jennie says

A must read for every woman!!

ME says

It's a little outdated, and as usual with Christian non-fiction, there's not much new here. But it was a good refresher, and served to offer up some motivation to press on in some areas. Worthwhile to any young Christian woman... in age, or in salvation. Like an older, wiser, woman coming alongside you with no judgment.

Amanda Nowlin says

I was intimidated by this one at first and not sure I wanted to read it. Now that I have finished it I'm glad I did. Some parts are a little preachy but overall it is encouraging, refreshing and convicting without being condemning. Her whole premise is that just as an athlete disciplines his or her body to be physically fit so we must discipline our selves in certain areas to be spiritual fit. and I would add most of us are flabby couch potato Christians who are trying to run a marathon on our own and without putting the work in. we are not saved by works, she makes that clear while showing the necessity of spiritual disciplines.

Jess Waters says

This book was great! Packed full of biblical truth and practical wisdom for living as a Godly woman. This book challenged me be more disciplined in certain areas, not for legalistic or works-based reasons, but out of a love for Christ and His Word; from a heart that wants to glorify Him.

"The legalistic heart says, 'I will do this thing to gain merit with God.' The disciplined heart says, 'I will do this because I love God and want to please Him.' The true heart of discipline is relationship - a relationship with God." (p.14)

I would strongly recommend this book to all my fellow Christian female friends! ?♥

Anja says

Good, solid content, but painful at times to read. The author included lots of rambling stories.

Rachel says

Would be a great book for disciplining.

Caitlin says

This is an important book for any woman to read. Highly recommend.

Kindra says

Probably won't recommend it to anyone, and probably won't remember a whole lot of what I read. It was interesting, and certainly had some good points-but overall was full of things I've already heard in ways I've already heard them. Some cool thoughts on nurturing and how that's involved with womanhood.....that's likely the only thing I was really struck by. While all of her points were fairly good, and the way the book was set up and written is very user friendly and easy to read, if you've been going to a church that teaches from the Bible, you've likely heard anything before.

I'd recommend to someone looking for a general refresher on qualities of womanhood discussed in the Bible, or for someone who is brand new to Christianity and wants to learn more about this topic.

I'd not recommend it to anyone looking for new, scarcely discussed topics of Biblical womanhood.

Jessica says

Spiritual disciplines are often thought of as items to check off a list or actions drenched in legalism. However, from the very beginning of *Disciplines of a Godly Woman*, Hughes' words were drenched in grace. She emphasizes the importance of understanding the gospel first before integrating disciplines into daily life. She writes, "The gospel is about what God has done, not anything I can do."

As she walks through each discipline, Hughes writes balancing biblical truth and engaging stories. She also provides practical steps for incorporating each specific discipline into your daily life.

Though there were several disciplines that the modern woman often has prejudices about, such as the disciplines of submission, singleness, marriage and nurturing, Hughes addresses these areas with great wisdom and truth. Personally, I came away having a new understanding and appreciation of these areas as disciplines, specifically submission and nurturing.

While the wide range of disciplines and long lists of practical steps might seem overwhelming to the reader, Hughes closes with the grace of discipline. She prescribes a simplistic plan for the reader to practice discipline without succumbing to legalism. She also includes an extensive resources section to aid in development of each area of discipline which includes hymns, psalms, daily Bible readings, reading list of Christian books and other fiction literature, and much more.

From the time I started this book to the end, I couldn't put it down. I would love to read this again with a group of women, and utilize the questions at the end of each chapter. This book will be one that I recommend to women of all life stages and circumstances. It will be added to my list of classic Christian resources to refer back to as well.
