

Minute Motivators for Women



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Introduction



Women are influencers. You influence your husband, your children, your church community, your coworkers, your neighbors. That means you have a big responsibility. Scripture says, “From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked” (Luke 12:48).

Understanding how important you are will hopefully inspire you to constantly improve yourself. As flight attendants say on every trip, “In an emergency, put your own mask on before assisting others.” In other words, take care of yourself so you won’t be a burden to others. Once you’re squared away, you’ll be a great help to everyone around you!

Take some time right now to put that mask on. One minute could make all the difference for you and for those around you.

—Stan Toler



Be yourself.

You are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

1 PETER 2:9



AUTHENTICITY

Everyone knows that faking righteousness doesn't work. Even Jesus accepted sinners while condemning hypocrites. But don't confuse authenticity with laziness. Be yourself—don't be one person at church and an entirely different person at work or home—but be careful to recognize that what feels easiest isn't always the most authentic.

Being real doesn't give you the freedom to express all the negative thoughts in your head ("I'm just saying it like it is"); being real doesn't mean you ought to give in to destructive personality traits ("That's just who I am"). That's not who you are! The real you is fighting against your inner self, and by resisting the urge to speak unkindly or to be manipulative or to feed an addiction or to lose your temper, the real you becomes stronger.

To be who you really are, you have to know yourself. You are a child of God, made in His image, the crown of His creation. You are beautiful, strong, creative, intelligent, kind, and precious. Be that person. Be who you really are even when it's tough!

God designed you to be a woman of character. Fight hard against every internal and external force that tempts you to forget who you really are. Confess your sins and shortcomings, and embrace your God-given personality and skills. Then you will truly be authentic.



Capitalize on your strengths.

God works in different ways, but it is the same God who does the work in all of us...He alone decides which gift each person should have.

1 CORINTHIANS 12:6,11 NLT



STRENGTH

They say most people need ten compliments for every one criticism. Usually this is an admonition to encourage each other, which we should do. But doesn't such a fact beg the question of why people need so much praise? Why are we letting our mistakes matter to us more than our accomplishments?

It seems counterintuitive to say that focusing on our strengths is humbler than focusing on our weaknesses, but perhaps pride is exactly what keeps us chewing on criticisms. A humble person is comfortable with not being highly esteemed and so is not distracted by her weaknesses. On the other hand, a person desperate to make others believe she can handle any situation that comes her way with skill and finesse—who attempts to defy the statement that nobody is perfect—has an ego problem.

It's certainly okay to try to improve ourselves. The problem comes when we spend all our energy correcting our weaknesses rather than utilizing our strengths. We would be much more effective in every endeavor, including our work for the Lord, if we compensated for our weaknesses through teamwork—using our God-given talents to bless others and letting them use theirs to bless us.




Ask for advice.

The way of fools seems right to
them, but the wise listen to advice.

PROVERBS 12:15



WISDOM

 Sometimes, seeking out advice is unpopular. Asking what others think could be perceived as a lack of self-confidence or even personal weakness. “You have to do what works for you” is a likely answer you’ll receive if you ask for input about a personal decision. Ask for help in a business situation, and people may question if you know how to do your job.

In a culture where truth is perceived as relative and morality silly, we often convince ourselves that we know best—and we surround ourselves with people who will support our decisions rather than make us think them through.

Wisdom, however, is cultivated through thoughtful, prayerful contemplation in the context of community. Experience really does provide insight, so respecting our elders makes sense. People removed from the situation really might be able to see more clearly, so listening to them works. Good decisions really do matter, so seeking wisdom is worth the effort.



Enjoy waiting.

Yes, my soul, find rest in God; my
hope comes from him. Truly he is
my rock and my salvation; he is
my fortress, I will not be shaken.

PSALM 62:5-6



PATIENCE

If you've ever had to wait for something important—such as test results from a doctor's office, a baby to be born or adopted, a job offer, or a marriage proposal—you understand what it means to be out of control. You've done everything you can, and there is nothing more you can do. You cannot control what happens next. You can't even control how long you have to wait for your answer.

Living with the unknown understandably evokes anxiety in people. The good news is that it doesn't have to. It's possible to experience this time of waiting with great peace—the kind of peace that passes understanding. By knowing God's character and experiencing His love, you learn to trust Him. He knows better than you do what is best for you—and He has the power to make it happen. His plans and His timing are flawless.

Letting go of your anxiety and resting in Him feels kind of like turning the wheel over to another person when you're too sleepy to drive. It's a relief. You can sit back and enjoy the journey, take a nap, or care for children in the back seat. Likewise, when you give your burden to God, you can enjoy your day-to-day moments, rest, or reach out to others.



Send thank-you notes.

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 THESSALONIANS 5:16-18



GRATEFULNESS

This is not an etiquette book. I don't know how soon you need to send thank-you notes after a shower or whether you need to send one to your boss for the bonus you received, but what I do know is what Scripture says: "The mouth speaks what the heart is full of" (Luke 6:45). In other words, your attitude will affect your behavior. If you cultivate an attitude of gratefulness, thank-you notes will follow. If you recognize the good thing another person has done for you, you'll want to let them know it.

The key, then, is to feel grateful. How do we do that? Do we compare ourselves to those in third-world countries? Maybe not. That often creates guilt or even arrogance instead of thanksgiving. And let's be real. When life is stressful, when people are annoying (or mean!), and when we just can't seem to get ahead, it's just not realistic to thank our lucky stars that we don't have malaria. (Besides, it's very possible for people in the worst possible situations to be thankful too.)

Thankfulness comes when we can step back from whatever circumstances we are in and see ourselves as a part of the whole. When we know our purpose goes beyond our personal happiness, every act of kindness can be recognized as a bonus, and we are thankful.