Becoming a Godly Woman — Deep Dive

Frameworks, Practices, and a Training Path for Women Inside and After Release

Companion to Becoming a Godly Woman — Scripture Sets (WOM0–WOM13)

Why This Matters

Nearly 80 percent of women in jail are mothers, and most are single parents. Most have also survived violence: in one national study, 86 percent of women in jail had experienced sexual violence, 77 percent violence from a partner, and 60 percent violence from a caregiver (Vera Institute of Justice, *Overlooked: Women and Jails*, 2016). Many women inside learned what a woman is from people who used them or hurt them. The streets taught a counterfeit womanhood: your worth is your body or your man, survive by being hard or by being used, numb the pain, and trust no one.

God's answer is not a program. It is a Father who sees, a Savior who calls her “daughter,” older women who mother younger women, sisters who sharpen each other, and women who become spiritual mothers to others. This deep dive gives the big picture (how God grows a woman from grace to love, and what a godly woman is, according to Scripture and the whole church), then practical training: practices **alone** and practices **with others**, in a path that grows step by step. It ends with tools for healing, mothering from inside, making things right with the father of your children, preparing for release, and mentoring younger women.

Part 1: What Is a Godly Woman?

The Engine: From Grace to Love

Godly womanhood is not a self-improvement program. It starts with what God has already done, and it ends in love. Four passages show the whole engine (set WOM0):

- **Grace comes first.** “By his divine power, God has given us everything we need for living a godly life” (2 Peter 1:3, NLT). He has also given us “great and precious promises” (1:4). Peter says we receive all this by coming to know Him.
- **Grace trains us.** “For the grace of God has been revealed, bringing salvation to all people. And we are instructed to turn from godless living and sinful pleasures. We should live in this evil world with wisdom, righteousness, and devotion to God” (Titus 2:11-12, NLT). Just before this, Paul tells older women to train younger women “to live wisely and be pure” (Titus 2:5, NLT). The same grace that saves a woman teaches her to say no and to say yes.
- **Hope is the root.** Paul thanks God for the Colossians' faith and love, “which come from your confident hope of what God has reserved for you in heaven” (Colossians 1:5, NLT). A woman with no future lives for today. A woman with hope can wait, work, and sacrifice.
- **Faith responds, with every effort.** “In view of all this, make every effort to respond to God’s promises. Supplement your faith with a generous provision of moral excellence…” and on, step by step, until it ends in “love for everyone” (2 Peter 1:5-7, NLT). Faith takes hold of the promises, and faith shows itself in effort (Philippians 2:12-13; Galatians 5:6).
- **Love is the goal.** “Three things will last forever—faith, hope, and love—and the greatest of these is love” (1 Corinthians 13:13, NLT). Jesus said all of God's law hangs on loving God and loving your neighbor (Matthew 22:37-40).

> **Grace gives the promises.** *(2 Peter 1:3-4; Titus 2:11)*
> **Hope looks ahead to them.** *(Colossians 1:5; Titus 2:13)*
> **Faith takes hold of them.** *(2 Peter 1:5; Romans 5:1-2)*
> **Virtue practices them, with every effort.** *(2 Peter 1:5-7; Titus 2:12)*
> **Love is where it all leads.** *(1 Corinthians 13:13; 1 Timothy 1:5)*

The four hinges

Christians have long named four “cardinal” virtues, from the Latin *cardo*, a door hinge, because a whole life swings on them. The list appears in the Wisdom of Solomon 8:7 (in Catholic and Orthodox Bibles), but all four are taught throughout the Bible every Christian shares, and women of Scripture lived every one. Augustine said each one is simply love in action, love whose object is God: self-control is love giving itself wholly to God, courage is love bearing all things for God, justice is love serving God alone and so ruling rightly, and wisdom is love telling apart what helps it from what hinders it (*On the Morals of the Catholic Church* 15).

Hinge	In plain words	Key verses and a woman who lived it	How it serves love
Wisdom (prudence)	Seeing clearly and choosing well	Proverbs 31:26; James 3:17. Lived by the wise woman of Abel (2 Samuel 20) and Abigail (1 Samuel 25)	Love that knows what is truly good for God and others (Philippians 1:9-10)
Justice	Giving God and every person what is due	Micah 6:8; Romans 13:7-8. Lived by the daughters of Zelophehad (Numbers 27)	Love that pays its debts and protects the weak (Romans 13:8-10)
Courage (fortitude)	Doing right when it costs, and enduring	Joshua 1:9; Proverbs 31:25. Lived by Esther (Esther 4:16)	Love that never gives up and endures through every circumstance (1 Corinthians 13:7)
Self-control (temperance)	Ruling appetites, temper, and tongue	Titus 2:5, 12; Galatians 5:23. Lived by Hannah, who took her pain to God instead of fighting (1 Samuel 1:6-18)	Love that says no to self so it can serve others (Galatians 5:13)

Grace + effort, not grace or effort. Peter's “make every effort” comes right after “God has given us everything.” The whole church agrees: we don't earn God's grace by virtue, and grace doesn't make us passive. Grace powers the effort. In S.W.A.P. terms, we Surrender, Wait, Avoid, and follow the Spirit's Prompting, and the Spirit grows the fruit (Galatians 5:22-25).

Three Lenses on the Same Woman

Here is what that kind of woman looks like. Three lenses all point to the same woman, and each one helps the others.

Lens 1: God's Design in Scripture

God created human beings in His own image, “male and female” (Genesis 1:27). A woman bears God's image fully. God made the woman an *ezer kenegdo* (Genesis 2:18), a helper “corresponding to” the man. *Ezer* is the same word the Bible uses for God Himself as His people's help (Psalm 121:1-2; 33:20). It means strength that comes alongside, not weakness or inferiority. Adam named her Eve, because she would be the mother of all who live (Genesis 3:20). She was deceived, but God's very first promise of a Savior came through the woman and her offspring (Genesis 3:15), and in the fullness of time God sent His Son, born of a woman (Galatians 4:4). From the beginning, a woman is an image-bearer, a strong helper, and a life-giver, physically and spiritually.

Lens 2: Proverbs and the Woman of Valor

Proverbs pictures Wisdom as a woman calling out in the streets (1:20; 8:1), and Folly as another woman calling from her doorway (9:13-18). The book ends with an acrostic poem, A to Z in Hebrew, about the *eshet chayil*, the “woman of valor” (31:10-31). She is not a checklist to make women feel like failures. She is a picture of wisdom lived out, and her root is that she “fears the LORD” (31:30). Ruth, a poor foreign widow, is the only woman the Bible calls an *eshet chayil* by name (Ruth 3:11). Valor isn't about status. It is about character.

Here is a simple summary drawn from Proverbs (a summary, not a quote): **a woman of valor fears the Lord, guards her heart, builds her house, opens her hands, and laughs at the days to come.**

A woman of valor…	Scripture	The counterfeit
Fears the Lord	“A woman who fears the LORD will be greatly praised” (Proverbs 31:30, NLT); Proverbs 1:7	Lives for people's approval, especially men's (Proverbs 29:25)
Guards her heart	Proverbs 4:23; Song of Songs 2:7	Gives her heart and body to whoever pays attention
Builds her house	“A wise woman builds her home, but a foolish woman tears it down with her own hands” (Proverbs 14:1, NLT); Titus 2:4-5	Tears down with gossip, chaos, revenge, or neglect
Opens her hands	“She extends a helping hand to the poor and opens her arms to the needy” (Proverbs 31:20, NLT); Acts 9:36	Closed fists: using, hustling, or manipulating people
Laughs at the days to come	“She is clothed with strength and dignity, and she laughs without fear of the future” (Proverbs 31:25, NLT); Romans 15:13	Lives in fear, or numbs out to survive today

Lens 3: The Women Who Followed Jesus

Jesus treated women in ways that shocked His world. He talked with a Samaritan woman with a broken past, and she became the first evangelist to her town (John 4). He defended a woman caught in adultery (John 8:1-11). He let a sinful woman wash His feet with her tears and said her many sins were forgiven, “so she has shown me much love” (Luke 7:47, paraphrase). He taught Mary of Bethany as a disciple at His feet (Luke 10:39). Women supported His ministry (Luke 8:1-3), stayed at the cross when most of the men ran (Mark 15:40-41), and were the first witnesses of His resurrection (Matthew 28:1-10; John 20:18). The Orthodox Church honors them as the Myrrh-Bearing Women and calls Mary Magdalene “Equal to the Apostles”; the Western church has called her “the apostle to the apostles.” Whatever her past, every woman is invited to be a disciple and a witness.

Where the Traditions Agree

- **Equal dignity:** a woman bears God's image fully and is a co-heir of God's grace (Genesis 1:27; Galatians 3:28; 1 Peter 3:7).
- **Womanhood is a gift**, not a curse or a weakness. A woman's strength (wisdom, nurture, endurance, hospitality, faith) is real strength (Proverbs 31:25).
- **Marriage is mutual self-giving in Christ:** “submit to one another out of reverence for Christ” (Ephesians 5:21, NLT). The traditions describe a husband's servant leadership and a wife's respect in different ways, but they all reject domination, abuse, and control.
- **Chastity before marriage and faithfulness within it** are part of a woman's holiness (1 Thessalonians 4:3-4; Hebrews 13:4).
- **Motherhood is honored, physical and spiritual.** Every woman, married or single, with children or without, can become a spiritual mother (Titus 2:3-5).
- **Mary's “yes” to God is a model of faith** for every believer (Luke 1:38, 45). Catholic and Orthodox Christians honor her as the Mother of God; Protestants honor her as the one all generations call blessed (Luke 1:48).
- **Virtue grows from grace and aims at love.** God's power and promises come first, our effort responds, and love is the goal (2 Peter 1:3-7; 1 Timothy 1:5).
- **Character is formed by practice and by older women** who train younger women (Titus 2:3-5).

> **VOICES FROM THE WHOLE CHURCH**
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> **The Hebrew home:** on Sabbath eve, many Jewish families sing Proverbs 31:10-31, *Eshet Chayil* (“A Woman of Valor”), to honor the woman of the house.
>
> **The early church:** Perpetua, a young nursing mother, and Felicity, a slave who gave birth in prison, were martyred together at Carthage in AD 203. Perpetua's prison diary is one of the oldest writings we have by a Christian woman. In

prison she nursed her baby, encouraged the others, and stood firm.

Monica (4th century) prayed with tears for years for her wayward son, Augustine, who became one of the church's greatest teachers (Augustine, *Confessions*).

Macrina the Younger (honored by Orthodox and Catholics, 4th century) was the older sister and teacher of Basil the Great and Gregory of Nyssa. Gregory called her "the Teacher." She turned her household into a community of prayer and care for the poor.

Mary of Egypt (honored by Orthodox and Catholics): after years of sexual sin, she met God's grace and spent the rest of her life in repentance and prayer. The Orthodox Church remembers her during Lent as proof that no woman is beyond God's mercy.

Catholic teaching: John Paul II, in *Mulieris Dignitatem* (1988) and his *Letter to Women* (1995), honored the "genius of women": a God-given gift for seeing and caring for each person.

Protestant and Puritan voices: Anne Bradstreet, a Puritan mother of eight, wrote her faith story in a letter "To My Dear Children." Susanna Wesley taught her many children the faith, and is said to have pulled her apron over her head to pray. Corrie ten Boom shared the Bible with women in the Ravensbrück concentration camp and later forgave a former guard. The *True Woman Manifesto* (Revive Our Hearts, 2008) calls women to a womanhood rooted in Christ.

Counterfeit Womanhood vs. Godly Womanhood

The streets and the yard say a woman…	God says a woman…
Gets her worth from a man and from attention	Finds her worth as God's daughter (2 Corinthians 6:18; Genesis 16:13)
Uses her body to get what she needs	Honors her body as God's temple (1 Corinthians 6:19-20)
Has to be hard, or no one will protect her	Is clothed with strength and dignity (Proverbs 31:25)
Gets even and tears others down with words	Speaks with wisdom and kindness (Proverbs 31:26; Ephesians 4:29)
Hustles and manipulates to survive	Works honestly and opens her hands (Proverbs 31:17, 20)
Stays with a man who hurts her because she has nowhere else	Does not have to stay in danger; God is her refuge (Psalm 46:1; Proverbs 22:3)
Is defined by her past	Is a new creation, forgiven and loved (2 Corinthians 5:17; Luke 7:47-50)
Leaves her children for someone else to raise	Turns her heart toward her children (Malachi 4:6; Isaiah 49:15)

Key Words

Word	Meaning	Where
***ezer kenegdo* (Hebrew)**	A helper corresponding to him. *Ezer* is used of God as His people's help: strength alongside, not inferiority.	Genesis 2:18; Psalm 121:1-2
***chavah* (Hebrew)**	Eve: "living, life-giver," the mother of all who live	Genesis 3:20
***eshet chayil* (Hebrew)**	Woman of valor: strength, worth, and character. The same *chayil* describes a "mighty man of valor."	Proverbs 31:10; Ruth 3:11
***chokmah* (Hebrew)**	Wisdom, pictured as a woman calling out	Proverbs 1:20; 8:1; 9:1
***El Roi* (Hebrew)**	"The God who sees me": Hagar's name for God	Genesis 16:13
***chesed* (Hebrew)**	Loyal, covenant love: the heart of Ruth's story	Ruth 1:8; 3:10
***thygatēr* (Greek)**	Daughter: Jesus' tender name for a woman He healed	Mark 5:34; Luke 13:16
***sōphrōn* (Greek)**	Sensible, self-controlled, sound-minded. The NLT renders it "live wisely" in Titus 2:5 and "with wisdom" in Titus 2:12.	Titus 2:4-5, 12

Word	Meaning	Where
***hypotassō* (Greek)**	To arrange under, submit. Asked first of all believers toward one another, and modeled by Jesus toward His parents. It never means accepting abuse or sin.	Ephesians 5:21-22; Luke 2:51
***kosmos* (Greek)**	Adornment, order (the root of “cosmetic”). Peter says true beauty is the inner self.	1 Peter 3:3-4
***diakonos* (Greek)**	Servant, deacon: Paul's word for Phoebe	Romans 16:1
***aretē* (Greek)**	Virtue, moral excellence: the first thing Peter tells us to add to faith	2 Peter 1:3, 5
***agapē* (Greek)**	Self-giving love: the goal of faith and every virtue	1 Corinthians 13:13; 2 Peter 1:7

Part 2: Healing the Wounded Heart

Many women carry wounds from fathers who were absent or harsh, mothers who couldn't protect them, or men who used and hurt them. Those wounds often shape how a woman sees God, men, authority, her body, and herself. God doesn't ask you to pretend it didn't happen. He is “the God who sees me” (Genesis 16:13, NLT). Use set WOM1 with these steps.

1. **Name it.** Write what happened: what you were given, what you were missing, and what was done to you. Be honest with God (Psalm 62:8).
2. **Grieve it.** It's right to mourn what you lost (Matthew 5:4). Bring it to God, not to a bottle, a needle, or a man.
3. **Know what is yours and what isn't.** Sins you chose are yours to confess, and God forgives completely (1 John 1:9). What was done to you is not your sin. Tamar's story shows that the shame belongs to the one who did evil (2 Samuel 13).
4. **Forgive.** Forgiveness is releasing the debt to God (Matthew 18:21-35; Romans 12:19). It doesn't mean what happened was okay, and it doesn't require trust or contact with someone unsafe.
5. **Receive the Father.** Read 2 Corinthians 6:18 and Romans 8:14-17 out loud. Call God “Father” in prayer, every day.
6. **Let God give you mothers and sisters in the faith.** Ask God for an older believing woman to walk with you (Titus 2:3-5).
7. **Replace lies with truth.** Write down the lies you've believed (“I'm worthless,” “I'm only good for one thing”) and a verse that answers each one (Psalm 139:14; Isaiah 43:4).
8. **Break the pattern.** You are not doomed to repeat what was done to you (Ezekiel 18:14-20). Name one pattern that stops with you.
9. **Become the mother you needed**, to your own children and to younger women.

> **Care note**
> If your story includes physical or sexual abuse, you may also need a counselor or chaplain. That isn't weakness. It is wisdom. What was done to you is not your sin to repent of, and God cares about healing it. If anyone is hurting or threatening you now, tell staff, a chaplain, or someone you trust; every jail and prison is required to have a way to report sexual abuse (PREA). Outside, the National Domestic Violence Hotline is 1-800-799-7233 (thehotline.org).

Part 3: Practices Alone — The Secret Place

Who a woman is when no one is watching is who she really is (Matthew 6:6). Start small, pick two or three, and add more over time.

Practice	How	Scripture
Morning S.W.A.P.	Surrender your day (sign the blank contract), Wait in prayer, Avoid even a hint of sin, follow the Spirit's Prompting.	Romans 12:1; Galatians 5:16
Hinge of the week	Pick one hinge virtue (wisdom, justice, courage, self-control). Memorize its verse, practice it one specific way, and report back to your group.	2 Peter 1:5-8
Proverb of the day	Read the Proverbs chapter that matches today's date. Write one verse to obey.	Proverbs 1:1-7
Scripture memory	Memorize the key verse from each set, one a week.	Psalm 119:9-11
Pray for your family by name	Every child, their caregivers, your parents, siblings, and the woman you mentor.	1 Samuel 1:27-28; Ephesians 3:14-19
Journal Look Back / Up / Forward	What happened, what God is saying, what I will do.	Psalm 77:11-12
Evening "Search Me"	Review the day with God, confess, receive forgiveness, and plan one step.	Psalm 139:23-24; 1 John 1:9
Guard your heart	Decide ahead who you won't write, call, or think about in ways that pull you from God. Turn away fast.	Proverbs 4:23; Philippians 4:8
Truth for lies	When a lie about your worth comes, answer it out loud with Scripture.	Psalm 139:13-14; Romans 8:1
Care for your body	Exercise, sleep, eat with discipline. Your body is God's temple.	1 Corinthians 6:19-20; 1 Timothy 4:8
Fast	Skip a meal or a commissary item weekly to pray (if medically safe).	Matthew 6:16-18
Silence and solitude	Ten quiet minutes with God, without noise or distraction.	Mark 1:35; Psalm 46:10
Learn	Read, study for a GED or trade, and learn basic money skills.	Proverbs 18:15; 31:16-18
Steward	Budget your commissary money, avoid debt, give something away.	Proverbs 3:9; 22:7
Rest	Keep one day a week for worship and rest.	Exodus 20:8-11; Mark 2:27

Part 4: Practices With Others — A Training Path

Godly women aren't made alone. This path moves from receiving, to belonging, to serving, to leading, to mothering. A woman can be in more than one stage at once. Use the matching sets at each stage.

Stage	Sets	Practices with others	Signs of growth
1. Daughter: be loved and mothered	WOM0, WOM1, WOM2, WOM3, WOM6	Meet weekly with an older believing woman. Write honor letters to parents (or pray for them, if unsafe). Listen more than you talk.	Teachable; receives love and correction; begins to believe she is God's daughter
2. Sister: belong	WOM4, WOM5, WOM7	Join a group of 2–3 women to read, confess, and pray weekly. Be honest about one struggle. Refuse gossip.	Honest; trustworthy with others' stories; makes peace
3. Worker: serve	WOM8	Do your job with excellence. Help a coworker. Make peace in your unit.	Diligent; trusted with more; generous
4. Leader: shepherd a few	WOM3, WOM13	Lead a DBS group (Look Back / Up / Forward). Check on group members during the week.	Others grow; group reproduces
5. Preparing for marriage, or loving your husband	WOM9, WOM10	Write a relationship commitment and share it. Seek counsel from godly married women. If married, write your husband praise and prayer letters. If unsafe, make a safety plan instead.	Pure; patient; wise about men

Stage	Sets	Practices with others	Signs of growth
6. Mother: turn your heart home	WOM11, WOM12	Bless your children by letter and call. Honor their caregivers. Work your case plan. Plan your reentry with a mentor.	Consistent contact; humble repair; kept promises
7. Spiritual mother and older woman	WOM13	Mentor a younger woman weekly. Train her to mentor someone else.	Your “daughters” start mothering others

Weekly Check-In Questions for Women

These follow the engine in WOM0: faith, hope, the four hinges, and love. Start with what God has done before asking what you did.

1. **Faith:** How did you meet with God this week? Which promise did you hold on to?
2. **Hope:** What are you looking forward to that God has promised? Where did you lose heart?
3. **Wisdom:** What choice did you make well? What situation or relationship do you need wisdom for?
4. **Justice:** Did you give people what you owe them: honesty, respect, your best work, and contact with your children and family?
5. **Courage:** Where did you do right when it was hard? Where did you shrink back out of fear?
6. **Self-control:** How did you guard your heart, words, body, and appetites? Is anyone you're writing, calling, or thinking about pulling you away from God?
7. **Love:** Who did you serve, bless, or encourage?
8. **Honesty:** Is there anything you're hiding?

Part 5: Mothering from Inside

Perpetua nursed and cared for her baby from a prison cell. Jochebed placed her son in God's hands and in the care of another woman, and God brought him back to her arms (Exodus 2:1-10). God says, “Can a mother forget her nursing child? … But even if that were possible, I would not forget you!” (Isaiah 49:15, NLT). You can turn your heart toward your children from where you are (Malachi 4:6). Use sets WOM11 and WOM12 with these tools, and always follow facility rules, your case plan, and any court orders.

A simple letter to your child: five parts

Part	What to write	Example
1. Remember	A good memory together	“I remember braiding your hair and singing in the kitchen.”
2. Notice	Something good you see in them	“You're kind, and you make people laugh.”
3. Encourage	Something specific for what they're facing	“I'm proud of you for trying hard in reading.”
4. Ask	A question about their life	“What's your favorite thing at school right now?”
5. Bless	A blessing and a prayer	“The LORD bless you and protect you. I pray for you every night.”

- **Little kids:** short notes, drawings, a story. **Teens:** honesty, questions, and listening.
- **Calls and visits:** prepare questions, listen more than you talk, end with a blessing. Don't argue with caregivers or their father in front of them or on the call.
- **Read together:** read the same Bible story or book and talk about it. Use any recorded-reading program your facility offers.
- **Own your absence**, in words that fit their age: “I made choices that took me away from you. That's not your fault. I'm sorry. I love you.”
- **Be consistent.** Small promises kept matter more than big promises broken. Only promise what you can do.

- **Honor their caregivers.** Thank the grandparents, relatives, or foster parents caring for your children. Don't undermine them, and never use your children as messengers.
- **If child welfare is involved:** know your case plan, stay in touch with your caseworker and attorney, complete every class and step you can from inside, and keep a record of your letters and calls. Court timelines can move fast, so start now.
- **If you can't have contact** (because of a court order or for their safety), honor that. Pray for them daily and grow into the mother they'll need later.

Making Things Right with the Father of Your Children

Whatever your relationship is now (married, separated, divorced, or never married), he is made in God's image, and your children need peace between the two of you wherever it is safe. Scripture tells us to respect everyone and to live at peace as far as it depends on us (1 Peter 2:17; Romans 12:18).

- **Safety first.** If he was violent, abusive, or controlling, you do not have to reconcile with him. Forgiveness does not require contact or trust (see the care note below).
- **Own your part** specifically, without excuses and without demanding anything in return. Write it out with a mentor first.
- **Honor his role where it's safe.** Speak well of what is good in him to your children, and don't use them against him.
- **Respect boundaries**, including a new relationship, his privacy, and any court orders.
- **If you're married:** seek reconciliation with wise counsel where it is safe, and build your home (WOM10).
- **If you're not married:** keep the relationship pure, don't use the children to rekindle things, and pursue peace. If marriage may be God's plan, pursue it His way, with counsel (WOM9).
- **Pray for him** by name every day.

> **Care note**
> If there was violence, abuse, or control in the relationship, your safety and your children's safety come first. Don't make contact unless it is legal, safe, and wise, and let counselors, advocates, or the courts guide the process. Follow any protective orders. Making things right sometimes means staying away. National Domestic Violence Hotline: 1-800-799-7233 (thehotline.org).

Part 6: Preparing for Release

Start now. Many women fall back in the first weeks out, when old relationships, old places, and old pressures return (Proverbs 1:10-19). One of the biggest dangers is going back to an unsafe man or a using house because you need a place to stay. Build the plan with a mentor.

Area	Inside, now	First 90 days out
Faith	Daily S.W.A.P.; weekly group; mentor	Join a church family and a women's group in the first week; meet your mentor weekly
Housing	Find a safe place to live: family, a recovery or transitional home, or a church contact	Live only where you can stay clean and safe, not with an unsafe man or using friends
Old crew and places	Name who and where you must avoid	New number, new routes; tell your group when you're tempted
Recovery and health	Recovery meetings; ask about treatment and medication plans	Go to a meeting in the first days; get connected to care; keep appointments
Work	Build skills; get a GED or certificate; ask for references	Take an honest job, even a small one; show up early; be diligent (WOM8)

Area	Inside, now	First 90 days out
Money	Practice a budget; know your fines and fees	Budget every paycheck; no fast money; give something
Children and family	Letters, calls, blessings; work your case plan	Go slowly; follow the plan; keep small promises; rebuild trust over time (WOM12)
Relationships	Write a relationship commitment	No new romance in the first months; wait, seek counsel, pursue marriage God's way (WOM9)
Supervision	Know your conditions	Follow every condition; be honest with your officer
Accountability	Two or three sisters who know your plan	A weekly check-in with someone who will ask the hard questions

Part 7: Older Women Mentoring Younger Women

Paul told older women to live in a way that honors God and to train younger women (Titus 2:3-5), and he told leaders to pass on what they'd learned to faithful people who would teach others (2 Timothy 2:2). This is how godly womanhood multiplies inside.

Who

The older woman: older in faith (not just age), proven in character, not a gossip, not ruled by drink or drugs, and able to teach what is good (Titus 2:3). **The younger woman:** hungry to grow and willing to be honest.

A weekly meeting (45–60 minutes)

1. **Look Back:** How are you really? Did you do last week's practices? How are your children and family?
2. **Look Up:** Do a DBS on one passage from the WOM sets.
3. **Look Forward:** One practice alone, one with others, and who you'll share it with.
4. **Life skill:** Spend ten minutes on something practical: writing a letter to your kids, a budget, handling a conflict, setting a boundary, preparing for an interview.
5. **Pray** for each other and for each other's families by name.

Commitments and cautions

- Keep confidences, unless someone is in danger.
- Be honest and consistent; show up every week.
- Point to Jesus, not yourself (1 Corinthians 11:1).
- No favoritism, cliques, drama, or gossip. This is a family, not a clique.
- Follow staff rules, and protect anyone vulnerable.
- **Multiply:** when the younger woman is ready, she begins mentoring someone else.

Sources

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