

*SAMPLE*

**THE HEART**

**OF A WOMAN**



STUDY GUIDE

**STUDY 1**  
TRUE BEAUTY





Nihil Obstat: Benjamin Akers, STL, Censor Deputatus  
Imprimatur: Most Reverend Samuel J. Aquila, S.T.L. Archbishop of Denver  
August 1, 2013

Copyright © 2013/2014 Augustine Institute. All rights reserved.

With the exception of short excerpts used in articles and critical reviews, no part of this work may be reproduced, transmitted, or stored in any form whatsoever, printed or electronic, without the prior permission of the publisher.

Scripture verses contained herein are from the Catholic Edition of the Revised Standard Version of the Bible, copyright ©1965, 1966 by the Division of Christian Educators of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

English translation of the Catechism of the Catholic Church for the United States of America, copyright ©1994, United States Catholic Conference, Inc. — Libreria Editrice Vaticana. English translation of the Catechism of the Catholic Church: Modification from the Editio Typica copyright ©1997, United States Catholic Conference, Inc. — Libreria Editrice Vaticana.

Writers: Jim Beckman, Marc Cardaronella, Jennifer Hanlon, Carmen Kamrath, Woodeene Koenig-Bricker, Martin Nagy, Patty Smith, Kyrstyn Walsh.

Media/Print Production: Brenda Kraft, Justin Leddick, Kevin Mallory, John Schmidt, ShadowPlay Films, FX-Mass Media.

Graphic Design: Perry Misloski, John Riviera, Nicole Skorka, Jeffrey Wright.

**Augustine Institute**

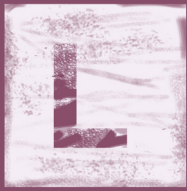
6160 South Syracuse Way,  
Suite 310,  
Greenwood Village, CO 80111

Information: 303-937-4420  
YDisciple.org  
AugustineInstitute.org

Printed in the United States of America

ISBN 978-0-9960157-1-4





## TRUE BEAUTY

# THE HEART OF A WOMAN



What does it really mean to be a woman? The world gives us all sorts of definitions of womanhood, but God is the only One with the truth our hearts are really seeking. He is the One who made you with a plan and a purpose. In this study you'll start to examine how the world tries to define who you are, discover why God wired us the way He did as women, and most importantly, how all of our desires—though they may seem bad to us—were put in our hearts to lead us to God. Jesus is the One you are really seeking!

As you participate in this study, use these points to guide you. Add your own notes, observations, or questions in the space below each point. If images or symbols come to mind, include them as a way to help you process and remember the key take-aways.

### The perfect husband...

---

---

---

---

---

---

---



## THE HEART OF A WOMAN

In general, women are more relational than men and more aware of their own—and others'—emotions. Men are generally more physical and visual. By examining and embracing these differences, it is easier to understand why we do the things we do.

---

---

---

The devil uses these different natures of men and women to tempt them.

---

---

---

There are two different types of attraction that men and women feel for each other, which Karol Wojtyla (Pope John Paul II) describes in *Love and Responsibility*:

- Sentimental attraction: emotional and relational
  - Sensual attraction: physical and visual
- 
- 
- 

Our hopes and dreams about the future are good, but we need to make sure we're not trying to fill a void. The only person who can truly fill us is Jesus.

---

---

---

### Q<sup>2</sup>: Quotes and Questions

*"She is clothed with strength and dignity; she can laugh at the days to come."*

—Proverbs 31:25

*"Emotions and feelings can be taken up in the virtues or perverted by the vices."*

—CCC 1775



## THE HEART OF A WOMAN



Lisa offers four tips for keeping Jesus #1 in our hearts and making sure we're not emotionally using people:

- **Tip #1:** Guard your heart. Remember, your body is a temple of the Holy Spirit (1 Corinthians 6:19-20).
- **Tip #2:** Say "no" to mental stalking and creeping.
- **Tip #3:** Have good girlfriends. They understand what you're going through.
- **Tip #4:** Instead of mentally stalking guys, mentally stalk Jesus! Fix your eyes and heart on Him.

→ Which of Lisa's four tips do you think you will struggle with the most?

---

---

---

→ What kind of actions can you take in your own life to prevent yourself from mentally stalking and creeping?

---

---

---

→ When do you feel most challenged to keep Jesus number one in your heart?

---

---

---



### Q<sup>2</sup>: Quotes and Questions

*"Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body."* — 1 Corinthians 6:19-20

*"We know that in everything God works for good with those who love Him, who are called according to His purpose."* — Romans 8:28



In this study, we discussed how our own thoughts and imaginations could lead us into using others for our own emotional pleasure. By creating a fantasy world that is not centered around God, we not only set ourselves up for disappointment, but we also sin against our brothers in Christ by making them an object for our own use.

The good news is that we can turn our imaginations into a beautiful prayer that keeps our hearts and minds fixed on Jesus! This week, set aside a few minutes to spend with Jesus in this form of contemplative prayer. Begin by opening up your Bible and choosing a favorite story from the Gospels. Some suggestions are:

Luke 10:38-42

John 2:1-11

Matthew 14:13-21

John 8:2-11

Matthew 14:22-34

- Find a quiet place where you can pray without being interrupted.
- Begin your prayer by making the Sign of the Cross and saying, "In the name of the Father, and of the Son, and of the Holy Spirit. Amen."
- Read your chosen passage once so that you are familiar with it.
- Ask God to help open your heart and mind so that you can have a better understanding of Jesus through this passage.



## THE HEART OF A WOMAN

- Read the passage again, and then close your eyes. This time set the scene for the story using all five senses. What do you hear, see, smell, feel, or taste?
- Take your time, and put yourself in the shoes of one of the characters in the passage. Slowly let the passage play out with you in it.
- As the story ends, think about any words or images that stood out in your imagination. Take a moment to write about them below.
- In your own words, thank God for the beautiful gift of prayer and for helping us to see Him in such a special way.
- Close with the Our Father.

---

---

---

---

---

---

---

---

---

---

### Q<sup>2</sup>: Quotes and Questions

*"Behold, I am the handmaid of the Lord. May it be done to me according to your word."* — Luke 1:38, our Blessed Virgin Mary

*How do you think Mary imagines what it really means to be a woman, in general, but especially in these words that she speaks to the archangel Gabriel? This is commonly known as Mary's fiat, or her "yes" to God. How does this embody the true heart of a woman? How is this different from the image of woman we see in our world?*





How can you put what you have learned into practice this week? Try these ideas:

### **Fix Your Eyes on God**

Commit to giving up Facebook or other social media for a week. Every time you feel the need to visit Facebook, Google the Saint of the Day instead. Take that time to learn a little bit about a particular saint and thank God for the extraordinary example he or she gives us in living our day-to-day life.

### **Redirect the Conversation**

How can we help our friends from gossiping while holding ourselves accountable at the same time? If you hear a friend, family member, or yourself speaking negatively about another person, humbly take a moment to chime in with something positive about him or her and move to a new topic.

### **Represent With Style**

We discussed how emotional mental fantasy clouds our judgment and prevents us from keeping our eyes on Jesus. For men, visual and physical mental fantasy presents a huge roadblock in their walk with Jesus. The next time you go shopping with friends, think about how your choice of outfit could have an effect on someone's relationship with Jesus. Have fun taking on the challenge to find something that is not only beautiful and stylish, but also respectful to your body and to your brothers in Christ.



# Notes



# Notes

[illegible]