

the best *you can be*

A WOMAN'S
GUIDE
*to Personal
Growth*



Introduction

A series of 12 lessons:

1. A Successful Woman
2. A Fulfilled Woman
3. A Spiritual Woman
4. A Focused Woman
5. A Supportive Woman
6. A Happy Woman
7. A Loving Woman
8. An Assertive Woman
9. An Organized Woman
10. A Patient Woman
11. A Victorious Woman
12. A Courageous Woman

New International Version of the Bible is quoted unless otherwise noted.

*Therefore, if anyone is in Christ,
the new creation has come: The old
has gone, the new is here!*

2 Corinthians 5:17

INTRODUCTION

- *The Best You Can Be* gives practical suggestions on achieving your full potential. You'll find sound advice on reaching your goals, enriching your spiritual life, and controlling negative emotions.
- You'll learn how to communicate love and acceptance, inspire a desire for change in others, organize your home and time, and be more assertive.
- Personal growth exercises at the end of each chapter will enable you to put what you've learned into practice and get the results you want.
- Drawing principles from the lives of successful women and what they have learned in their own Christian experiences, Dorothy Eaton Watts and Joy Marie Butler will help you become the best you can be.

ABOUT THE AUTHORS

Dorothy Eaton Watts was a prolific writer and a Women's Ministries (WM) director in the USA, including General Conference WM Director. She spoke at various women's

congresses, conducted seminars and workshops in the areas of devotional life, communication skills, creativity, success principles, classroom management, family life, and prayer. She left a wealth of material to bless women everywhere.

Joy Marie Butler has been speaking and writing to and on behalf of women ever since she began her ministry in Women's Ministries in Sydney, Australia, in 1997. Since that time she has conducted hundreds of workshops, seminars, retreats, and programs for women throughout Australasia, Oceania and Africa. She is passionate about helping hurting women everywhere. She is an active member and officer in the World Woman's Christian Temperance Union.

Dorothy and Joy met together on a number of occasions and decided that a set of Bible study lessons based on the book *The Best You Can Be* would be helpful for women worldwide. Dorothy encouraged Joy to do this, and this series of lessons is the outcome of that conversation. Joy's dream and desire is that it will bring many blessings into the lives of women everywhere and that these blessings will extend to their families and communities.

SUGGESTIONS

For private study:

- Begin each study with prayer. Ask God to help you to understand the message of Scripture and to be able to apply it to your life.
- Read the Bible texts suggested carefully and slowly. Let them speak to your heart.

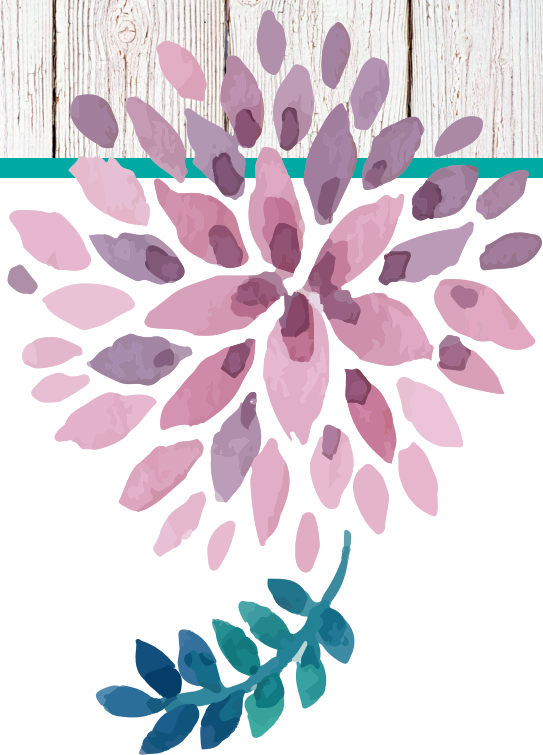
- Read the text provided in the lesson and do the suggested personal growth exercises. Take time to do this. Don't rush.
- Apply the principles to your own life. Write out your plans to make the practical changes necessary.
- End with prayer, asking God again to help you put into practice all you have learned.

For group study:

- Before commencing the study, pray. The coordinator or group leader can do this.
- Hand out the lessons so that each person has a copy.
- Begin by reading the text on the lesson cover. Read together unison or ask one person to read. Compare various translations.
- The leader should lead the group through the lesson notes carefully, inviting questions or clarification as she proceeds.
- Allow time for all to complete the personal growth exercises in silence.
- Compare answers if the group is comfortable doing this. This can be a fun learning time.
- Encourage the group members to share with each other what they felt about the lesson.
- Encourage each member to apply the principles personally.
- End with prayer.

The Facilitator or Group Leader should:

- Create an unhurried atmosphere during the group's discussion.
- Keep the discussion focused and moving.



You must learn the simple art of taking God at His word; then you have solid ground beneath your feet.

My Life Today, 10

- Encourage the sharing of personal stories and experiences.
- Encourage and validate each person's contribution to the discussion.
- Be comfortable with silence. Read the silence. Has the topic been exhausted? Has boredom stepped in? Find creative ways to revitalize the group through singing, getting up, or moving around.
- Monitor the time.
- Carefully invite others to pray.
- Invite a group member, or all the members, to read "My Prayer for Today" at the end of each lesson study.



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