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Welcome to the very first Wife Within study series: Identify Her.

Before we study wives, relationships, marriage, or covenant, we must first study the woman in the mirror.

In a world that constantly tells women who they should be, what they should look like, what they should accomplish, and who they should marry, many women have lost sight of one important question:

Who am I?

Not who am I when someone chooses me.

Not who am I when I receive a title.

Not who am I when I become a wife.

But who am I right now?

Too often, women build their identity around seasons, titles, accomplishments, relationships, and responsibilities. Yet when those things change, many find themselves questioning their worth, purpose, and value.

Over the next five weeks, we will examine what it means to become the woman God created us to be. We will explore identity, purpose, wisdom, preparation, and biblical womanhood through the lens of Scripture and the lives of women who walked before us.

At the center of this series is the Proverbs 31 woman.

She is often viewed as an impossible standard, but she was never intended to be a checklist. She is a picture of a woman whose life reflects wisdom, strength, stewardship, dignity, faith, and influence. She is not one woman. She is the blueprint of what God calls excellent.

Throughout this journey, we will discover that before the Proverbs 31 woman managed a household, built wealth, influenced her family, or strengthened her community, she possessed something even more important: **She knew who she was.**

Because before you can identify the wife, the leader, the mother, the entrepreneur, the helper, or the influencer, you must first identify the woman.

My prayer is that through this study you will gain clarity, confidence, healing, and a deeper understanding of your God-given identity. You are not here to become someone else. You are here to discover the woman God created you to be.

Welcome to Identify Her.



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WHAT IS IDENTITY?

Identity is the unique set of qualities, beliefs, personality traits, and expressions that define who a person is or what a group represents. It encompasses both an individual's internal sense of self and the external factors, such as culture and social roles, that shape how they are recognized.

Identity is:

- Who God says you are
- The truth about you beyond feelings
- Your spiritual position
- Your value apart from performance
- Your God-given nature and purpose

Identity answers:

- Who am I?
- What am I worth?
- Why am I here?
- What kind of woman am I becoming?

Be sure not to make idols out of identity!

HonesTea Moment: Do you know who you are?



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"Who Am I Without the Title?"

Key Scriptures:

Psalms 139:14

Ephesians 2:10

Proverbs 31:25

Discussion Questions:

Who are you when no one is choosing you?

What areas of your identity still need healing?

Have you confused desirability with worth?

Journal Prompt:

"What version of myself have I been trying to become for acceptance?"

This Week's Prayer Focus:

God I thank you for healing any insecurities that I may be carrying. I thank you for helping me to establish my identity in God.



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WEEK 2 – KNOWING WHO & WHAT YOU ARE CALLED TO

Week 2: Called Before Chosen

Last week, we explored the question, "Who am I without the title?" We learned that our identity is rooted in who God says we are, not in our relationship status, accomplishments, or the opinions of others. This week, we take the next step.

Once a woman understands who she is, she must begin to understand what she is called to. Many women spend years praying for the right relationship while never seeking clarity about their own purpose. They know what they want in a husband, but have never considered the assignment God has placed on their own lives.

Before God brings people into our lives, He often establishes purpose within our lives. The truth is, not every person is meant to walk with you into every season. Some relationships fail not because the people are bad, but because they are misaligned. When you understand your calling, you begin to recognize what belongs in your life and what does not.

Your purpose influences your partnerships.
Your assignment influences your alignment.
Your calling influences your compatibility.

A woman who knows where she is going can better discern who should accompany her on the journey. This week is not simply about discovering what you want to do. It is about understanding who God has called you to be, what He has entrusted to you, and how that calling should shape your decisions, standards, relationships, and future.

Before you are chosen by a man, you have already been chosen by God.
Before you walk in covenant, God has already given you purpose.
Before someone discovers your value, God has already assigned meaning to your life.

The goal of this week is to help you stop defining yourself by what you are waiting for and begin defining yourself by what God has called you to.

Because a woman who understands her calling stops chasing what is available and starts discerning what is aligned.

Let's discover what God has placed within you.



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WEEK 2 — KNOWING WHO & WHAT YOU ARE CALLED TO

“Called Before Chosen”

Key Scriptures:

Jeremiah 29:11

Proverbs 4:23

Discussion Questions:

What has God called you to?

What kind of man could support your calling?

Have you been choosing chemistry over alignment?

Journal Prompt:

“What kind of life am I truly building?”

This Week’s Prayer Focus:

Lord I thank you for discernment and for giving me clarity in relationships.





Week 3: Esther - Preparation Before Placement

I am so excited to begin Week 3 of our Identify Her series. First, I want to say how much I enjoyed our Zoom Bible study on Monday. Seeing women from different backgrounds, experiences, and seasons come together to learn, grow, share, and support one another reminded me exactly why God placed Wife Within on my heart.

Over the past two weeks, we have done some important foundational work.

In Week 1, we asked the question, "Who am I without the title?" We discovered that our identity is not found in our relationship status, accomplishments, or the opinions of others. Our identity is found in Christ.

In Week 2, we explored purpose and calling. We learned that before we are chosen by anyone else, we have already been chosen by God. We discussed the importance of understanding our assignment, protecting our hearts, and aligning our lives with God's purpose.

Now, we begin studying some of the most influential women in Scripture.

And who better to start with than Esther? When many people think of Esther, they think of beauty, royalty, and favor. But Esther's story is so much deeper than a crown.

Esther teaches us about preparation.

She teaches us about patience.

She teaches us about wisdom.

She teaches us about timing.

She teaches us how to carry influence with humility.



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Week 3: Esther - Preparation Before Placement

Long before Esther sat on a throne, God was preparing her heart. Long before she wore a crown, she was developing character. Long before she saved a nation, she learned how to listen, learn, and grow. One of the greatest lessons we can learn from Esther is that preparation often happens in private before purpose is revealed publicly.

This week, we will take a closer look at the wisdom of Esther and how her character positioned her for the assignment God had placed on her life.

As women, many of us pray for the platform, the promotion, the relationship, the opportunity, or even the marriage. But Esther reminds us that God's preparation is just as important as God's promise.

Before placement comes preparation.

Before influence comes wisdom.

Before elevation comes character.

My prayer for each of you this week is that you begin to see your current season differently. Perhaps God is not delaying you. Perhaps He is preparing you.

Let's dive into the life of Esther and discover what it truly means to walk in wisdom, preparation, and purpose.



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Week 3: Esther - Preparation Before Placement

Main Scripture:

Book of Esther

ESTHER'S CHARACTER:

- Patient
- Prepared
- Graceful
- Strategic
- Teachable
- Courageous
- Emotionally disciplined

Weaknesses/Potential Challenges:

- Initially silent/passive
- Needed growth in boldness

THE TYPE OF MAN WHO WOULD MARRY ESTHER:

A powerful, influential, leadership-driven man.

Esther's femininity and wisdom fit a kingly environment. A woman like Esther often attracts men in leadership because she carries grace under pressure and knows how to move strategically.

BREAKDOWN OF HER HUSBAND:

Ahasuerus

- Powerful
- Wealthy
- Influenced by advisors
- Desired beauty and grace
- Needed wise counsel around him

Discussion Questions:

- Are you prepared for the environment you're praying for?
- Can you carry influence without losing humility?



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Week 4: Abigail Wisdom That Changed the Outcome

Welcome to Week 4, ladies!

I have truly enjoyed this journey with each of you. Watching our community grow and studying God's Word together has been such a blessing.

Over the last few weeks, we've laid such a strong foundation. We discovered our identity in Christ, explored our God given purpose, and learned from Esther that preparation often comes before placement.

This week, we're introduced to one of my favorite women in Scripture, Abigail. Abigail's story reminds us that beauty may capture attention, but wisdom changes and transforms lives.

She teaches us that wisdom isn't just about what we know; it's revealed in how we respond, how we communicate, and how we lead during difficult moments. Now that is something that I have had to work through.

Her life challenges us to ask some honest questions:

How do I respond under pressure?

Do my words bring peace or fuel conflict?

Am I led by emotion, or by wisdom?

Abigail found herself in a difficult situation that she didn't create, yet her wisdom, humility, courage, and discernment changed the course of history. She reminds us that one wise decision can preserve relationships, protect purpose, and open doors that only God can create.

As we study Abigail this week, my prayer is that we won't simply admire her character, we'll begin to develop it.

A wise woman doesn't just prepare for marriage.
She prepares for every assignment God places in her hands.
Let's jump in and discover the wisdom of Abigail together.



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WEEK 4 — STUDY ON ABIGAIL

Topic:

“Wisdom in Womanhood”

Main Scripture:

First Book of Samuel 1 Samuel 25

ABIGAIL’S CHARACTER:

- Wise
- Emotionally intelligent
- Discerned danger quickly
- Peacekeeper
- Humble
- Strategic communicator

Weaknesses/Potential Challenges:

- She could carry too much responsibility emotionally

THE TYPE OF MAN WHO WOULD MARRY ABIGAIL:

A strong, passionate, leadership oriented man who needs wisdom and peace beside him.

Women like Abigail often attract men with heavy assignments because they bring stability and discernment.

BREAKDOWN OF HER HUSBANDS:

Nabal

- Foolish
- Prideful
- Harsh
- Emotionally reckless
- Wealthy but immature

David

- Passionate
- Worshipper
- Warrior
- Emotionally layered
- Called by God
- Needed wise voices around him

Important Insight:

Abigail’s wisdom matched David’s destiny.

Discussion Questions:

- Do you know when to speak and when to stay silent?
- Can wisdom preserve relationships?



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Week 5: Jezebel, A Heart Check

Ladies,

Welcome to our final week of the Identify Her series.

What an incredible journey this has been! Together we've explored our identity in Christ, discovered our God-given purpose, and learned from the lives of Esther and Abigail that preparation, wisdom, and godly character matter.

As we close this series, we're studying one of the most well-known women in Scripture, Jezebel.

At first glance, this lesson may seem different from the others because Jezebel is often remembered for her manipulation, control, pride, and rebellion. But this week's study isn't about pointing fingers or labeling people.

It's about looking inward.

Every woman in Scripture teaches us something. Some show us qualities to imitate, while others reveal attitudes and behaviors we should surrender to God. Jezebel's story gives us an opportunity to examine our own hearts with humility and honesty.

This week, I encourage you to ask the Holy Spirit to reveal any areas where fear, control, pride, manipulation, or unresolved wounds may be influencing your relationships or your walk with Him. Remember, conviction leads to transformation—not condemnation.

The goal of this study is not to identify Jezebel in someone else.

The goal is to allow God to identify anything within us that does not reflect the woman He has called us to be.

As we conclude this series, my prayer is that you leave with a stronger identity, greater wisdom, deeper discernment, and an even closer relationship with Christ.

Thank you for allowing me to walk this journey with you. I cannot wait to see what God does in and through each of your lives as you continue becoming the woman within.

With love,

Cortani

Founder, Wife Within



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Week 5: Jezebel, A Heart Check

Topic:

“Control, Manipulation & Counterfeit Power”

Main Scripture:

First Book of Kings

JEZEBEL’S CHARACTER:

- Controlling
- Manipulative
- Intimidating
- Power-driven
- Seductive
- Spiritually rebellious
- Dishonoring

This week should focus on:

- self-awareness
- healing
- unhealthy patterns

THE TYPE OF MAN WHO WOULD MARRY JEZEBEL:

A passive, insecure, spiritually weak man.

Women operating like Jezebel often seek environments where they can dominate emotionally or spiritually.

BREAKDOWN OF HER HUSBAND:

Ahab

- Passive
- Easily influenced
- Emotionally weak
- Avoided confrontation
- Abdicated leadership

Discussion Questions:

- Do you manipulate when you feel out of control?
- Do you struggle with submission to God?
- Do you dominate conversations and relationships?

