



Say to wisdom, “you are my sister” And make understanding your closest friend. For they will keep you from the immoral woman. Proverbs 7:4-5a

**Women's Discipleship Group – 2006**  
**HELPMATES, HANDMAIDENS & HARLOTS ONLINE BIBLE STUDY**  
**EMOTIONAL LIFE SERIES**  
**LESSON # 2 – From Anxiety to Peace**  
**Website: [www.wdgonline.org](http://www.wdgonline.org)**  
**Presented by: Terri McFaddin Solomon**

**Definitions: Helpmate – Handmaiden – Harlot**

**Helpmate:** A married woman who is committed to the well-being of her husband.

**Handmaiden:** A married or unmarried woman who is committed to serving the Lord.

**Harlot:** A married or unmarried woman who is committed to sacrificing her soul and body for personal gain.

**Anxiety** – Definition: Fear, worry and stress about future uncertainties.

**OPENING STATEMENT:**

When I walked into my father's hospital room last week my heart was pounding as I listened to the doctor's latest report. “You're dad is not going to make it, I think we should stop treating him and let him go.” Anxiety gripped me and I felt like I couldn't breathe. I left the hospital and went for a long walk to clear my mind and pray. By the time I returned home, I had surrendered my fears and anxiety to the Lord. As soon as I did this, I could feel the storm within me slowly passing. The next day to the doctor's surprise, my father was awake and doing much better.

Many of you are facing sickness, legal or financial issues, or you're in a difficult relationship or situation. In order to find peace you must first release your anxieties to the Lord. Surrender the things that you have no control over to the One who controls all things, great and small.

Prayer: *Lord, I need your help. The challenge that I'm facing is more than I can handle. I place this matter completely in your hands. I need your strength, Lord. I need your peace. I need your supernatural intervention. Take control of my circumstance and work things out for me. In the name of Jesus I pray. Amen.*

*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God and the peace of God, which passes all understanding, will guard your hearts and your minds in Christ Jesus. (Phil. 4:6).*

**The Helpmate's Story:**

If you are not careful, anxiety will drain you of your strength and leave you feeling fearful and hopeless. There are several key areas in marriage where anxiety has the potential to take away your peace of mind. Here are some of the areas that can pose a threat:

1. **Money** – Most married couples find peace of mind and a feeling of financial security in a job or business. But your financial picture can change without warning. Guard against financial attacks by paying your tithes and starting a savings account. Real peace

comes when you trust in the Lord to supply your needs in prosperous times and in lean times. *And my God shall supply all your need according to His riches in glory by Christ Jesus. (Philippians 4:19).*

2. **Sex** – One of the greatest attacks against sexual fulfillment in marriage is worry and anxiety. Where there is no intimacy\* there is no fulfillment and peace. (Intimacy can be sexual or non-sexual, such as thoughtful actions). Pray and talk to one another about your worries. Also consider talking to your minister or a counselor. *Anxiety in the heart of man causes depression, but a good word makes it glad. (Proverbs 12:25).*

3. **Communication** – As a married woman you will find peace with your mate when you allow the Lord to take control of your words. Be sure to sprinkle your conversations with appreciation and praise for your mate. Pick the right timing, mood and setting for serious discussions. Before you speak, ask yourself if your words will bring peace or trouble? *Set a watch, O LORD, before my mouth; keep the door of my lips.(Psalm 141:3).*

### The Handmaiden's Story:

If you're a handmaiden who really loves the Lord, then you are probably willing to give everybody a helping hand. If you're not prayerful and careful, you will find yourself stressed out, anxious and drained. Here are a few tips on how to serve God without sacrificing your peace:

1. **Discover your gifts** – You will quickly lose your peace when you try to get involved in an area of ministry where you are not called. If you have the gift of organization, then be the best and don't lose your peace by working in the wrong ministry. *But each one has his own gift from God, one in this ministry and another in that. (1 Corinthians 7:7).*

2. **Worship before works** – The fastest way to get burned out in ministry is to spend all of your time working for God and very little time worshipping God. Don't forget that prayer and worship will renew your power and your peace. *And Martha had a sister called Mary, who also sat at Jesus' feet and heard His word. But Martha was distracted with much serving...(Luke 10:39-40a).*

3. **Forgive offenses** – Peace will not remain in a heart where there is an unwillingness to forgive. Offenses come with ministry. It is the Devil's attempt to get you to quit and it is God's plan to make you stronger. *You must make allowances for each other's faults and forgive the person who offends you. Remember, the Lord forgave you, so you must forgive others. (Colossians 3:13).*

### The Harlot's Story:

The harlot does not understand the value of peace. She would rather have the trouble that comes with ill-gotten gain, rather than to trust God to provide for her needs, and thereby experience peace. Because there is no real peace in the lifestyle of a harlot, she will experience suffering in the following areas of her life.

1. **Physical Health** – The human body was not designed to live in sin. That is why guilty people have such a strong reaction when taking a lie-detector test. Godly living takes away the unrest of guilt and shame. A peaceful body is a natural defense against disease

and speeds healing. *I said, "O LORD, have mercy on me; heal me, for I have sinned against you." (Psalm 41:4).*

2. **Mental Health** – Sin is like placing a load of bricks on the foundation of the mind. As the bricks of wrongdoing pile up, anxiety escalates and the mind collapses into chronic depression, paranoia and other mental illnesses. Confession and repentance are God's way to cleaning up the rubble and allowing His peace to heal the damaged mind.

*You will keep him in perfect peace, whose mind is fixed on You, because he trust in You. (Isaiah 26:3).*

3. **Relationships** – Because the harlot lives a lifestyle that is based on deception she automatically forfeits genuine peace in her relationships with others. Godly relationships are based on trust and where there is no trust there is no peace. The absence of trust always creates feelings of insecurity and anxiety. *The people who survive will do no wrong to each other, never telling lies or deceiving one another. They will live peaceful lives, lying down to sleep in safety; there will be no one to make them anxious. (Zephaniah 3:13).*

#### **OBSERVATIONS AND PERSONALIZATION:**

1. [Read Luke 12:25-30](#). What can we accomplish by being anxious?
2. Give an example of a circumstance that made you feel anxious and fearful but in the end there was a peaceful solution.
3. [Read John 14:27](#). What differences do you see between the peace that comes from God and the peace that comes from the world?
4. Give an example of a time when the Lord gave you peace during a very difficult time in your life.
5. [Read Isaiah 26:3](#). What are two things that we can do to find perfect peace?
6. What would you say to the Devil to let him know that you will not allow him to steal your peace?

## **LETTERS AND STORIES FROM THE LESSON ON DEPRESSION**

**Name: Anonymous**

**City: Boston, Mass.**

Depression and/or emotional instability have been handed down in my family. I have two aunts who attempted suicide (they did not succeed) and a mother who went through times of babbling screaming fits when she could not cope. On top of that family history that was passed on to me, I had my challenges as a single parent. I had to persevere through many trials in my 20's. In my eyes, I had everything I needed by age 36. However, I felt something was missing. I had thoughts of suicide for a long time. After 5 years of a fruitless relationship, I left my boyfriend. I read a book by a Christian author that helped me get back on track. Four weeks later I gave my life to Christ and was on a cloud for the following nine years. Eventually I found myself battling depression again. However, having God in my life and learning more about myself and how much God loves me helps me to cope with the "down times." Even when I don't feel like it, I sing and read the word. I listen to worship songs and/or pray. I get past those negative feelings and thoughts, and keep on steppin. I have learned that God's love is sufficient!

**Name: Anonymous**

**A Letter to Terri:**

I must admit that I am somewhat disappointed in your discourse on depression. As someone who battles with clinical and bipolar depression, I find your insights to be typical of the traditional church view of depression, which is, 'just praise the Lord and you'll be fine.' It's very hard to praise when you can barely get out of bed, clothe yourself or take a shower. Admittedly, when I have praised God or read the bible during depression, it has helped. But such recommendations without the balanced view of seeking help, support groups and even medicine only puts women like me under condemnation because when depression hits, we can't bring ourselves to pray and read the bible...or even call someone to ask for prayer. Depression can be a very debilitating disease and it saddens me when people underestimate how debilitating it can be. I am currently in therapy, exploring issues that may be impacting my mental and emotional health. Thanks so much for your understanding.

**My Dear Sister:**

**Terri's Response:**

First, I want to thank you for sharing your story and making us aware of the fact that just as medication and therapy are used to treat other parts of the body, the same practices should hold true with treating long term depression, hormonal and bi-polar mood swings. I agree with you that clinical depression is a disorder that is grossly misunderstood by the church. Clinical depression is nothing like the non-clinical depression that affects women for a few days or weeks and then with prayer and a good talk with a caring friend, goes away. You have painted a clear picture of how devastating clinical-depression can be. Yet, there is no disease or disorder that is beyond the reach of God. If you are too weak or depressed to take action, whisper the name, "Jesus." There is power in just the mention of his name. The Lord will come to your rescue because he is our help, our hope and our healer. I pray that you will continue to share your story in the hope that ministry and medicine can join forces in defeating the demonic stronghold of depression.