



Hebrews 4:12 (KJV)

For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts of the intentions of the heart.

KING'S DAUGHTERS

Women's Leadership Conference Notes

Conference Session One

WAKE UP

Discovering Your Identity as a Daughter of the King

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Conference Session One - Wake Up

Discovering Your Identity as a Daughter of the King

Session Purpose

This session awakens women to the truth that their identity is received from God rather than earned from people.

The women will identify the voices that have shaped them, return to God's original design, reject false agreements, and receive their identity in Christ.

Teaching Sections

- 1. Who Told You Who You Are?
- 2. Created in the Image of God
- 3. Breaking Agreement with the Lies
- 4. Chosen, Loved, and Called

Session Covenant

- Do not defend yourself.
- Do not compare yourself with another woman.
- Do not use this teaching to judge someone else.
- Ask only, 'Lord, what are You saying to me?'
- Give the Holy Spirit permission to speak truth into every hidden place.

Teaching Section 1: Who Told You Who You Are?

Speaker Notes

- **Read Genesis 3:8-13 slowly.**
 - Emphasize God's question, 'Who told you?'
 - Keep the tone pastoral rather than confrontational.
 - Do not assume that every woman has the same cultural experience.
 - Allow silence after each reflection question.
 - Do not ask women to disclose abuse publicly.
 - Encourage anyone in danger to seek trusted pastoral, medical, or legal help.
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- **Transition:** 'Once we recognize the voices that have shaped us, we must return to the beginning and see what God said when He created woman.'

Read

Genesis 3:8-13

"Who told you that you were naked?"

Also read: Psalm 139:13-18; John 8:31-32; Romans 12:2

Big Idea

Every woman is being shaped by a voice, but only God has the authority to tell her who she is.

Teach

Ladies, before we can talk about becoming stronger women, we must ask who has been defining you.

Most women did not sit down and choose the beliefs that now shape their lives.

Those beliefs often entered through words, experiences, expectations, disappointments, and wounds.

A father may have spoken words that still echo in the heart.

A mother may have passed down fears that she also carried.

A husband may have treated a wife as though her voice did not matter.

A teacher may have convinced a girl that she was not intelligent.

A church leader may have confused humility with silence.

A community may have measured a woman's worth by marriage, children, beauty, or financial success.

Social media may tell her that she is always behind and never enough.

Pain may tell you that your forgotten.

Abandonment may tell you that your unwanted.

Abuse may tell tell you that your powerless.

Failure may tell tell you that your disqualified.

But none of those voices created you!

In **Genesis 3**, shame entered the human story after Adam and Eve believed the serpent, instead of God.

God asked Eve and Adam a revealing question.

He asked, **'Who told you?'**

God was exposing the voice behind their new view of themselves.

The enemy still works by planting a lie and then persuading us to call it our identity.

A lie repeated for many years can feel true without ever becoming truth.

A painful experience can explain what happened to you without defining who you are.

The words of people may influence you, **but they do not own the final word over you.**

Culture can describe what it expects from women, but culture cannot decide a woman's value.

Only the Creator has the authority to define His creation.

Jesus said that truth brings freedom.

Freedom begins when we recognize the false voice and return to the voice of God.

God's voice does not flatter us, shame us, or manipulate us.

God's voice reveals truth, calls us to repentance, and leads us toward life.

The first step in waking up is learning to ask, **'Who told me this about myself?'**

Ask

What voice has had the greatest influence on the way you see yourself?

Whose approval do you feel that you must earn?

What label have you carried because someone spoke it over you?

What painful event have you allowed to become your identity?

What does your culture praise in women?

What does your culture shame in women?

Have you confused another person's treatment of you with God's opinion of you?

What would change if God's voice became louder than every other voice?

Ask the Lord, 'Who have I believed more than I have believed You?'

(Pause.)

Illustration

Imagine a young girl carrying a name tag that someone else placed on her.

The tag says unwanted, weak, foolish, barren, poor, damaged, or unworthy.

She wears it for so long that she forgets it was placed there by someone else.

Jesus does not ask her to become the false label.

Jesus invites her to remove them and receive the name that comes from her Father.

Uganda Application

In Uganda, many women carry heavy responsibilities in the home, the field, the market, the church, and the community.

A woman's labor may be essential **while her contribution** is rarely named or celebrated.

Some women have been taught that endurance means they must never speak about mistreatment or seek wise help.

Some girls have learned to measure their future only by marriage, motherhood, or the approval of others.

Some widows, single mothers, women without children, and women living in poverty may feel that society has placed them at the edge.

The gospel does not erase family or community responsibilities, but it places every responsibility beneath a woman's identity in Christ.

A King's Daughter serves from dignity rather than serving to earn dignity.

She can honor her culture while refusing every belief that contradicts the Word of God.

Key Statements

- Every woman is being shaped by a voice.
 - A painful experience may explain part of your story, but it does not define your identity.
- Culture may influence you, but only God has the authority to define you.
 - The enemy gives labels, but the Father gives identity.
- Freedom begins when God's truth becomes louder than every false voice.

Teaching Section 2: Created in the Image of God

Speaker Notes

- **Read Genesis 1:26-28** with equal emphasis on male and female.
- **Explain helper without turning the section into a technical word study.**
 - Name several life circumstances without suggesting that one experience defines every woman.
 - Speak directly to widows, single women, mothers, women without children, and young women.
 - Avoid treating marriage and motherhood as unimportant.
 - Place every role beneath the deeper identity of bearing God's image.
- **Transition:** 'God has spoken dignity over every woman, but many of you have agreed with words that contradict what He has said.'

Read

Genesis 1:26-28

"So God created mankind in His own image, in the image of God He created them; male and female He created them."

Also read: **Genesis 2:18-25**; Psalm 8:3-6; **Galatians 3:26-29**

Big Idea

A woman's worth begins with God's image upon her, not with the role she performs or the approval she receives.

Teach

To understand womanhood, we must begin before sin distorted the world.

We must begin with the Creator's intention.

Genesis does not introduce woman as an afterthought.

Woman stands with man as a bearer of the image of God.

God's image gives every woman sacred worth.

Your worth is present before she marries.

Your worth remains if she never marries.

Your worth is not increased by having children.

Your worth is not decreased by infertility.

Your worth is not measured by Your education, income, appearance, family name, tribe, age, or social position.

Your worth comes from the God whose image you bear.

Genesis 2 calls the woman a suitable helper.

The word helper **does not mean weak, unnecessary, or inferior.**

Scripture repeatedly uses the language of help for God Himself.

The woman was created as a strong corresponding partner in God's human family.

She was distinct from the man without being less valuable than the man.

Biblical equality does not require sameness.

Biblical distinction does not permit domination.

Sin introduced shame, conflict, blame, and the misuse of power.

Jesus restores people to right relationship with God and with one another.

Throughout Scripture, God sees women whom society overlooks.

He heard Hagar in the wilderness.

He honored Ruth's faithfulness.

He received Hannah's prayer.

He used Deborah's courage and wisdom.

He protected the woman accused by religious leaders.

He revealed Himself to the Samaritan woman.

He welcomed Mary of Bethany as a disciple at His feet.

He entrusted women with the first announcement of the resurrection.

Jesus never treated women as invisible to God.

A woman may fulfill many roles during her lifetime.

Roles may change, but the image of God does not disappear.

You are not valuable because of everything you do for other people.

You carry responsibility because you are already valuable to God.

When you understand this truth, you can serve without losing yourself and lead without mimicking the world.

Ask

Where have you been tempted to measure your worth?

Do you feel **valuable** only when you are needed by someone else?

Has marriage become the proof that you are accepted?

Has motherhood become the only way you know how to describe yourself?

Has infertility, widowhood, divorce, singleness, poverty, or limited education made you feel less than other women?

Do you believe that being a helper means having no voice, wisdom, or strength?

Can you receive your worth from God before you perform another task?

Say, 'I bear the image of God, and my life has sacred value.'

(Pause.)

Illustration

A shilling may become wrinkled, stained, stepped on, or folded. **Visual Aid**

Its condition may change, but its assigned value remains.

Life may wound a woman, but pain cannot erase the image of God.

The gospel does more than remind you of value.

The gospel brings you into restoration through Jesus Christ.

Uganda Application

Many of you contribute through **farming**, trading, **caregiving**, teaching, **ministry**, small business, and community leadership.

Your work often supports entire households and strengthens local communities.

You must not confuse being hardworking with being endlessly available for **exploitation**.

A wife **can honor** her husband **without accepting** the belief **that she has no** God-given dignity.

Honoring your elders should never require a daughter to disregard the value of her dreams, education, or spiritual gifts.

A widow remains an image bearer when her social position changes.

A woman without children remains complete in Christ and **valuable** in the family of God.

The church should become a place where women are seen, protected, disciplined, and equipped to use their gifts faithfully.

Key Statements

- God created woman in His image.
 - Your role describes part of your service, but it does not determine your worth.
- Biblical equality does not require sameness, and biblical distinction never permits domination.
 - You do not work for dignity; you work from dignity.
- Jesus sees women whom society overlooks.

Teaching Section 3: Breaking Agreement with the Lies

Speaker Notes

- Read 2 Corinthians 10:3-5 with emphasis on obedience to Christ.
- Name lies slowly and allow women to recognize their own patterns.
- Do not pressure women to share private trauma publicly.
- Clearly state that submission never gives permission for abuse.
- Avoid promising instant emotional healing.
- Encourage ongoing discipleship and wise professional help when needed.
- Lead the women in a brief prayer of renunciation and truth.
- Transition: 'God does not only remove false labels; He gives us a new identity and a new place in His family.'

Read

2 Corinthians 10:3-5

"We take captive every thought to make it obedient to Christ."

Also read: **John 8:44**; Romans 12:1-2; **Ephesians 4:22-24**; Philippians 4:8

Big Idea

A lie loses its power when it is exposed, rejected, and replaced with the truth of God's Word.

Teach

Recognizing a lie is powerful, but freedom requires us to stop agreeing with it.

Agreement occurs when we accept a false belief as the governing truth of our lives.

The lie may have entered through a wound.

The lie may have come from someone we trusted.

The lie may have been supported by a cultural expectation.

The lie may have become a private sentence we repeat to ourselves.

I am not enough.

I will always be alone.

Nothing good can come from my life.

My body determines my value.

My past has ruined my future.

I must keep everyone happy to be loved.

A godly woman never needs help.

Forgiveness means pretending that nothing happened.

Submission means accepting abuse.

My voice does not matter.

These statements may feel familiar, but **familiarity does not make them biblical.**

Paul tells us to take thoughts captive and make them obedient to Christ.

We do not take thoughts captive **by denying reality.**

We take thoughts captive **by testing them against the character and Word of God.**

Some thoughts must be confessed because they are sinful.

Some thoughts must be grieved because they grew from pain.

Some thoughts must be challenged because they came from fear.

Some thoughts must be rejected because they came from the enemy.

The goal is not positive thinking.

The goal is truthful thinking under the lordship of Jesus Christ.

A woman cannot always control what thought enters her mind.

She can learn not to build a home for every thought that arrives.

Truth must replace the lie rather than merely silence it for a moment.

Replace 'I am unwanted' with 'I am received in/and by Christ.'

Replace '**I am powerless**' with '**The Holy Spirit gives me strength** to obey.'

Replace '**My past owns me**' with '**In Christ I am a new creation.**'

Replace '**I must please everyone**' with '**My first responsibility is to please God.**'

Replace '**I am alone**' with '**The Lord will never leave me or forsake me.**'

Renewing the mind is not a single emotional moment.

It is a daily practice of returning every thought to the truth.

Ask

What sentence do you repeat when you feel afraid, rejected, or ashamed?

Is that sentence consistent with Scripture?

Who first taught you to believe it?

What behavior has grown from that belief?

Has the lie caused you to hide, control, compare, withdraw, overwork, or remain silent?

What truth from God's Word directly confronts the lie?

Are you willing to stop calling the lie your personality?

Say before God, 'I reject every agreement that contradicts Your truth.'

(Pause.)

Illustration

A farmer does not remove weeds once and **assume they will never return.**

She recognizes the weed, pulls it from the root, and **protects the soil for healthy seed.**

Lies must be uprooted, and truth must be planted repeatedly.

What we water will grow.

Uganda Application

Some women have heard that a good woman must remain silent regardless of what is happening in her home.

Some have been taught that seeking help brings shame upon the family.

Some have been blamed for violence committed against them.

Some girls have learned that education, leadership, property, or business decisions belong only to men.

Some women have internalized comparison based on marriage, children, clothing, income, tribe, or social standing.

Scripture calls women to humility, faithfulness, wisdom, and honor, but it never calls a woman to agree with violence, degradation, or falsehood.

Breaking agreement with a lie may include prayer, repentance, wise counsel, medical care, legal protection, financial planning, or support from trusted believers.

Spiritual freedom and practical wisdom should work together.

Key Statements

- A lie repeated for years is still a lie.
- The goal is not positive thinking; the goal is truthful thinking under Christ.
- You do not have to believe every thought that enters your mind.
- Truth must replace the lie.
- Spiritual freedom and practical wisdom should work together.

Teaching Section 4: Chosen, Loved, and Called

Speaker Notes

- Present the gospel clearly before speaking about adoption and calling.
- Do not assume that every attendee has placed faith in Christ.
- Explain that purpose includes ordinary faithfulness.
- Name several forms of work and service that reflect the lives of Ugandan women.
- Invite women to respond privately before God.
- Allow prayer leaders to be available without pressuring anyone.
- End with a spoken declaration rather than emotional manipulation.
- Transition to Session Two: 'Now that we have awakened to who we are, we must allow Christ to clean out the wounds, shame, and patterns that keep us from living in freedom.'

Read

Ephesians 1:3-8

"In love He predestined us for adoption to sonship through Jesus Christ, in accordance with His pleasure and will."

Also read: 1 Peter 2:9-10; Romans 8:14-17; Ephesians 2:10; Colossians 3:12-17

Big Idea

A King's Daughter lives from the settled truth that she is chosen by the Father, loved through Christ, and called to faithful purpose.

Teach

The gospel does not leave a woman with an empty identity.

In Christ, she receives a new name, a new family, and a new direction.

Ephesians says that believers are chosen in Christ.

We are adopted through Jesus Christ.

We are redeemed through His blood.

We are forgiven according to the riches of His grace.

This identity is received rather than achieved.

A woman does not become a King's Daughter because she attended a conference.

She becomes a daughter of God through faith in Jesus Christ.

The King is not distant from His daughters.

He is Father to those who have been brought near through Christ.

Chosen does not mean superior to other people.

Chosen means belonging to God for His holy purposes.

Loved does not mean that life will never be painful.

Loved means that suffering cannot separate us from the love of God in Christ.

Called does not mean that every woman will hold a public title.

Called means that every woman has a faithful response to make wherever God has placed her.

Some women will serve through motherhood.

Some will serve through marriage.

Some will serve while single.

Some will serve in business, education, health care, farming, government, ministry, or the marketplace.

Some will disciple children who are not their own.

Some will care for aging parents.

Some will lead publicly, and others will influence quietly.

No faithful act is small when it is offered to God.

Ephesians 2:10 says that we are God's workmanship, created in Christ Jesus for good works.

Purpose is not something a woman invents to make herself important.

Purpose is faithful participation in what God has prepared.

A King's Daughter does not need to compete with another daughter.

Another woman's gift does not diminish her own calling.

Another woman's season does not determine her own timing.

Another woman's recognition does not reduce the Father's attention toward her.

She can celebrate others because her identity is secure.

She can speak truth because her approval is secure.

She can repent because her belonging is secure.

She can serve without disappearing because her worth is secure.

She can stand with courage because her Father is secure.

Wake up, daughter of the King.

You are not the label placed upon you.

You are not the worst thing that happened to you.

You are not the role that may one day change.

In Christ, you are chosen, loved, forgiven, adopted, and called.

Ask

Have you received Jesus Christ, or have you only learned religious language?

Do you live as though God's love must be earned every day?

Can you believe that you belong to the Father because of Christ rather than because of your performance?

Where is God asking you to serve faithfully in this season?

What gift, burden, experience, or opportunity has He placed in your hands?

Whom are you called to encourage, teach, protect, disciple, or serve?

Can you celebrate another woman's calling without comparing it with your own?

What would it look like to walk out of this session as a King's Daughter?

(Pause.)

Illustration

A daughter in a royal household does not create her relationship to the king by working harder than everyone else.

Her place comes through belonging.

Her conduct should then reflect the household to which she belongs.

In the same way, grace gives us identity, and identity shapes the way we live.

Uganda Application

A King's Daughter may be found in a village, a city, a church, a school, a clinic, a garden, an office, or a market.

Her calling may include earning income, raising children, caring for relatives, mentoring younger women, serving in church, or strengthening her community.

She should not despise ordinary faithfulness while waiting for public recognition.

She can use wisdom in business and still remain compassionate.

She can seek education and still remain humble.

She can lead and still serve.

She can honor family and community while placing obedience to Christ first.

She can help other women rise rather than treating them as competition.

When women know who they are in Christ, families, churches, businesses, and communities become stronger.

Key Statements

- Identity in Christ is received, not achieved.
- Chosen does not mean superior; it means belonging to God for His purposes.
- Your calling does not require another woman's failure.
- No faithful act is small when it is offered to God.
- Grace gives identity, and identity shapes the way we live.
- A King's Daughter knows whose she is before she decides what she will do.

Closing Declaration for Session One

I am created in the image of God.

I will not be defined by culture, comparison, rejection, failure, or pain.

I reject every label that contradicts the Word of God.

Through Jesus Christ, I am forgiven and welcomed into the family of God.

I am chosen, loved, and called to faithful purpose.

I will listen to the voice of my Father above every other voice.

I will walk as a King's Daughter.

Closing Prayer

Father, thank You for creating every woman in Your image.

Expose every false voice that has shaped the way we see ourselves.

Forgive us for agreeing with lies that contradict Your Word.

Heal the places where rejection, shame, comparison, and pain have taken root.

Teach us to receive our identity through Jesus Christ.

Help us live as women who are chosen, loved, and called.

Give us courage to walk in truth and grace.

Use our lives to strengthen our families, churches, workplaces, and communities.

In the name of Jesus Christ, amen.

KING'S DAUGHTERS

Women's Leadership Conference Notes

Conference Session Two

CLEAN UP

Healing the Heart and Walking in Freedom



— Hebrews 4:12 (KJV) —

For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discernor of the thoughts of the intentions of the heart.

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Conference Session Two - Clean Up

Healing the Heart and Walking in Freedom

Session Purpose

This session helps women bring hidden pain, shame, Unforgiveness, and destructive thought patterns into the healing light of Jesus Christ.

The women will learn that healing is not denial, forgiveness is not permission, and transformation requires renewed thinking. Paradigm shift

"Is a fundamental change in the way a person, group, or society understands, interprets, or approaches something. It is more than simply learning new information it is a transformation of perspective that changes how everything else is viewed."

Teaching Sections

- 1. Healing Hidden Wounds
- 2. Letting Go of Shame and Comparison
- 3. Forgiveness That Sets You Free
- 4. Renewing Your Mind

Session Covenant

- Do not pressure another woman to share her private story.
- Do not confuse silence with healing.
- Do not compare the depth of your pain with the pain of another woman.
- Listen for the voice of the Holy Spirit.
- Receive truth without shame.
- Seek safe and wise help when a situation requires more than a conference session.

Teaching Section 1: Healing Hidden Wounds

Speaker Notes

- Read Psalm 147:3 slowly.
- Keep your voice gentle throughout this section.
- Do not ask women to reveal trauma publicly.
- Do not promise instant emotional healing.
- Affirm prayer, Scripture, safe relationships, professional care, and medical care.
- Be clear that abuse is never the victim's fault.
- Encourage women in immediate danger to seek safe local assistance.
- Allow a quiet moment for private prayer.
- Transition: "Once pain begins to come into the light, we must also confront the shame and comparison that keep many women from receiving their God-given worth."

Read

Psalm 147:3

"He heals the brokenhearted and binds up their wounds."

Also read: Psalm 34:18; Isaiah 61:1-3; Mark 5:25-34; 1 Peter 5:7

Big Idea

Jesus does not shame wounded women, but He invites them to bring hidden pain into His healing presence.

Teach

Every woman carries a story.

Some parts of that story are joyful.

Some parts of that story are painful.

Some wounds are visible to everyone.

Some wounds are hidden behind strength, service, laughter, and responsibility.

A hidden wound can still shape visible behavior.

Pain that is never faced often speaks through anger, fear, control, withdrawal, jealousy, or exhaustion.

Ignoring pain does not remove its influence.

Pretending to be strong is not the same as becoming whole.

God never asks us to deny what happened.

God invites us to bring what happened into His truth.

Psalm 147 says that God heals the brokenhearted.

This means that a broken heart is not beyond His attention.

Jesus repeatedly stopped for women whose pain had been overlooked.

He listened to the woman who had suffered for twelve years.

He saw the widow who had lost her only son.

He defended the woman others wanted to condemn.

He received the tears of the woman who knelt at His feet.

Jesus does not treat pain as weakness.

Jesus treats pain as a place where His grace can enter.

Healing does not mean that the past never happened.

Healing means that the past no longer controls the direction of your life.

Healing may begin in prayer.

Healing may continue through Scripture, trusted counsel, medical care, pastoral care, and safe community.

Healing is often a process rather than a single emotional moment.

You may forgive quickly while your heart still needs time to recover.

You may trust God fully while still taking wise steps toward safety.

You may be a woman of faith and still need help.

Asking for help is not a failure of faith.

It can be an act of wisdom and courage.

God can heal what you have hidden from people.

But freedom begins when you stop hiding it from Him.

Ask

What pain have you learned to hide behind responsibility?

What memory still influences the way you respond today?

What emotion do you feel that you are not allowed to express?

Have you mistaken emotional numbness for spiritual strength?

Are you carrying pain that belongs in the hands of Jesus?

Do you need the support of a trusted pastor, counselor, doctor, or mature believer?

What would it mean to take one safe step toward healing?

Ask the Lord, "What wound are You inviting me to bring into Your light?"

(Pause.)

Illustration

A thorn beneath the skin may be small, but it can affect the entire hand.

Covering the hand does not remove the thorn.

Healing begins when the wound is opened, cleaned, and treated.

God does not expose wounds to humiliate us.

God exposes wounds so that healing can begin.

Uganda Application

Many Ugandan women carry responsibilities for children, relatives, farming, trading, ministry, and household care.

A woman may keep working because many people depend upon her.

Her strength may cause others to overlook her pain.

Some women have endured abandonment, bereavement, violence, betrayal, displacement, poverty, or the loss of opportunity.

Some women fear that speaking about pain will bring shame upon the family.

Wisdom does not require a woman to announce her story to everyone.

Wisdom does allow her to seek safe help from trustworthy people.

The church should protect confidentiality and refuse to blame wounded women.

A woman facing violence should not be told that enduring danger is the proof of her faith.

Safety, medical attention, lawful protection, and wise pastoral support can work together.

A King's Daughter does not have to carry every wound alone.

Key Statements

- Hidden pain still has visible influence.
- Pretending to be strong is not the same as becoming whole.
- Jesus does not shame wounded women.
- Healing is often a process.
- Asking for help can be an act of wisdom and courage.

Teaching Section 2: Letting Go of Shame and Comparison

Speaker Notes

- Define guilt, shame, conviction, and condemnation clearly.
- Do not use anyone's personal story as an illustration without permission.
- Name common areas of comparison without dwelling on appearance alone.
- Protect women who carry grief related to marriage or children.
- Invite repentance where sin is present.
- Invite grace where shame is present.
- Encourage women to bless one another verbally.
- Transition: "Shame tells us to hide, but unforgiveness keeps us tied to the people and events that wounded us, so we must learn what biblical forgiveness truly means."

Read

Romans 8:1

"Therefore, there is now no condemnation for those who are in Christ Jesus."

Also read: Genesis 3:6-10; John 4:7-30; 2 Corinthians 5:17; Galatians 6:4-5

Big Idea

Shame says that you are what you have done or what has been done to you, but grace says that your identity is found in Jesus Christ.

Teach

Guilt says that I have done something wrong.

Shame says that I am something wrong.

Godly conviction leads us toward repentance and restoration.

Shame drives us toward hiding, isolation, and hopelessness.

After sin entered the world, Adam and Eve hid from God.

Shame still tells women to hide.

It says that no one would love you if they knew your whole story.

It says that your failure has become your permanent name.

It says that another woman is more acceptable because her life looks different.

Turning another woman into a measurement = Comparison strengthens shame.

One woman compares her marriage with another marriage.

One woman compares her children with another woman's children.

One woman compares her body, education, clothing, home, ministry, business, or spiritual gifts.

Comparison always moves the standard.

When you reach one standard, it shows you another woman who appears to have more.

Comparison can produce pride when you feel ahead.

Comparison can produce despair when you feel behind.

Neither response produces freedom.

Jesus met the Samaritan woman while she carried a complicated and public story.

He spoke truth without humiliating her.

He exposed her thirst without making her an object of contempt.

He offered her living water.

The woman who entered the conversation ashamed left the conversation as a witness.

Grace did not pretend that her story was perfect.

Grace refused to let her past become the end of her story.

Romans 8 declares that there is no condemnation for those who are in Christ.

This does not mean that actions have no consequences.

It means that condemnation no longer owns the believer's identity.

You can repent without hating yourself.

You can learn from another woman without competing with her.

You can celebrate another woman without diminishing your own calling.

God did not create you to become a copy of someone else.

He calls you to become faithful with the life He entrusted to you.

Ask

What part of your story makes you want to hide?

Do you carry guilt that should lead to repentance?

Do you carry shame that Jesus has already answered with grace?

Which woman have you been using as your measurement?

What happens in your heart when another woman succeeds?

Do you feel superior when another woman struggles?

Do you feel invisible when another woman is celebrated?

Can you thank God for another woman without **questioning your own worth?**

Ask the Lord, "**Where have shame and comparison been shaping me?**"

(Pause.)

Illustration

Two women may carry different baskets to the same market.

One basket may hold more, and one basket may hold less.

The purpose is not to make the baskets identical.

The purpose is for each woman to faithfully carry what has been entrusted to her.

Comparison makes us stare at another basket until we drop our own.

Uganda Application

Women may be compared by marriage, fertility, children, appearance, education, income, family background, tribe, church position, or business success.

A single woman may be treated as incomplete.

A woman without children may carry questions and comments that deepen private grief.

A widow may feel that her social identity disappeared with her husband.

A woman with limited education may feel inferior to a woman with formal qualifications.

A woman with education may feel pressure to hide her strength so that others are comfortable.

The church must not repeat comparisons that Christ has not commanded.

Women should become sisters who strengthen one another rather than judges who measure one another.

Another woman's fruitfulness is not proof that God has forgotten you.

A King's Daughter can celebrate another woman while remaining faithful to her own assignment.

Key Statements

- Guilt points to what you did, but shame attacks who you are.
- Conviction leads toward God, but condemnation drives you away from God.
- Comparison produces pride or despair.
- Grace tells the truth without destroying identity.
- Another woman's success does not cancel your calling.

Teaching Section 3: Forgiveness That Sets You Free

Speaker Notes

- Teach the differences between **forgiveness, reconciliation, trust, and boundaries**.
- Do not pressure women **to approach an offender during the conference**.
- Do not tell a woman to return to danger.
- Keep justice and mercy together.
- **Allow women to pray silently** rather than naming an offender publicly.
- Remind the group that **forgiveness may require repeated surrender**.
- Encourage pastoral, legal, medical, or professional support when appropriate.
- Transition: "Forgiveness releases what is behind us, but lasting freedom also requires us to change the thoughts that guide us each day."

Read

Ephesians 4:31-32

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Also read: Matthew 6:14-15; Matthew 18:21-35; Romans 12:17-21; Colossians 3:12-14

Big Idea

Forgiveness releases personal vengeance to God, but it does not call evil good or require the restoration of unsafe trust.

Teach

Forgiveness is central to the life of a follower of Jesus.

Forgiveness is also one of the most misunderstood words in the church.

Forgiveness does not say that the offense was acceptable.

Forgiveness does not erase the need for truth.

Forgiveness does not remove every consequence.

Forgiveness does not always restore a relationship to its former condition.

Forgiveness does not require immediate trust.

Forgiveness does not require a woman to remain in danger.

Forgiveness releases the right to personal revenge into the hands of God.

Forgiveness refuses to let hatred become the ruler of the heart.

Jesus forgave us while taking sin seriously enough to carry it to the cross.

The cross shows that grace is costly rather than careless.

Some offenses can be released quickly.

Some wounds require repeated surrender before the heart becomes free.

You may need to forgive the same memory many times as new layers of pain appear.

This does not mean that your first prayer was false.

It means that healing is continuing.

Forgiveness begins with obedience even when emotion has not caught up.

Reconciliation requires truth from both people.

Reconciliation requires repentance when wrongdoing has occurred.

Reconciliation requires enough safety for relationship to be rebuilt.

Trust is given wisely and rebuilt gradually.

A person may be forgiven without being given the same access to your life.

Boundaries can protect peace without becoming instruments of revenge.

Romans 12 tells believers not to repay evil for evil.

It also teaches us to leave room for God's justice.

Forgiveness is not surrendering justice to the offender.

Forgiveness is surrendering vengeance to God.

Bitterness promises protection but slowly poisons the heart that carries it.

Forgiveness does not change the past.

Forgiveness changes the power that the past holds over you.

You forgive because Christ forgave you.

You forgive because your heart belongs to Him.

Ask

Whose name immediately creates anger or pain in your heart?

What offense have you replayed so often that it has become part of your daily thinking?

Have you confused forgiveness with pretending?

Have you confused reconciliation with immediate access?

Are you waiting to feel ready before you obey God?

Do you need a wise boundary as well as a forgiving heart?

Do you need to release personal vengeance while still seeking lawful and appropriate protection?

What would freedom look like if bitterness no longer controlled your responses?

Ask the Lord, "Whom are You calling me to release into Your hands?"

(Pause.)

Illustration

Holding unforgiveness is like gripping a burning coal because you want to throw it at someone else.

The longer you hold it, the more it burns your own hand.

Forgiveness opens the hand.

God remains the righteous Judge.

You no longer have to carry the fire.

Uganda Application

Family and community relationships are deeply important in Uganda.

This strength can also make conflict feel especially costly.

A woman may fear that speaking truth will divide a family or embarrass respected people.

Biblical forgiveness does not require the concealment of violence, exploitation, or criminal behavior.

A family name is not more valuable than the safety and dignity of a person made in God's image.

Church leaders should never pressure a woman to return immediately to an unsafe situation.

Wise mediation may help when both people are truthful and safety is protected.

Legal protection may be necessary when serious harm has occurred.

A woman can release hatred **while still maintaining a boundary to stay safe and healthy.**

A King's Daughter **can forgive without surrendering wisdom.** (REPEAT)

Key Statements

- Forgiveness does not call evil good.
- Forgiveness releases personal vengeance to God.
- Reconciliation requires truth, repentance, and safety.
- Trust is rebuilt through faithful behavior over time.
- You can forgive someone without giving that person unrestricted access to your life.

Teaching Section 4: Renewing Your Mind

Speaker Notes

- Read Romans 12:2 and emphasize transformation.
- Give one clear example of recognizing, rejecting, and replacing a lie.
- Invite women to write one lie and one biblical truth.
- Keep the exercise private unless a woman volunteers to share.
- Do not reduce every emotional struggle to a lack of faith.
- Encourage healthy spiritual, relational, medical, and practical support.
- End with a clear declaration of truth.
- Transition: "The Lord has awakened us to our identity and begun cleaning what has wounded and hindered us, so we are now ready to stand up as the women He created us to be."

Read

Romans 12:2

"Be transformed by the renewing of your mind."

Also read: Philippians 4:6-9; Ephesians 4:22-24; Colossians 3:1-10; 2 Corinthians 10:4-5

Big Idea

Lasting transformation occurs as the Holy Spirit trains us to recognize, reject, and replace destructive thoughts with the truth of God.

Teach

Freedom is not maintained by one emotional moment.

Freedom grows through renewed thinking and repeated obedience.

Your mind is a place of spiritual formation.

The thoughts you repeatedly welcome will influence the life you repeatedly live.

Not every thought deserves agreement.

Not every fear is a warning from God.

Not every feeling is a reliable guide.

Not every familiar belief is true.

Romans 12 connects transformation with the renewing of the mind.

The Holy Spirit changes us as truth reshapes our patterns of thinking.

Renewal begins when we notice the thought.

Renewal continues when we test the thought against Scripture.

Renewal grows when we reject what is false.

Renewal becomes practical when we replace the lie with truth.

The lie says that you are alone.

The truth says that God will never leave you.

The lie says that you are worthless.

The truth says that you bear God's image and belong to Christ.

The lie says that fear must control your decision.

The truth says that God gives wisdom, power, love, and self-control.

The lie says that nothing can change.

The truth says that anyone in Christ is a new creation.

Renewing the mind requires Scripture to become more than words we hear on Sunday.

We must read it, remember it, speak it, pray it, and obey it.

Prayer brings anxious thoughts into the presence of God.

Gratitude trains the mind to notice God's faithfulness.

Wise community helps us recognize thoughts that have become distorted.

Rest can become an act of trust for a woman who believes everything depends upon God.

Healthy routines can support spiritual faithfulness.

What you repeatedly watch, hear, and discuss also shapes your mind.

A renewed mind does not deny difficulty.

A renewed mind interprets difficulty through the **character and promises of God**.

The goal is not positive thinking.

The goal is truthful thinking under the leadership of the Holy Spirit.

A clean heart and a renewed mind prepare a woman to stand up in her calling.

Ask

What thought do you repeat most often when you are tired or afraid?

Is that thought **consistent with the Word of God**?

What lie needs to be replaced with a specific truth from Scripture?

What voices are shaping your mind each day?

Do your conversations produce faith, fear, gratitude, or resentment?

What habit keeps feeding a thought pattern that you want God to change?

What Scripture do you need to carry with you this week?

What practical act of obedience will support your renewed thinking?

Ask the Lord, "What thought pattern must I surrender to You?"

(Pause.)

Illustration

A footpath becomes clear because people walk over the same ground again and again.

The mind also develops paths through repeated thoughts.

Old paths do not disappear merely because we dislike where they lead.

We create a new path by repeatedly walking in truth and obedience.

Over time, the new path becomes the familiar path. “Brabra”

Uganda Application

Many women carry constant mental pressure from household needs, school fees, food prices, health concerns, business responsibilities, and the needs of extended family.

A woman may feel that rest is irresponsible because someone always needs something.

An overloaded mind can become vulnerable to fear, irritability, hopelessness, and confusion.

Renewing the mind includes bringing practical burdens to God and sharing them wisely with others.

Women can form small prayer and Scripture groups that strengthen truthful thinking.

Churches can teach women to seek help without labeling every emotional struggle as spiritual failure.

Women who trade, farm, teach, lead, parent, or serve in ministry need rhythms of prayer, rest, and wise planning.

A King's Daughter does not have to solve every problem in one day.

She takes the next faithful step while trusting God with what remains.

Key Statements

- Not every thought deserves agreement.
- Transformation requires renewed thinking.
- Replace every lie with a specific biblical truth.
- The goal is not positive thinking but truthful thinking.
- Freedom grows through repeated truth and repeated obedience.

Session Two Closing Declaration

(Women Repeat)

- My wounds do not have the final word over my life.
- There is no condemnation for me in Jesus Christ.
- I release personal vengeance into the hands of God.
- I will walk in truth, wisdom, forgiveness, and safe boundaries.
- I will reject every lie that contradicts the Word of God.
- The Holy Spirit is renewing my mind.
- I am healing, growing, and becoming free.

- I am a daughter of the King.

Closing Prayer

Father, thank You for seeing every hidden wound.

Bring Your healing into the places we have been afraid to face.

Remove shame and teach us to receive Your grace.

Give us strength to forgive without surrendering truth or wisdom.

Renew our minds through Your Word and Your Spirit.

Lead every woman toward safe, trustworthy help where it is needed.

Prepare us to stand in the purpose You have given us.

In the name of Jesus, amen.

KING'S DAUGHTERS

Women's Leadership Conference Notes

Conference Session Three

STAND UP

Walking in Wisdom, Purpose, Influence, and Faithfulness



Hebrews 4:12 (KJV)

For the word of God is quick, and powerful, and sharper
than any twoedged sword, piercing even to the dividing
asunder of soul and spirit, and of the joints and marrow,
and is a discernor of the thoughts of the intentions
of the heart.

Keith R. Reinhardt

Author

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Conference Session Three - Stand Up

Walking in Wisdom, Purpose, Influence, and Faithfulness

Session Purpose

This session calls women to live openly and faithfully as daughters of the King.

The women will learn to walk in wisdom, live with purpose, influence the next generation, and stand firmly in Christ.

Teaching Sections

- 1. Walking in Wisdom
- 2. Living with Purpose
- 3. Influencing the Next Generation
- 4. Standing Firm in Christ

Session Commitment

- I will seek God's wisdom before following the pressure of people.
- I will honor the purpose God has given me in this season.
- I will use my influence to strengthen rather than control others.
- I will remain faithful when obedience is difficult.
- I will stand in the strength of Jesus Christ rather than my own strength.

Teaching Section 1: Walking in Wisdom

Speaker Notes

- Read Proverbs 4:7 with emphasis on the words "get wisdom."
- Distinguish wisdom from education, intelligence, and age.
- Do not present culture as entirely wrong or entirely right.
- Affirm the value of elders and wise counsel.
- Clarify that spiritual authority must never be used for manipulation.
- Give the women time to identify one decision that needs wisdom.
- Transition: "Wisdom helps us make faithful decisions,
but **purpose tells us why our faithful decisions matter.**"

Read

Proverbs 4:7

"The beginning of wisdom is this: Get wisdom."

Also read: Proverbs 3:5-7; Proverbs 9:10; James 1:5; James 3:13-18

Big Idea

Wisdom is the ability to see life from God's perspective and respond according to His Word.

Teach

Knowledge tells us what is true.

Wisdom shows us how to live that truth.

A woman can know many facts and still make destructive decisions.

Biblical wisdom begins with reverence for God.

The fear of the Lord is not terror that drives us away from Him.

The fear of the Lord is reverence that brings our lives under His authority.

Wisdom asks what honors God rather than what is easiest.

Wisdom listens before it answers.

Wisdom prays before it reacts.

Wisdom examines motives before it makes accusations.

Wisdom receives correction without collapsing into shame.

Wisdom knows that every open door is not a door from God.

Wisdom also knows that every difficult path is not the wrong path.

James says that wisdom from above is pure, peace-loving, considerate, submissive, full of mercy, and sincere.

Godly wisdom is not harsh, proud, manipulative, or self-seeking.

A wise woman does not use silence to punish people.

A wise woman does not use words to destroy people.

A wise woman speaks truth with grace.

A wise woman protects confidence and refuses to spread gossip.

A wise woman recognizes the difference between counsel and control.

A wise woman can ask for help without surrendering her responsibility to think and pray.

Wisdom is needed in marriage, parenting, friendship, business, ministry, and money.

Wisdom is needed when deciding whom to trust.

Wisdom is needed when deciding when to speak and when to remain quiet.

Wisdom is needed when tradition, pressure, and Scripture do not point in the same direction.

God does not shame us for needing wisdom.

James says that God gives wisdom generously to those who ask Him.

Wisdom grows when we obey the truth we already understand.

A King's Daughter does not merely admire wisdom.

A King's Daughter practices wisdom in ordinary decisions.

Ask

Where do you most need God's wisdom today?

Do you usually pray before you react?

Whose voice carries the greatest influence over your decisions?

Have you confused strong emotion with clear direction?

Have you accepted advice because you feared disappointing someone?

Do your words bring peace, clarity, and truth?

Are you willing to receive correction from a trustworthy person?

What decision needs patience rather than pressure?

Ask the Lord, "What would wisdom look like in this situation?"

(Pause.)

Illustration

A woman carrying water must watch the path in front of her.

Looking only at the destination may cause her to stumble over a stone beneath her feet.

Wisdom keeps the destination in view while paying attention to the next faithful step.

God often guides us one obedient step at a time.

Uganda Application

Ugandan women often make daily decisions that affect children, relatives, farms, shops, churches, and community groups.

A decision about money may affect school fees, food, medicine, transport, and business stock.

A decision about marriage or family conflict may involve strong expectations from relatives and community leaders.

A woman may receive advice from elders, pastors, friends, family members, and business partners.

Respect for counsel is valuable, but every counsel must still be tested by Scripture.

Culture can carry wisdom, but culture is not equal to the Word of God.

Tradition should be honored when it agrees with truth and examined when it produces harm.

Women should seek counsel from people who are spiritually mature, trustworthy, and free from selfish interest.

Church leaders should not use spiritual authority to pressure women into unsafe or dishonest decisions.

A King's Daughter can be respectful without surrendering the discernment God has given her.

Godly wisdom helps a woman preserve peace without participating in deception.

Godly wisdom helps a woman serve her family without ignoring the purpose God has placed within her.

Key Statements

- Wisdom sees life from God's perspective.
- Wisdom prays before it reacts.
- Every counsel must be tested by Scripture.
- Respect does not require the surrender of discernment.
- Wisdom is practiced through ordinary decisions.

Teaching Section 2: Living with Purpose

Speaker Notes

- Read Ephesians 2:10 slowly and emphasize "God's handiwork."
- Name several expressions of purpose beyond church leadership.
- Affirm single women, married women, mothers, widows, and women without children.
- Do not imply that every purpose must become a business or public ministry.
- Encourage women to identify one gift and one present responsibility.
- Warn against exhaustion disguised as faithfulness.
- Transition: "Purpose is never only about what God does through us, because faithful purpose should also strengthen the people who come after us."

Read

Ephesians 2:10

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

Also read: Esther 4:14; Luke 8:1-3; Acts 9:36-42; Philippians 1:6

Big Idea

Purpose is not a title we achieve, but a life of faithful obedience to the good works God places before us.

Teach

Every woman was created by God with value and purpose.

Purpose begins with belonging to Christ.

Purpose is larger than employment, marriage, motherhood, education, or ministry position.

These roles may express purpose, but they do not create a woman's worth.

A woman does not become important when people recognize her.

A woman is important because she belongs to God.

Ephesians says that believers are God's workmanship.

This means that your life is not an accident or an unfinished mistake.

God is forming Christ in you and preparing good works through you.

Purpose is not always dramatic.

Purpose often appears through faithful service that few people notice.

Dorcas served people by using the skills already in her hands.

The women who supported Jesus used their resources for the work of the kingdom.

Esther used her position when courage was required.

Mary of Bethany gave Jesus her attention when others were distracted.

Priscilla helped explain truth more accurately to Apollos.

Lydia opened her home and helped strengthen the early church.

Different women served in different ways.

God did not require them to become identical before He used them.

Purpose changes expression through different seasons of life.

A young woman may be preparing for responsibilities she cannot yet see.

A mother may live purpose through raising children and serving beyond her home.

A single woman may carry influence that should never be treated as incomplete.

A widow may continue to bear spiritual fruit after great loss.

An older woman may disciple younger women with wisdom gained through years of faithfulness.

Illness, poverty, grief, or limited opportunity may change the form of service.

These limitations do not erase purpose.

Purpose does not mean saying yes to every need.

Jesus Himself did not respond to every demand at the same moment.

Purpose requires prayer, boundaries, priorities, and faithfulness.

You do not need another woman's assignment in order to obey your own.

A King's Daughter asks what God has entrusted to her in this season.

She then serves faithfully with what is already in her hands.

Ask

Have you confused purpose with public recognition?

Have you treated marriage, motherhood, education, or ministry as the source of your worth?

What gifts, experiences, relationships, and opportunities has God entrusted to you?

What need repeatedly moves your heart toward compassion?

What responsibility belongs to you in this season?

What responsibility does not belong to you?

Are you waiting for a large opportunity while neglecting a faithful step?

Have you compared your assignment with another woman's assignment?

What is one good work that God may be placing before you now?

Ask the Lord, "How can I serve Your purpose faithfully in this season?"

(Pause.)

Illustration

A seed may look small when it is placed into the soil.

The seed carries purpose before anyone can see its fruit.

Growth requires time, nourishment, patience, and faithful care.

Your present season may be preparation for fruit that will appear later.

Uganda Application

Many Ugandan women live purpose through farming, market trading, teaching, nursing, ministry, caregiving, tailoring, food preparation, and small business.

Some women support extended families while managing limited resources.

Some women lead quietly without receiving a formal title.

Some women have gifts that were never developed because education or opportunity was limited.

Limited opportunity does not mean limited value.

The church should help women recognize gifts rather than measuring them only by marital status or motherhood.

A woman who earns income should not be shamed for developing honest work.

A woman who works primarily in the home should not be treated as though her labor has no value.

A woman who is single, widowed, divorced, or without children still carries full dignity and kingdom purpose.

Purpose may include starting a business, mentoring girls, caring for vulnerable people, teaching Scripture, supporting ministry, or strengthening a family.

Purpose should never be used to pressure women into endless unpaid labor without rest or honor.

A King's Daughter serves generously, but she also practices wisdom and healthy boundaries.

God can use what is already in her hands to bless her home, church, and community.

Key Statements

- Purpose begins with belonging to Christ.
- Your role may express your purpose, but it does not create your worth.
- Purpose often appears through ordinary faithfulness.
- Limited opportunity does not mean limited value.
- God can use what is already in your hands.

Teaching Section 3: Influencing the Next Generation

Speaker Notes

- Read the names Lois and Eunice from 2 Timothy 1:5.
- Emphasize that women without children still influence the next generation.
- Invite older and younger women to honor one another.
- Distinguish discipleship from control.
- Encourage each woman to identify one person she can intentionally strengthen.
- Do not shame women over past parenting failures.
- Offer hope that godly influence can begin today.
- Transition: "Influence requires more than a strong beginning, because the next generation also needs to see women who remain faithful when life becomes difficult."

Read

Titus 2:3-5

"Teach the older women to be reverent in the way they live."

Also read: Deuteronomy 6:4-9; Psalm 78:4-7; 2 Timothy 1:5; 2 Timothy 3:14-15

Big Idea

Every woman carries influence, and godly influence helps the next generation know, trust, and follow Jesus Christ.

Teach

Influence is the ability to shape what another person believes, values, or practices.

Every woman has influence even when she has no title.

Influence can build faith or weaken faith.

Influence can strengthen courage or deepen fear.

Influence can create unity or spread division.

The next generation watches what we practice more closely than what we claim.

Children notice how adults speak about God when life is difficult.

Younger women notice how older women respond to disappointment, conflict, and change.

Communities notice whether Christian women practice the truth they profess and teach.

Lois and Eunice helped form the sincere faith that later appeared in Timothy.

Their names remind us that spiritual influence often begins long before public ministry.

Titus 2 calls mature women to teach what is good.

This teaching includes words, example, correction, encouragement, and practical wisdom.

An older woman is not valuable **only because of age.**

Her years become a gift when experience has been surrendered to God.

A younger woman is not merely waiting for influence in the future.

She is already influencing friends, siblings, children, coworkers, and people online.

Influence should never become control.

Godly influence invites people toward truth while respecting their responsibility before God.

Control demands dependence upon the person who holds power.

Discipleship helps people become dependent upon Jesus Christ.

We do not disciple others to reproduce our personality.

We disciple others to follow Jesus faithfully.

The next generation needs women who can tell the truth without humiliation.

They need women who can correct without contempt.

They need women who can listen without immediately condemning.

They need women who model repentance when they are wrong.

A woman loses credibility when she demands apologies but never gives one.

Influence becomes trustworthy when character and words agree.

Legacy is not only what people remember after we die.

Legacy is what grows in others because we lived faithfully among them.

A King's Daughter leaves traces of Jesus in the lives she touches.

Ask

Who is being shaped by your words and example?

What do younger women learn by watching your life?

Do you use influence to strengthen people or control people?

Can you correct someone without humiliating her?

Can you admit when you are wrong?

Whom are you intentionally encouraging in faith?

What lesson from your life should be passed to the next generation?

What harmful pattern should end with you?

Who might need your consistent presence rather than one dramatic conversation?

Ask the Lord, "Whom have You placed within my circle of influence?"

(Pause.)

Illustration

A woman planting a tree may never sit beneath its full shade.

She plants because another person will one day need what the tree provides.

Godly influence invests in fruit that may mature beyond our own lifetime.

Faithfulness today can become shelter for the next generation.

Uganda Application

Uganda has a young population, so the influence of mothers, aunties, grandmothers, teachers, pastors' wives, and community leaders is especially important.

Many children are shaped by several adults beyond their biological parents.

This creates opportunities for women to disciple nieces, nephews, neighbors, students, church children, and vulnerable young people.

Girls need women who teach dignity, wisdom, safety, work, faith, and healthy relationships.

Boys also need women who model truth, respect, courage, and godly character.

Older women should not use age to silence younger women.

Younger women should not reject the wisdom of older women simply because times have changed.

The church becomes stronger when generations listen to one another.

Women should refuse to pass gossip, tribal hostility, bitterness, abuse, or destructive family patterns to the next generation.

Women should intentionally pass prayer, Scripture, integrity, generosity, skills, and hope.

Mentoring can happen through shared work, home visits, Bible study, business training, and ordinary conversation.

A woman does not need wealth to offer consistent spiritual influence.

A King's Daughter can help another woman rise without feeling threatened by her growth.

Key Statements

- Every woman carries influence.
- The next generation watches what we practice.
- Influence should strengthen rather than control.
- Discipleship points people toward Jesus rather than toward ourselves.
- Legacy is what grows in others because we lived faithfully.

Teaching Section 4: Standing Firm in Christ

Speaker Notes

- Read Ephesians 6:13 with a strong and steady voice.
- Briefly explain each piece of the armor of God.
- Do not turn every hardship into a claim of demonic attack.
- Do not minimize spiritual warfare or the need for prayer.
- Encourage safe accountability after the conference.
- Be clear that standing firm does not require **remaining in danger**.
- Invite the women to stand physically for the final declaration when appropriate.
- Transition: "We began by waking up to our identity, we continued by bringing our hearts into the healing light of Christ, and now we stand as women who belong to the King."

Read

Ephesians 6:13

"Put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground."

Also read: Joshua 1:9; Psalm 46:5; 1 Corinthians 15:58; Philippians 4:1; 1 Peter 5:8-10

Big Idea

A King's Daughter stands firmly by depending upon the strength, truth, and faithfulness of Jesus Christ.

Teach

The Christian life requires more than a powerful conference moment.

Faith must continue when the music stops and ordinary responsibilities return.

Standing firm does not mean that a woman never feels afraid.

Standing firm means that fear does not become her master.

Standing firm does not mean that a woman never becomes tired.

Standing firm means that she returns to God for strength.

Standing firm does not mean that she never needs help.

Standing firm means that she refuses to face every battle alone.

Paul tells believers to put on the full armor of God.

The belt of truth holds our lives together when lies create confusion.

The breastplate of righteousness protects the heart from condemnation and compromise.

The readiness of the gospel of peace helps us walk without carrying conflict everywhere we go.

The shield of faith answers the burning arrows of fear, accusation, and doubt.

The helmet of salvation protects the mind with the certainty that we belong to Christ.

The sword of the Spirit is the Word of God spoken and obeyed in the battle.

Prayer keeps us dependent upon God rather than our own strength.

Armor is not decoration.

Armor is prepared for resistance.

Some battles come through temptation.

Some battles come through discouragement.

Some battles come through opposition, loss, injustice, or delay.

Some battles happen within the mind before anyone else can see them.

Women should not call every disagreement spiritual warfare.

Women should also not ignore the reality of spiritual opposition.

Scripture teaches us to remain alert, sober-minded, prayerful, and grounded in truth.

Standing firm includes refusing bitterness when we have been wronged.

Standing firm includes refusing dishonesty when money is scarce.

Standing firm includes refusing sexual compromise when affection is desired.

Standing firm includes refusing gossip when participation would make us feel accepted.

Standing firm includes continuing to serve when recognition does not come.

Standing firm includes resting when exhaustion threatens faithful judgment.

Our strength is not found in pretending that we are invincible.

Our strength is found in remaining connected to Jesus Christ.

The woman who falls can rise again through repentance and grace.

The woman who is weary can receive strength through prayer and community.

The woman who is opposed can remain faithful without becoming hateful.

The woman who is uncertain can stand upon what God has already spoken.

A King's Daughter does not stand because life is easy.

A King's Daughter stands because Christ is faithful.

Ask

Where are you most tempted to give up?

Which lie repeatedly attacks your mind?

What compromise appears easier than obedience?

Are you trying to fight alone?

What part of God's armor have you neglected?

Do you need truth, righteousness, peace, faith, assurance, Scripture, or prayer in a fresh way?

What boundary would help you remain faithful?

Who can stand with you in prayer and accountability?

What truth will you carry home from this conference?

Ask the Lord, "Where are You calling me to stand firm?"

(Pause.)

Illustration

A deep-rooted tree still moves when strong wind passes through its branches.

The movement of the branches does not mean that the tree has lost its foundation.

Roots allow the tree to bend without being uprooted.

A woman rooted in Christ may feel the storm while remaining firmly planted in Him.

Uganda Application

Ugandan women may stand through economic pressure, family conflict, illness, widowhood, unstable work, ministry demands, or uncertainty about the future.

Some women face pressure to remain silent about corruption, abuse, exploitation, or injustice.

Standing firm does not require reckless confrontation.

Standing firm requires truth, wisdom, courage, safe support, and prayer.

A woman should not be told that faith requires her to remain in immediate danger.

Seeking lawful protection, medical care, trusted counsel, or safe shelter can be an expression of wisdom.

Women in business may be pressured to pay bribes, falsify records, or compromise quality.

Women in ministry may be pressured to accept control that is presented as spiritual authority.

Women in families may be expected to carry every burden without rest or complaint.

Christ calls women to faithfulness, but He does not call them to dishonesty, manipulation, or preventable harm.

Women should form prayerful relationships that strengthen courage and accountability.

The church should stand with women in truth rather than sending them back into danger without support.

A King's Daughter can be gentle **without** being weak.

A King's Daughter can be courageous **without** becoming harsh.

A King's Daughter stands firmly in Christ **and** continues to walk in love.

Key Statements

- Conference emotion must become daily faithfulness.
- Standing firm does not mean fighting alone.
- God's armor prepares us for resistance.
- Gentleness is not weakness, and courage is not harshness.
- A King's Daughter stands because Christ is faithful.

Final Conference Commissioning

Remember the Journey

Wake Up: taught us to receive our identity from God rather than from culture, comparison, pain, or people.

Clean Up: taught us to bring wounds, shame, unforgiveness, and destructive thinking into the healing truth of Jesus Christ.

Stand Up: calls us to live with wisdom, purpose, influence, and faithfulness.

This conference is ending, but your calling to follow Jesus continues.

You do not leave as a woman who has heard more information.

You leave as a daughter of the King who is responsible to live what she has received.

Commissioning Declaration

- I am a daughter of the King.
- My identity is found in Jesus Christ.
- My past does not have authority over my future.
- I will walk in wisdom.
- I will live with purpose.
- I will use my influence to strengthen others.
- I will stand firmly in truth.
- I will refuse shame, comparison, bitterness, and fear.
- I will seek help when wisdom requires it.
- I will honor the women who walked before me.
- I will strengthen the women who walk beside me.
- I will prepare the women who come after me.
- I belong to God.
- I am loved by God.
- I am called by God.
- I will stand as a King's Daughter.

Closing Prayer

Father, thank You for Your daughters.

Thank You for seeing every woman in this room completely.

Thank You for meeting us in truth, grace, healing, and hope.

Give us wisdom for every decision before us.

Give us courage to obey You when obedience is costly.

Give us humility to receive correction and help.

Heal the places that still carry pain.

Break the power of shame, comparison, unforgiveness, and fear.

Teach us to live faithfully in our homes, churches, workplaces, businesses, and communities.

Help us strengthen the next generation.

Help us stand in truth without losing love.

Help us remain gentle without becoming passive.

Help us remain courageous without becoming harsh.

Clothe us with the full armor of God.

Fill us with the Holy Spirit.

Send us out as women who reflect the heart of Jesus Christ.

We receive our identity as daughters of the King.

We stand in the name of Jesus Christ.

Amen.

Research Notes for Uganda Application

The Uganda applications in this session were informed by current national and international reporting on women's unpaid care work, economic participation, child marriage, intimate-partner violence, and gender-related social expectations.

- Uganda Bureau of Statistics. Uganda Demographic and Health Survey 2022. Published 2023.
- UN Women Data Hub. Uganda Country Fact Sheet. Accessed July 2026.
- UN Women Africa. Developments and Achievements in the Uptake and Use of Gender Data: The Case of Uganda. 2024.

These notes provide cultural context without assuming that every Ugandan woman has the same experience.