

HAVE A LITTLE

Faith

FOR WOMEN FULLY GROWN

BY WESTINA MATTHEWS, PH.D.

A WOMAN FULLY GROWN

What does it feel like to be a woman, fully grown?

False starts in our 20s, shaky ground in our 30s, terra firma in our 40s, quiet strength in our 50s, serenity in our 60s, wisdom in our 70s, prophets in our 80s, goddesses in our 90s. And, if we are blessed to live longer, as those Delaney sisters, Sadie and Bessie (God rest their souls), we will even "have our say!"

Yes, isn't it wonderful to be a woman, fully grown.

We have shared and survived serious illnesses, loss of loved ones, marriages, births, grandchildren, divorces, career changes, hot flashes, broken promises, dreams unfulfilled, spiritual reawakenings, and hopes renewed. Gentle hands have brushed away our tears, tender hearts have forgiven our "I told you so's," and open arms have embraced our joys.

*We are smart. We are strong. We are bold.
We are brave. We are triumphant.*

We are women, fully grown.

WESTINA MATTHEWS

©1995

MEDITATION

Have you had a defining moment in your life? What was your unanticipated, unplanned for, or unthinkable moment? What changed your life such that you will never, ever be the same?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

MEDITATION

How are you praying today? Are you praying like John the Baptist? Or are you able to pray quietly and gently, allowing the Holy Father to fill you up as you empty out your cares, your disappointments, and your hurts? Are you able to pray like Jesus?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

MEDITATION

What is so hard for you to hope for today? What situations are you thinking cannot possibly turn around? Are you able to look beyond your present circumstances and to have hope?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

MEDITATION

Are you able to believe in the impossible? What is your question for God? What is the "why God" question in your heart? Do not be afraid to ask. He already knows both the question and the answer.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

MEDITATION

Do you believe that God is faithful, and that He will never let you down? Can you feel His Holy presence enter into your life? Are you able to stand in your defining moment? Are you ready to become a woman, fully grown?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Let me close with this prayer:

OUR HEAVENLY FATHER, OUR PRECIOUS LORD JESUS,
WE KNOW THAT YOU ARE FAITHFUL TO US.

SO, THANK YOU GOD FOR WALKING WITH US
THROUGH THE VALLEYS, AND CARRYING US
OVER THE MOUNTAINS.

THANK YOU GOD FOR MOTHERS, AND GRANDMOTHERS,
AND AUNTS, AND SISTERS, AND GIRLFRIENDS
WHO EACH IN HER OWN SPECIAL WAY
HAS TAUGHT US HOW TO LOVE.

THANK YOU GOD FOR WOMEN WHO HAVE TAUGHT US
HOW TO NEVER GIVE UP ON OURSELVES,
TO ALWAYS LOOK UP,
AND TO NEVER LOOK BACK.

AND ESPECIALLY GOD, WE WANT TO THANK YOU
FOR HAVING THE VISION OF WHAT IT IS
TO BE A WOMAN FULLY GROWN.

amen