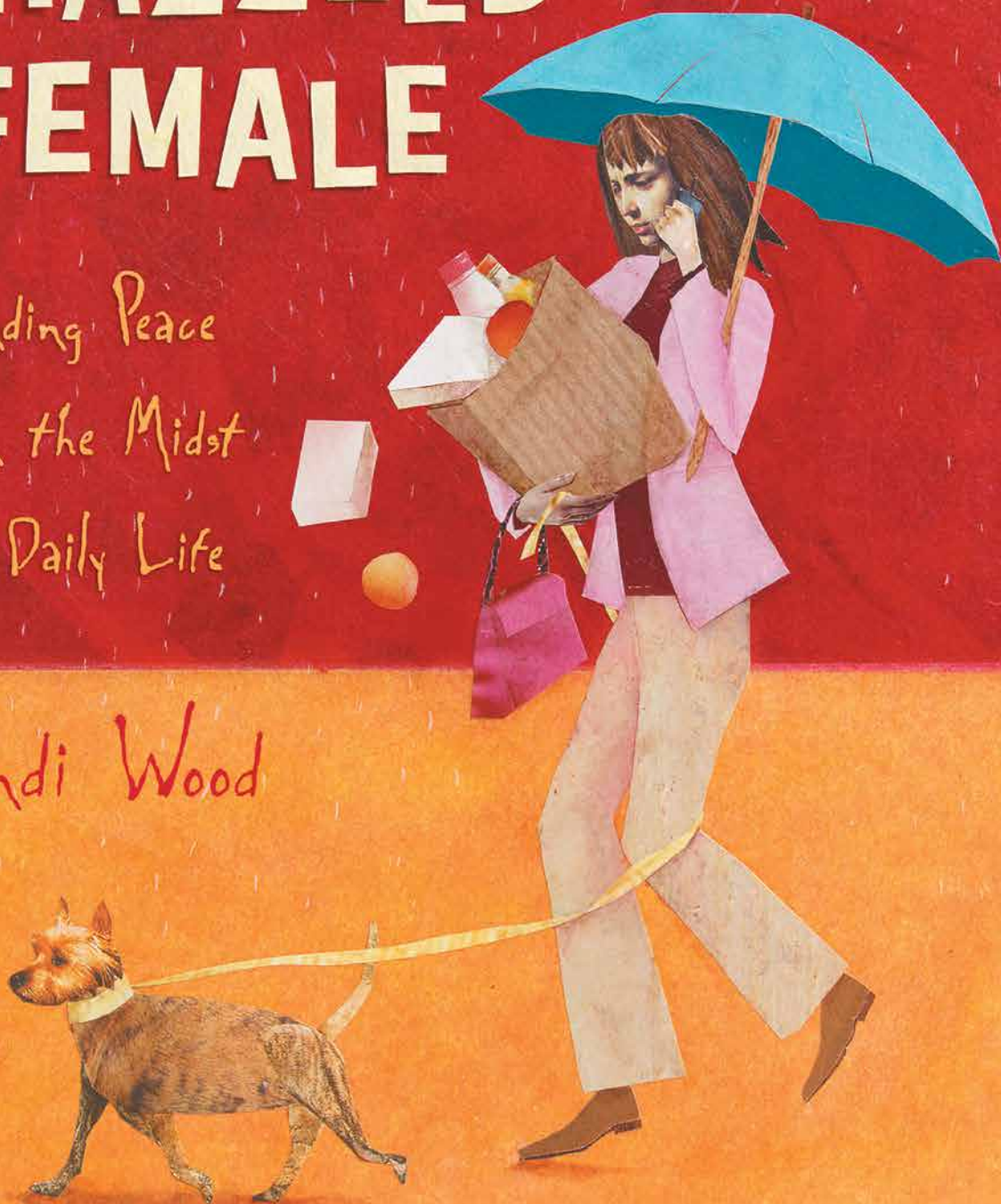


the FRAZZLED FEMALE

*Finding Peace
in the Midst
of Daily Life*

Cindi Wood



the
FRAZZLED
FEMALE

Finding Peace in the Midst of Daily Life

Cindi Wood

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Cindi* Wood

Cindi Wood is an author, speaker, conference leader, and founder of Frazzled Female Ministries. She presents her Frazzled Female seminars for Christian women at luncheons, rallies, Bible studies, and a variety of other settings. Her book *I've Used All My Sick Days, Now I'll Have to Call in Dead* is a light-hearted, yet practical look at the stresses of daily life and has been featured on radio talk shows and highlighted on television interviews throughout the southeast. Cindi's "Frazzled Female Moment" can be heard daily on a variety of radio stations.

Cindi has also been involved in stress management training and related seminars for school systems, government agencies, state conferences, and corporate events.

Cindi earned a degree in intermediate education from Gardner Webb University in Boiling Springs, North Carolina. She has accumulated over 20 years of experience working with teachers, students, business leaders, and corporate administrators, helping them learn how to combat stress by managing time, developing a sense of humor, and learning to organize.

In recent years Cindi has felt the clear call to focus her experience and abilities on ministering to Christian women who, in spite of their faith, still feel overwhelmed, stressed out, frazzled, and in need of fresh hope and enthusiasm. Cindi's passion is to help women discover that a growing intimacy with Jesus Christ is the key to dealing with all areas of life—including the daily stress that often gets the best of us.

Cindi lives in Kings Mountain, North Carolina and is actively involved in ministry at First Baptist Church. She enjoys exploring life with best friend-husband, Larry. Sons Brandon and Lane keep her energized with life on the edge, while daughter-in-law Bonnie provides a calming influence.

To find out more about Cindi's ministry or to schedule a conference in your area, contact frazzledfemale.com or Regal Ventures Creative Ministries at 1-800-282-2561.

Welcome to the **FRAZZLED FEMALE**

Before you begin your study, let's look at some of the components. Four weeks of this study deal with things that distract us from, rather than attract us to, Jesus. The other two weeks explore our love relationship with the Lord. Each week has a memory verse. I encourage you to memorize it during the first day of study and meditate on it throughout the week.

Each week also includes a Defrazzler. This element will help you experience more deeply the concept you are studying that week. You may want to keep these strategies in place long after your study is complete.

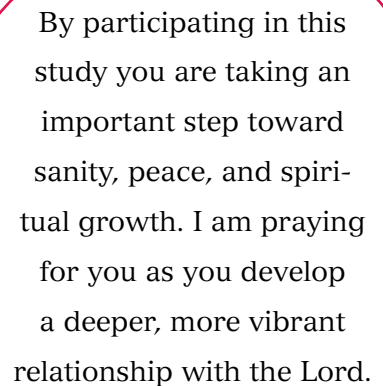
The Weekend Mini-Retreat is an optional time of study. The retreat is designed to help you go deeper with the Lord as well as process what He has revealed to you throughout your week of study. This is a time for you to just be with Jesus, studying the Word and relaxing in His presence. The Book of John is the focus for these moments.

Don't feel guilty if you don't have time for a mini-retreat every week. You may need these times more some weeks than others. Be sensitive to the Lord's leadership when He leads you into this aspect of the study.

The daily sessions are designed to take 15 to 20 minutes, although you may spend much longer if you desire. The learning activities provide a time of reflection about how the study relates to you. You may be asked to express your feelings about things. These reflections may also be topics of discussion as you come together weekly with your small group to share what God revealed to you during your study. I strongly encourage you to complete all the learning activities to get the most from your study.

You'll need a pen, highlighter, and index cards to write your Scripture memory verses. Keep a notebook close to jot down thoughts the Holy Spirit reveals to you as you study.

Are you ready? The sooner you get going, the sooner you can become "victoriously frazzled"! God bless you in your study!



By participating in this study you are taking an important step toward sanity, peace, and spiritual growth. I am praying for you as you develop a deeper, more vibrant relationship with the Lord.

1

Mary Chose the One Thing Needed, So Will I!

☺ Memory Verse

“Seek first the kingdom of God and His righteousness, and all these things will be provided for you” (Matthew 6:33).

0Defrazzler

Create a rendezvous place for you and God! Design a special place so warm and inviting that you will want to go there, but not so relaxing you might fall asleep. Make sure you have adequate lighting, your workbook, a pen, a highlighter, and your Bible. You may also want to have index cards for Scripture writing and a prayer journal.

If you need some help choosing “your place,” consider these suggestions:

- nook in the den or kitchen
- corner of the kitchen bar
- section of the closet
- guest bedroom
- porch or deck
- dining room table


Plan to meet God at this place every day as you go through this Bible study. It will become special to you as you store up memories and treasures in His kingdom!


☂ Weekend Mini-Retreat - John 1-4

Take time this weekend to “sit at the feet of Jesus.” Use these chapters from the Book of John for your Scripture reading time with Him.

Think about the truths revealed to you this week. Praise Him. Love Him. Be still before Him. Enjoy Him. Allow Him to be to you all He wants to be! Sometime during the weekend, journal about your experience.

Day He Loves Me!

 **Focus:** Becoming intimate with God

 **Scripture:** Begin by prayerfully reading Luke 10:38-42. Ask the Father to open your heart to hear His tender voice.

THE TRUE STORY

The movie was ending. Although Anna enjoyed the film, watching the syrupy love story on TV made her feel she was missing out on something in life.

Ed and Sally were caught up in a passionate romance. They had no children, jobs that left them with plenty of time to be together, and plenty of energy to take care of each other’s needs. They spent hours talking and enjoying each other’s company. Every part of their lives was absolutely wonderful because of the intimacy of their love.

I’ll never experience that kind of love, was the thought that played over and over in Anna’s mind.

Have you had an experience that left you feeling “love deprived”? **yes**
 no If yes, underline the words or phrases that describe how you felt.

- | | | |
|----------------------------|-----------|-----------------------|
| neglected | sad | empty |
| longing for something more | cheated | angry |
| helpless to make it happen | depressed | yearning for intimacy |
| lonely | needy | desperate |
| unfulfilled | unloved | other _____ |

The “true story” of every believer is the journey of the heart. The One who loves you most calls out to your heart every moment. Jesus longs for you to spend time in His presence, listening to His voice. In the middle of your daily stresses, He wants to have a relationship with you.

He wants you to step back from all the “good” things you are doing to experience the BEST thing: an intimate relationship with Him! He wants to say about you what He said about Mary, “Mary has chosen the One thing, the Best thing.”

Many servants of the Lord work so hard for Him they bypass the one thing in life that's most important: an intimate love relationship with Jesus. Our Father does want us to minister to and meet the needs of others; however, our time with Him is more important to Him than anything we can "do" for Him. Out of this love relationship, ministry will naturally flow.

As a believer you have already chosen His gift of salvation, but have you chosen to accept what He has to offer you on a daily basis?

Check each statement which applies to you.

- I have accepted Jesus Christ as my personal Savior.
- I am experiencing an intimate relationship with Jesus on a daily basis.
- I still feel unfulfilled in some areas of my life.
- During much of my life I have not chosen to make intimacy with Jesus a priority.
- I long for something to give my life deeper meaning.
- Right now I am choosing to accept, by faith, the intimacy Jesus Christ invites me to experience.

If you have made the choice to begin this intimate relationship with your personal Lord and Savior, delight in the fact that the Father longs to experience a deep love with you. He has so much in store for you as you learn about His extraordinary love and seek to know His ways.

Pause now and offer this prayer of thanksgiving:

Dear Father, Thank You for desiring to have an intimate relationship with me. Bless my desire as I enter into this loving relationship with You and as I begin this study. I long to experience all the blessings that come with calling you Father. I love You and thank You for creating me and allowing me to be Your girl. Amen.

GETTING STARTED

One of the most exciting things about embarking on this journey of intimacy is that the Father will speak directly to you. One of the ways He does this is through Scripture. With this in mind, I encourage you to review the suggestions in the About the Study section on page 5. Apply them as you read the Bible passage at the beginning of each day's study.

I cannot describe the excitement that comes from realizing God is speaking to me and giving me a specific message as I read His Word. As I linger over a particular passage, He continues to reveal more of His Truth.

These revelations bring a new depth to Bible study. I used to just read the selected passage for the day in whatever devotional book I was using. Now my time spent reading God's Word is much slower and deeper. At times He leads me to focus on one or two verses during an entire day.

Opening your heart and mind to His voice as you read the words, phrases, and verses in the Bible is more important than what you read. Some days you will cover more material than others. We can learn to adjust to God's pace as He guides us daily during our time with Him.

Are you experiencing a deeper hunger, an excitement, and even a surge of joy as you think about getting to know Him better? Explain what you're feeling.

What you are experiencing is the pursuit of God. He is waiting and longing to fill your heart with unspeakable joy as you seek first His kingdom and righteousness!

What is God revealing to you today?

As you close today's study, start your prayer time with this prayer:

Dear Father, I'm choosing You. I'm accepting the gift of Your intimate relationship. Thank You for pursuing me and longing to fill my life with Your intimacy. I love You.