



Insights
for
Women

by
Pat Subritzky

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Volume One

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Dedication

To my husband Bill who has always been an encouragement to me.

Introduction

About the author

Pat Subritzky has a world-wide interdenominational ministry to women and has travelled with her husband, Bill, to almost every continent in the world. She has conducted evangelistic outreach meetings and teaching seminars for women on behalf of churches and Christian organisations for more than 30 years.

In September 1988, Pat Subritzky received a prophecy from the Lord regarding her ministry which said: “You shall minister beyond anything you may have visualised for I am calling you to an exceptional ministry to women.”

While in Jerusalem, Derek Prince received a rare vision from the Lord. In the vision, Pat Subritzky was standing on the window ledge outside his room. He was fearful that she would fall off and get hurt. Mr Prince did not realise how timely it was as Pat was organising a conference for the visit of Anne Graham Lotz (Billy Graham’s Daughter). This vision encouraged Pat to have a proper foundation for the conference which was well attended and many women were blessed.

Foreword

To the reader

With her heartfelt desire to see women encouraged, Pat Subritzky has written this book.

These messages are taken from radio programmes aired in New Zealand and Australia.

As you read the following pages you can imagine yourself having a one-on-one conversation with Pat. The insight she shares will reach into your soul, address your needs and allow God to change your life.

Be prepared for God to speak to you through these words of wisdom for women and take you closer to the Lord.

God bless you.

Candice Osborne

Former editor of Challenge Weekly and

Project editor for Pat Subritzky

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The Worth of a Woman

I have often pondered what my worth is.

Women were part of God's plan and necessary from the beginning.

Genesis 2:18 tells us, "And the Lord God said, "It is not good that man should be alone; I will make him a helper comparable to him."

God created women for a special purpose and that same purpose exists today; to be a helper, be fruitful and multiply. How do you regard your worth as a woman?

I had just experienced a ride on a donkey in Israel when the owner said to me, "How many camels did he (pointing at my husband) give for you?"

The more camels the better the value I suppose.

Some find value in what they do.

The printing on a large cup I was given amused me. It read:

SITUATIONS VACANT - GENERAL

Wanted, housewife or young lady willing to learn.

Must be:

Unpaid

Financial wizard

Neglected

Mother and teacher

Lover
Slave
Head cook and bottle washer
Cheerful
Washerwoman
Reserved
Patient
Gentle
Tireless
Advisor
Dressmaker
Tailoress
Shrewd
Charlady
Nurse

If I answer “yes” to even a few of these, it makes me valuable in terms of cost.

A woman named Linda Finkanbinder must have thought about her worth as a woman. She said “I can’t boast of any special abilities or talents. God didn’t make me that way. He chose me to be a helpmate to the one He has prepared and chosen to give His message to the Spanish speaking world.”

Let us set aside our own ideas and consider our true worth as seen when we endeavour to follow God’s divine order for our lives.

We need to see ourselves as God sees us. Women are as God so lovingly created them.

He sees our hearts and knows our incredible worth.

God created women to be precious in His sight, pearls of great price, whose worth is far above rubies.

God wants to touch us with His love. He wants to renew and restore us. All we need to do is ask Jesus to help us live a life that is worthwhile.

Jesus took my worthless and empty life and changed it beyond worth or price. He can do the same for you and more. I encourage you to ask God to help you with this and take time to read your Bible every day.

The Perfect Woman

What do you mean the perfect woman?

Satan will say, “You could never be perfect. Don’t bother trying”.

Jesus says in Matthew 5:48, “Therefore you shall be perfect, just as your Father in heaven is perfect”.

I say, “If Jesus says you can become like Him, go for it”.

If you strive in your own strength there will be failure, discouragement and a sense of something missing.

In 2 Samuel 22:33, David says, “God is my strength and power, and He makes my way perfect.”

So we do not look to man’s methods, or listen to Satan, but to God.

How do we get that strength and power God speaks about?

The answer is by putting Jesus Christ first in our lives and letting Him, through the Holy Spirit, gradually change and cleanse us. Perhaps a starting point is to look at Proverbs 31:10-31, which describes a godly woman. She is virtuous; works with her hands; gathers food for her household; helps the poor and needy; speaks wisely; oversees the actions of her household; is never idle; and she fears the Lord. How do we compare with her?

I like the illustration of three monkeys where one monkey covers its mouth, the other covers its eyes and the other covers its ears. The saying that goes with this illustration is, “speak no evil, see no evil and hear no evil.”

Let us look at how we speak. Does it bring good or evil?

I spoke sharply to a person in a teaching session. I regretted it immediately but could not apologise until later. It is good to be aware of what we are saying and how we say it.

What do we watch? If you continually watch violence, you can become violent. We need to consider that what we read is honouring to God.

Be careful what we hear. Is it filthy language or gossip about another person? “Oh, but did you hear about Mrs so and so? She has run off with the man next door”. Refuse to listen to that. Learn to discern what to speak, see and hear.

Try to speak encouragement, see things that are worthwhile and edifying.

If we endeavour to follow this advice, it will be a start towards being a perfect woman who the Lord Jesus is pleased with.

How God sees you

Do you know what sort of person you really are? All of us feel ugly sometimes and the reflection we see isn't good.

How do you see yourself when you look in the mirror? How do others see you when they look at you? Your face often reflects the way you feel or the type of life you have led.

Long hours of work, not enough sleep, alcohol and drugs all take their toll. I have often heard people refer to their wrinkles as laughter lines. Are yours?

If you don't like how you see yourself are you prepared to do something about it? It probably will mean change in some way or other. Sometimes we need to help ourselves to look like the person we are meant to be.

I know a woman who has inner beauty that others can see but she struggles with being overweight and this hinders her outside beauty. She is trying to reduce her weight, with the intended result that the outside will reflect her pleasant personality.

From experience, I know that people need a lot of help and encouragement if they are to have the right self-image, or to have the right attitude toward themselves.

Recently I was able to encourage a young woman who had almost given up on herself. She felt like a misfit in whatever she tried to do with the result that she seemed listless and lifeless. This young

woman felt she had nothing worthwhile to contribute and was shy and withdrawn.

There is always a place for everyone and I suggested that she join a group of women who would accept her and give her something to do. I suggested she get a singing group together and she has since written to me excited because she has found a place where she fits in.

Ephesians 1:6, “to the praise of the glory of His grace, by which He made us accepted in the Beloved.”

A Christian woman should reflect inner beauty and look as though her body is the temple of the Holy Spirit. This includes dressing appropriately.

We should reflect the Lord Jesus Christ in our life by displaying the fruits of the Spirit.

Galatians 5:22-23 says, “But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.”

Suggested prayer:

“Thank you God that I am accepted and beloved by You. Through Jesus Christ I am a whole person inside and outside. Amen.”

Knowing God's Love

Have you known the love of someone?

Many people have never known real love, even from parents, family, husbands or wives. We must know love before we can share it.

The love I am talking about is a love that comes from God. It is the love we show for others such as teachers, children, old people and friends. This is not a sexual emotion, but true affection and compassion.

I believe that true love is when you are able to love the unlovely, the starving, the maimed and the homeless.

Mother Teresa was a shining example of love and compassion.

We are not all meant or able to be another Mother Teresa, but we can find plenty of cases where we can share love and compassion. We all have neighbours or workmates. How do we share love with them?

When my children were in secondary school we took in a 17-year-old boy from the United States. I thought this would be simple, no problems, just great. It was not so. He seemed lost and without direction. For three months the conversation was one way but we kept at it. I endeavoured to show him a mother's love without judging him in any way. I cared for him as though he was my own son. Gradually we saw a change in him and when he went back home, his mother wrote and thanked me for not pressuring the boy.

Through our loving attitude he returned home as their loving son, secure in his family. Love never fails.

Do you contact someone regularly because you care for them and love them?

Often people are lonely in old age because they have never shown love to others when they had the opportunity.

The Bible describes true love in 1 Corinthians 13:4-8, “Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity [sin] but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails.”

Do you know that love? Do you know how to receive it in order to give it out? Ask God to fill you with His love.

Suggested prayer:

“Dear Jesus, help me to know and receive Your love so that I am able to show love and compassion to others.”

Receiving Encouragement

Did you know that you can affect a person's day with one word? Try it and see.

If a person is grumpy and critical first thing in the morning that attitude can often continue throughout the day. If that person was greeted with a cheerful word it would make their day so much better. How often have you heard the expression, "You have made my day?"

Every day try to see something special in people and compliment them on it. We must be honest and mean what we say otherwise the person will recognise our insincerity.

At a stage when I was having a difficult time and needed to be encouraged. I sought support from a group of ladies and I was able to bounce back and carry on. Someone said I was irrepressible and that meant a great deal to me because that is how I like to be.

Children respond well to a word of encouragement especially from their parents. It is important to let them know you are proud of them when they are nice to someone or try their best at something. Everybody likes being praised.

Another side to encouragement is showing appreciation. When you have spent time preparing and cooking a special meal isn't it great if someone says that they enjoyed it!

If you employ staff or are a leader over a group of people and they are doing a good job tell them you appreciate their efforts.

Showing someone appreciation can be a positive process that continually builds up and encourages a person.

My youngest daughter Maria always offers encouragement to both my husband, Bill and I. Maria will say, “How did you get on Mum?” or “That was great,” or “What happened Dad? Was it a good meeting?”

I see some mothers who are frayed at the edges by night-time. Oh how they need an encouraging word from their husbands, family and friends.

We all need good friends and fellow Christians to support us through life.

While encouragement from family and friends is uplifting, receiving encouragement from the Lord goes right into our spirit and can bring a change in our life.

Proverbs 12:25 says, “Anxious hearts are very heavy but a word of encouragement does wonders.” (Living Bible.)

Many times I have needed to be encouraged especially when I’m faced with a difficult task that is beyond my capabilities. However I know that I can depend on the Lord Jesus Christ and you can depend on Him too. He will carry us through.

Jesus said in Matthew 11:28, "Come to Me, all you who labor and are heavy laden, and I will give you rest."

Are you going through difficulties and need encouragement?

Suggested prayer:

"Dear Jesus I thank you that we can cast all our cares upon you because you care for us. I lay my cares down at Your feet and in their place ask You for Your rest and peace in my life. Amen."

Living in Victory

Right now are you going for God's best, or are you settling for second best?

Have you given up on your circumstances saying, "God is not there?"

Are you independent? Often young people say that they don't need anyone else.

Do you say, "I can't be bothered with God. I have too many other things to do."

Are you living in sin and do not know the way out of a relationship? Are you committing adultery (by having a sexual relationship outside of marriage)? The Bible says such a person shall not enter the Kingdom of Heaven.

I did not know victory in my life. Our marriage was almost over. There was no communication between us.

Our home was like a boarding house where people pay for a roof over their heads, a bed, food and the basics of life.

A miracle happened that turned our marriage around when we invited Jesus Christ to be our personal Saviour.

I believe He is the only answer to living a victorious life as a woman, wife and mother.

As a woman you need to know love and appreciation.

It is a giving and taking situation. The devil is having a heyday now with couples not staying married long enough to know how to be victorious.

There are many testimonies of women who are victorious in their lives, telling how they have allowed Jesus Christ to change them.

Are you one of them?

A friend of mine suffered horrendously for years, striving for answers and relief. The final blow came when she became ill and near death. Through this she learned to let go of independence and hardness of heart. Finally entering into victory through faith in Jesus Christ.

There is a wonderful, true story of a woman Joni Erickson-Tada, who is a paraplegic. Joni paints with a brush between her teeth, writes books, is married and speaks victory and encouragement as a Christian.

I believe that when you are living in victory, you become triumphant.

Why not go for the best, go for gold, go for Jesus?

The Bible says in Philippians 3:12-14, "Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. Brethren, I do not count myself to have apprehended; but one thing I do, forgetting

those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus.”

For women today there are no short cuts. You cannot accomplish everything in one day. However, a decision to go for Jesus will be a wonderful and life changing one.

My experience was one of steps and stages in my Christian walk. As I've been prepared to step out, then the Holy Spirit has shown me another stage. Aim for the highest place, the top rung of the ladder, always looking upwards.

If you take certain steps then you will know the answers you are seeking. Have you taken that first vital step? If not, will you take it today? It is the most important decision of your whole life.

Step 1

Accept Jesus Christ as Saviour.

Suggested prayer:

“Dear Lord, I am a sinner and come to You in repentance. I turn away from all sin and ask Your forgiveness. I believe that You came into this world as the Son of God, that You were crucified, buried, and rose on the third day. Please come into my heart as my Lord and Saviour. Thank You Jesus for saving me. Help me to remain a child of Yours.”

Step 2

Seek the empowering of Holy Spirit.

Suggested prayer: “Lord Jesus, Baptise me with your Holy Spirit and with the gift of a heavenly language. Thank you Jesus.”

Step 3

Get to know Jesus through prayer and reading the Bible.

Step 4

Make a commitment to serve those in need.

Step 5

Deal with anything that comes between you and God.

Step 6

Ask God for healing.

Step 7

Attend to any of the above steps that you need to act upon.

Opportunities are available to put things right. Take hold of them; go forward as victorious women, becoming triumphant in Jesus Christ.

Forgiveness Heals

Are you hurting because of a broken relationship with parents, children or husband? Is there something on your part that you need to do? If children find it hard to say, "I'm sorry," how much harder is it then for adults.

I believe that true forgiveness is unconditional and comes from the heart. You must mean it. We can't say, "I'll forgive you only if you do such and such".

Also God may prompt you to write a note to someone, go and see them, or in person put something right.

In times past, family feuds seemed to go on forever. They would be prepared to almost kill one another rather than put matters right. The longer the problem remains unsolved, the harder it is to make amends.

In the supermarket, I was in a fridge cool room with a large trolley. I was beginning to shiver and was anxious to get out. Finally, the man in front of me moved out and as he did so, he turned to me with a scowl on his face and said, "You ran into me – twice!"

Further along I noticed him examining his leg so I said, "I'm sorry, I didn't mean to run into you". He scowled again and abused me. However, I felt that I had done what was required. My trolley must have had an extended piece in the front of it and I didn't realise it.

Reconciliation can be sweet. The sad part about it is there is so much time and happiness lost because we won't put things right sooner. I know two friends who did not speak to each other for a couple of years because of an issue. There was no doubt reason for the hurt, but surely it could be put right. I was able to bring them together. They talked about the incident and now they are reunited. When they look back, they wonder why they left it for so long.

Are you in a similar situation? If so, make the first move towards reconciliation.

We must always be prepared to offer forgiveness whether we are right or wrong.

In Matthew 18:21 we are told, "Then Peter came to Him and said, "Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?" Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven."

The Value of a Friend

Do you feel down today? Is there someone who can lift you up, perhaps a friend?

When my children were small my neighbour was a special friend to me and we helped one another. When she was depressed or down I was able to share her situation over a cup of tea and the same would happen when I needed help.

Can you phone a cheerful person? Frequently I advise a person who is sad or depressed to visit a cheerful person who will act like good medicine.

A person who has friends must also be friendly. It is not a one-sided affair.

I have a friend who was a school teacher. For many years she has visited me at least once a week. I look forward to her company and she must be able to put up with me too!

My definition of a friend is a person who will visit you, regardless of mess or circumstances. A friend will invite you into her home, putting aside anything else she may be doing and be prepared to listen. The qualities of a friend are giving, loving, caring and sharing.

My sister and I have always been good friends. She will accompany me on a shopping spree for hours and not buy anything for herself. She is never envious or covetous.

At all times the most important friend a person can have is Jesus Christ. It is good to have a friend like Jesus who is with you every hour and every minute of the day, while you are awake or asleep.

Proverbs 18:24 says, "A man who has friends must himself be friendly, But there is a friend who sticks closer than a brother."

I accept Jesus as my best friend. Will you do the same?

Who is Your Neighbour?

I used to think that the people who lived in the houses each side of me were my neighbours, but then I realised that surely neighbours must be more than two families.

A lawyer asked Jesus the same question.

Luke 10:29, "But he, wanting to justify himself, said to Jesus, "And who is my neighbour?"

Jesus answered by telling the story about a traveller who fell among thieves. They stripped him of his clothing, wounded him and departed, leaving him half-dead.

A priest saw him and passed by on the other side. A Levite (server at the temple) looked at him and passed by. A Samaritan saw him, had compassion on him, bandaged his wounds and took him to shelter. He paid for his lodgings and offered to pay more if necessary.

Who was a neighbour to the traveller? The answer of course is the man who gave assistance. Jesus said that we should, "Go and do likewise". This tells me that my neighbour is anyone, anywhere, who is in need. Christians should be the first to give assistance with compassion. How will we be seen if we ignore the plight of others?

Some might say, "Why should I care about my neighbours? I'm okay. I'm getting on fine. Let the rest take care of themselves. I go to church. Let other people do good things."

This was the attitude of the people in the parable who simply passed by, didn't get involved and left it to someone else. Jesus said, "Go and do as the Samaritan did."

Our attitude should be, "How can I help you?" I suggest that if you know someone in need who lives a distance from you send them a card, telephone them, send flowers or a small gift. Do this with love and prayer. Often gifts made by hand are the most appreciated because of the time taken personally.

There are special times when you can gather friends and acquaintances together, even strangers, for a cup of coffee offered in the name of Jesus.

Reach out a hand towards the people Jesus called "His brethren" referring in Matthew 25 to the hungry, thirsty, stranger, naked, sick and those in prison. Share a meal in your home. Give toys, food parcels, clothes, flowers, books, music and extra luxuries to those in need.

A visit is often the best way to bring Jesus to the sick, lonely or oppressed. Will you allow Jesus to show His love and compassion through you by whatever means He directs? Ask Him and he will lead and guide you to the people He is concerned about. "Go and do these things in My name," Jesus said. As we do this, we are obeying His commandment to us to love our neighbours as ourselves.

To Be Faithful

What does it mean to be faithful? Have you thought about it?

The dictionary says it means to be steadfast, loyal, trustworthy and reliable.

I believe to be faithful, we should remain steadfast in our commitments.

I have always taught my children (and they remember it to this day), to be loyal to what you belong to, either a club or a group. They may have had something more exciting come up but no, they had to fulfil their obligation to the club or group. Today their first loyalty is to Jesus Christ.

Faithfulness builds character. Perhaps it begins in a small way, as with my children and then it grows.

In Matthew 10:42 we read, “And whoever gives one of these little ones only a cup of cold water in the name of a disciple, assuredly, I say to you, he shall by no means lose his reward.”

How do we compare with God’s faithfulness?

Hebrews 13:5 says, “I will never leave you nor forsake you. And I have found this to be true.

Animals can teach us lessons in faithfulness.

This is a true story. A farmer who lived alone was always cheerful, kind and considerate. He showed gentleness in his character, taking extra care, never rushing, always putting his animals before himself.

Something went wrong, nobody really knows how, but this farmer was crushed to death when his tractor accidentally overturned.

It was three days before he was missed. Suspicion was aroused when his car was still at home and there was a three-day supply of milk and papers in his mailbox.

When he was found his three dogs were still beside him. They had actually scratched a huge hole beside his body trying to get their master out. Three days with no food – that is great faithfulness.

How do we show our faithfulness to God? We can do this by spending time with God and obeying His directions. We know He is faithful. He never changes.

A retired missionary was leading a prayer outreach at her church. She encouraged attendees to pray for unsaved people. She knew God is faithful and answers prayer.

We need to know God's faithfulness and to be faithful to others. For He is the one who loves us helps us, protects us and forgives us.

Lamentations 3:22-23 says, "Because His compassions fail not. They are new every morning; Great is Your faithfulness."

Trust Him and become ask the Lord to help you become a faithful person.