



## Disciplines of a Godly Woman (Redesign)

By Barbara Hughes

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### DISCIPLINE.

Maybe *discipline* seems like a hard word to you—implying nothing but challenge and duty. Yet most of us see the value in cultivating spiritual disciplines, and we long to be more consistent in our relationship with God, even in the midst of our busy lives.

Combining biblical teaching, poignant stories, and insightful reflection questions, Barbara Hughes explores 15 vital disciplines in this classic book—helping us to mature as godly Christian women and giving meaningful shape to our lives.

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## Disciplines of a Godly Woman (Redesign) By Barbara Hughes Bibliography

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## Editorial Review

### Review

“Barbara Hughes shares both God’s Word and the joy of living it. In her own warm voice, she invites women to believe and to adorn the gospel of Jesus Christ. It’s an invitation not to a list of abstract disciplines, but to the grace of God that trains us in all the layers of real life.”

—**Kathleen Nielson**, author; speaker; senior adviser, The Gospel Coalition

“This book is a treasure chest of Biblical wisdom. As Barbara urges us to fight the flab in our Christian lives, she generously shares the ways in which God has chiseled away at her life to make her the disciplined woman of faith that she is today. Her writing is thought provoking, stimulating, moving, encouraging, and deeply challenging. Every Christian woman who longs to be more like Jesus should read this book.”

—**Lindsay Benn**, wife to the former bishop of Lewes, The Church of England

“*Disciplines of a Godly Woman* is not a legalistic ten-step plan or checklist. Rather it is Titus 2:3–5 in action, as Barbara Hughes becomes our sister, mother and grandmother in the Lord, challenging us to trust and honor God in the whole of life. After a lifetime in pastoral ministry and family life, Barbara knows the challenges we face as sinners living in a world crowded with ideas and pressures. She also knows that God’s Word provides the wisdom we need and the cross of Christ provides the grace we need. At a time when many younger women are seeking mentors, and many older women feel ill-equipped for the task, this book is a wise and loving answer to both.”

—**Claire Smith**, Bible teacher; author, *God’s Good Design: What the Bible Really Says about Men and Women*

“As Christian women we long to have our lives give glory to God. This wise book walks us through the practical disciplines of being a woman who lives under God’s authority. I highly recommend it.”

—**Margaret Grudem**, Scottsdale, Arizona

“The word ‘discipline’ often carries with it notions of rigidity and structure. Thankfully, Barbara Hughes is not here to give a heavy-handed list of rules and regulations for the woman who simply cannot find time to do any more than she already does. In this helpful, classic book Barbara walks us through the right kind of discipline, one that serves eternal purposes. She shows us that the way towards godliness is not through our own efforts, but the efforts of Another—our Christ.”

—**Courtney Reissig**, author, *The Accidental Feminist* and *Glory in the Ordinary*

“This book captures Barbara Hughes’ deep Biblical insight and practical wisdom. Whether read on your own or in a group, *Disciplines of a Godly Woman* is helpful for women of any age or circumstance. It is a reminder that life change doesn’t happen by accident or overnight, and that godly living is not a mystery.”

—**Ainsley Poulos**, Chair, EQUIP ministry wives

“Through *Disciplines of a Godly Woman*, Barbara Hughes has been a cherished mentor to me. She has taught me what it means to be a gospel-centered woman, and the Holy Spirit used the book to ignite in me a greater desire to know God through his Word. Not a ‘white-knuckle’ do-better book on spiritual disciplines, it addresses the heart and gives deeply thoughtful advice on how a woman can center her life on Christ. This book is my first choice to read with other women, and we recommend it regularly at our church. Read this book; let it change your life; and, then, share it with others.”

—**Keri Folmar**, pastor’s wife, the United Christian Church of Dubai; mother of three; author, *Joy! A Bible*

## *Study on Philippians for Women*

“As I look back on my own life as a woman and mother, I am aware of how much I would have benefited from this book. This book is helpful in liberating women from cultural misconceptions about the role of discipline and submission in the Christian life. Barbara Hughes is superbly qualified to write from the heart on the subjects that she takes up by her lifetime of ministry to women, leadership in women’s Bible studies, and service as a pastor’s wife.”

—**Mary Ryken**, retired counselor; homemaker

“Barbara’s warm, clear, and engaging style combined with challenges, ideas for further reading, and a firm grasp of the gospel’s power to transform our lives makes this of great help for Christian women everywhere.”

—**Shiona Rees**, pastor’s wife, Edinburgh, Scotland

### About the Author

**Barbara Hughes** has supported her husband Kent’s pastoral ministry for over forty years while also raising four children. She is a popular teacher of women’s groups and the author of several books. Barbara and Kent live in Wyncote, Pennsylvania, and have an ever-increasing number of grandchildren.

### Users Review

#### From reader reviews:

#### **Georgetta Watson:**

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#### **Michael Proctor:**

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