

HOW TO:

FOLLOW JESUS

WOMAN-8-WEEK-COURSE

BY *FATHER* BENNETT

HOW TO:

**BE
TRANSFORMED
BY THE POWER
OF THE SPIRIT,
AND NO LONGER
LEAN ON YOUR
OWN
UNDERSTANDING**

BY FATHER BENNETT



ABOUT THE AUTHOR

FatherBennett has read the **Word of God** to millions across the world. Over **5.5 billion hours** of Scripture have been consumed through his readings. He serves daily, using **TikTok as a mission field**—proclaiming truth, discipling men, and calling them to walk in obedience to Christ.

This course is not just a study—it is a **reflection of the process** he walks through daily (Not perfectly but daily). A process of **denying self, abiding in the Word, and following Christ without compromise** (Luke 9:23).

This is not about **one man's journey**—it is about **your walk with Jesus**. May this study lead you deeper into the **Word, the truth, and the life found only in Christ** (John 14:6).

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MODULE INSTRUCTIONS:

'BECOMING A WOMAN UNDER CHRIST'

This first module is about **laying the only true foundation**: surrender. Before you can be a help to a man of God, you must first be a woman of God, one who fears the Lord, walks in truth, and lives in **daily surrender to Jesus Christ**. Your **strength** is not found in independence or performance, **but in quiet obedience**, humility, and a heart **fully submitted to Christ**.

The **world** teaches women to **lead themselves**. But the **Word** teaches women to **first follow Jesus** so that when the time comes, she may **serve her husband** with **grace**, strength, and **wisdom from above**. This is about **becoming a woman who reflects Christ** through her **character**, her choices, and **her devotion**. It begins by **abiding in Him**, denying the flesh, and walking as a **daughter who belongs to The King**.

How to Complete This Module:

1. **Read the Opening Scriptures slowly and aloud.** Ask the Holy Spirit to help you hear and receive them deeply.
2. **Work through the Teaching Segment line by line.** Let the scriptures guide you, not just confirm what you already know.
3. **Answer the Reflection Questions with honesty.** Don't write what you think sounds right write what's real.
4. **Complete the Journal Prompts with boldness.** You're not performing here; you're communing with the Lord.
5. **Apply the Call to Obedience.** Choose a small, specific action to live out what you've learned.
6. **Close in Prayer using the provided Scriptures.** Let His Word water what's been planted.
7. **Write down all the scripture with a  in your claimed Club note Pad**
8. **Tick off each check box** only when you have read aloud and written the scripture

Reminder: This journey isn't about becoming a better version of yourself it's about becoming the woman God designed: one who fears the Lord, abides in His Word, and is ready to walk with and serve a man of God if and when that day comes.

 **"If you abide in My word, you are truly My disciples."** John 8:31

MODULE 1.


BECOMING A WOMAN UNDER CHRIST!...

(Introduction)

1. Proverbs 31:30

KJV: “Favour is deceitful, and beauty is vain: but a woman that feareth the Lord, she shall be praised.”


ESV: “Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised.”

 This reminds us that true worth isn't in appearance or charm, but in reverence for the Lord.

2. Psalm 46:5

KJV: “God is in the midst of her; she shall not be moved: God shall help her, and that right early.”


ESV: “God is in the midst of her; she shall not be moved; God will help her when morning dawns.”

 A woman anchored in God cannot be shaken. Her strength comes from His presence, not her striving.

3. Luke 1:38

KJV: “And Mary said, Behold the handmaid of the Lord; be it unto me according to thy word.”

ESV: “And Mary said, ‘Behold, I am the servant of the Lord; let it be to me according to your word.’”

 Mary's response is the model of surrendered womanhood: a heart fully yielded to God's will.

Use This Space To Write Down Any Scriptures That Come to you when you read the introduction.

(If you don't have have scripture coming to heart, that's okay too, simply move to the Teaching Segment)

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TEACHING SEGMENT



Guiding Theme: Learning Submission Before Leadership

Invitation to Surrender

Use this space as a moment of quiet return—

not to who you were, but to the **Father who formed you**. Come before Him not as a woman trying to prove her strength, but as a **daughter willing to be led**, willing to be held, and willing to be made whole.

Approach Him like a child again—**humble, trusting, open**—seeking not answers, but **His presence**.

You will find Him here, because you are learning to seek Him with your **whole heart** (Jeremiah 29:13).

Let this process shape you. Let the hard moments teach you. Let joy grow even in the wrestling—because this is where **He makes you His**

**“TO BECOME A WOMAN
UNDER CHRIST IS TO
BEGIN BY SURRENDERING
YOUR OWN WILL,
IDENTITY, AND STRENGTH.”**



King James Version (KJV):

11 For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end. 12 Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you. 13 And ye shall seek me, and find me, when ye shall search for me with all your heart. 14 And I will be found of you, saith the Lord: and I

will turn away your captivity, and I will gather you from all the nations, and from all the places whither I have driven you, saith the Lord; and I will bring you again into the place whence I caused you to be carried away captive.



New International Version (NIV):

11 "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. 12 Then you will call on me and come and pray to me, and I will listen to you. 13 You will seek me and find

me when you seek me with all your heart. 14 I will be found by you," declares the Lord, "and will bring you back from captivity. I will gather you from all the nations and places where I have banished you," declares the Lord, "and will bring you back to the place from which I carried you into exile."

 **English Standard Version (ESV):**

11 For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. 12 Then you will call upon me and come and pray to me, and I will hear you. 13 You will seek me and find me, when you seek me with all your heart. 14 I will be found by you, declares the Lord, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, declares the Lord, and I will bring you back to the place from which I sent you into exile.

1

YOU ARE NOT CALLED TO BECOME "ENOUGH" IN YOUR OWN STRENGTH. YOU ARE CALLED TO BECOME HIS—AND THAT BEGINS WITH SURRENDER, NOT STRIVING.

 **Proverbs 3:5-6 –**



"Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths."

 **Matthew 16:24-25**



"Then Jesus told His disciples, 'If anyone would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it, but whoever loses his life for My sake will find it.'"

 **Jeremiah 10:23**




"I know, O LORD, that the way of man is not in himself, that it is not in man who walks to direct his steps."

 **Romans 8:7-8**



"For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. Those who are in the flesh cannot please God."

Old Testament:

 **Proverbs 3:5-6** ☐

'Trust in the LORD with all your heart, and do not lean on your own understanding.'

New Testament:

 **Matthew 16:24-25** ☐

'If anyone would come after Me, let him deny himself and take up his cross and follow Me.'

Fulfilment in Christ:

 **John 6:38** ☐

'For I have come down from heaven, not to do My own will but the will of Him who sent Me.'

TAKE A MINUTE TO WRITE DOWN WHAT'S ON YOUR HEART AND MIND RIGHT NOW. RE-READ THE SCRIPTURES IN THIS TEACHING SEGMENT. BE KIND TO YOURSELF BY BEING HONEST. THERE IS NO RIGHT OR WRONG ANSWERS. THIS IS BETWEEN YOU AND JESUS.

This image shows a full page of blank, lined paper. It features approximately 28 horizontal blue or grey lines spaced evenly apart, typical of notebook paper. The lines extend across the entire width of the page, leaving small margins at the top and bottom. There are no vertical lines, text, or other markings on the page.

2

'Submit yourselves therefore to God. Resist the devil, and he will flee from you.'

'Have this mind among yourselves, which is yours in Christ Jesus... He emptied Himself, by taking the form of a servant.'

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"YOU ARE NOT CALLED TO BE STRONG IN YOURSELF. YOU ARE CALLED TO ABIDE, TO DENY YOUR FLESH DAILY, AND FOLLOW JESUS IN OBEDIENCE."

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"Then He said to them all: 'If anyone would come after Me, let him deny himself and take up his cross daily and follow Me.'"

Focus: This is Jesus' direct call to daily self-denial and active obedience.

☐

"Abide in Me, and I in you. As the branch cannot bear fruit by itself unless it abides in the vine, neither can you, unless you abide in Me... for apart from Me you can do nothing."

Focus: You are not called to produce strength on your own, but to stay connected to Jesus.

3. Galatians 5:16-17 (The Battle with the Flesh)

"But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit..."

Focus: Denying your flesh isn't one moment—it's a daily walk, empowered by the Spirit.

4. Philippians 2:12-13 (Obedience and God's Strength)

"Work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for His good pleasure."

Focus: *The strength to obey doesn't come from us—it comes from God working in us.*

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**"A WOMAN UNDER CHRIST DOESN'T STRIVE TO
CREATE HER OWN STORY; SHE SUBMITS HER LIFE TO
THE ONE WHO HAS ALREADY WRITTEN IT."**

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Old Testament (Women Who Trusted God's Way)

 **Ruth 1:16**



"But Ruth said, 'Do not urge me to leave you or to return from following you. For where you go I will go, and where you lodge I will lodge. Your people shall be my people, and your God my God.'"

Ruth trusted not in her future plans, but in the God of her new life. Surrender birthed legacy.

 **1 Samuel 1:27-28**



"For this child I prayed, and the LORD has granted me my petition that I made to him. Therefore I have lent him to the LORD..."

Hannah teaches us that surrender is not loss—it is **worship**. She gave back to God what she longed for most.

 **Proverbs 31:30**



"Charm is deceitful, and beauty is vain, but a woman who fears the LORD is to be praised."


Strength begins with **fear of the Lord**, not self-confidence.

New Testament (Faith-Filled Women & Christ's Teaching)

 **Luke 1:38**



"And Mary said, 'Behold, I am the servant of the Lord; let it be to me according to your word.'"

Mary's surrender  was quiet yet powerful. She trusted God with her body, her future, and her reputation.

 **Luke 8:48**



"And He said to her, 'Daughter, your faith has made you well; go in peace.'"


The woman who reached for His garment didn't need status—only **faith** to touch Jesus.

 **1 Peter 3:4**



"But let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious."

Obedience doesn't roar—it **rests** in trust, and God calls that beautiful.

 **Fulfilment in Christ (Our Model of Surrender)**

 **John 5:30**



"I can do nothing on My own. As I hear, I judge, and My judgment is just, because I seek not My own will but the will of Him who sent Me."

Even the Son submitted—not to weakness, but to **perfect trust**.

 **Luke 22:42**



"Father, if You are willing, remove this cup from Me. Nevertheless, not My will, but Yours, be done."

This is not defeat—it's divine alignment. A surrendered heart makes room for resurrection.

 Philippians 2:8

"He humbled Himself by becoming obedient to the point of death, even death on a cross."

Jesus was exalted **after** obedience. The same pattern is true for us.

 **James 4:6-7, 10** 

"God opposes the proud but gives grace to the humble... Submit yourselves therefore to God... Humble yourselves before the Lord, and He will exalt you."

Focus: Kneeling in surrender is the pathway to being lifted by God's strength.

WRITE DOWN YOUR IMMEDIATE THOUGHTS AND FEELINGS AND BELIEFS, REMEMBERING THIS ISN'T ABOUT SELF IMPROVEMENT BUT SUBMISSION AND SURRENDER TO OUR FATHER'S WILL.

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WHAT PART OF YOUR STORY ARE YOU STILL TRYING TO CONTROL?

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DO YOU BELIEVE GOD'S PLANS FOR YOUR LIFE ARE BETTER THAN YOUR OWN?

(If not, what is keeping you from trusting Him fully?)

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ARE YOU WAITING WITH FAITH—OR WAITING WITH FRUSTRATION?

(How can you shift your heart to rest rather than strive?)

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WHICH WOMAN IN SCRIPTURE DO YOU RELATE TO IN THIS SEASON—RUTH, MARY, HANNAH, OR ANOTHER?

(What does her obedience teach you about your own walk?)

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WHAT WOULD IT LOOK LIKE THIS WEEK TO LIVE AS A WOMAN WHO TRUSTS THAT GOD IS WRITING HER STORY?

(Write a small step of obedience or surrender you will take.)

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3 STEPS

Step 1: Read & Reflect – A Woman Who Abides

1. What do these scriptures gently reveal about Christ living in you—not just near you, but within you?
2. What does it mean for you, personally, to abide in Him—to stay connected, nourished, and dependent on His presence?

 Galatians 2:20



ESV


"I have been crucified with Christ. It is no longer I who live, but Christ who lives in me..."

KJV

"I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me..."

NIV

"I have been crucified with Christ and I no longer live, but Christ lives in me..."

 John 15:4–5



ESV

"Abide in Me, and I in you... apart from Me you can do nothing."

KJV

"Abide in Me, and I in you... for without Me ye can do nothing."

NIV

"Remain in Me, as I also remain in you... apart from Me you can do nothing."

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Step 2: Personal Journal Response – A Daughter’s Surrender



 **Luke 22:42**



"Not My will, but Yours, be done."

Take a moment to pause.

Ask yourself:

- Are there areas of my life I still hold too tightly?
- Are there things I'm afraid to surrender because I don't know what comes next?
- What would it feel like to truly trust Jesus here?

Write a quiet prayer of surrender.

Let it be honest and simple. You're not writing the perfect words—you're drawing near to the One who already knows your heart. He is patient. He is kind. He welcomes your surrender.

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Step 3: Discover Truth for Yourself – Renewing the Mind

 Romans 12:1–2

ESV:

"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."

KJV:

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice,
holy, acceptable unto God, which is your reasonable service.
And be not conformed to this world: but be ye transformed by the renewing of your mind,
that ye may prove what is that good, and acceptable, and perfect, will of God."

NIV:

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

 **James 4:7**



"Submit yourselves therefore to God. Resist the devil, and he will flee from you."

"Submit yourselves therefore to God. Resist the devil, and he will flee from you."

"Submit yourselves, then, to God. Resist the devil, and he will flee from you."

- This could be:

- Taking quiet time in the Word before your day begins
- Surrendering a fear or decision through prayer
- Choosing grace in a moment that used to feel heavy

Let this be a moment of peace. A moment of presence. A moment where He meets you exactly where you are.

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Look back at what you've written.

Write down any new understanding, conviction, or encouragement you've received. Let it be personal. Let it be real.

It doesn't have to be loud or visible—it just needs to be obedient. A gentle step is still a faithful one.

(Take a moment to pray and commit to obedience in this area.)

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CLOSING SCRIPTURE

 **2 Corinthians 12:9** ☐

'My grace is sufficient for you, for My power is made perfect in weakness.'

 **Psalms 119:105** ☐

'Your word is a lamp to my feet and a light to my path.'

 **Romans 8:29** ☐

'For those He foreknew He also predestined to be conformed to the image of His Son.'

“THANK YOU FOR JOINING US THIS WEEK, PLEASE DO COME BACK TO MODULE TWO NEXT WEEK. GO OVER THIS AND DO IT OVER AND OVER AGAIN AS MANY TIMES AS YOU NEED. GET A CLAIMED CLUB NOTE BOOK FOR NEXT TIME IF YOU HAVEN’T ALREADY.”

IT TAKES GRAIN TO MAKE BREAD



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"Thank you for helping to keep EVERYTHING FREE."

-fatherBennett-

