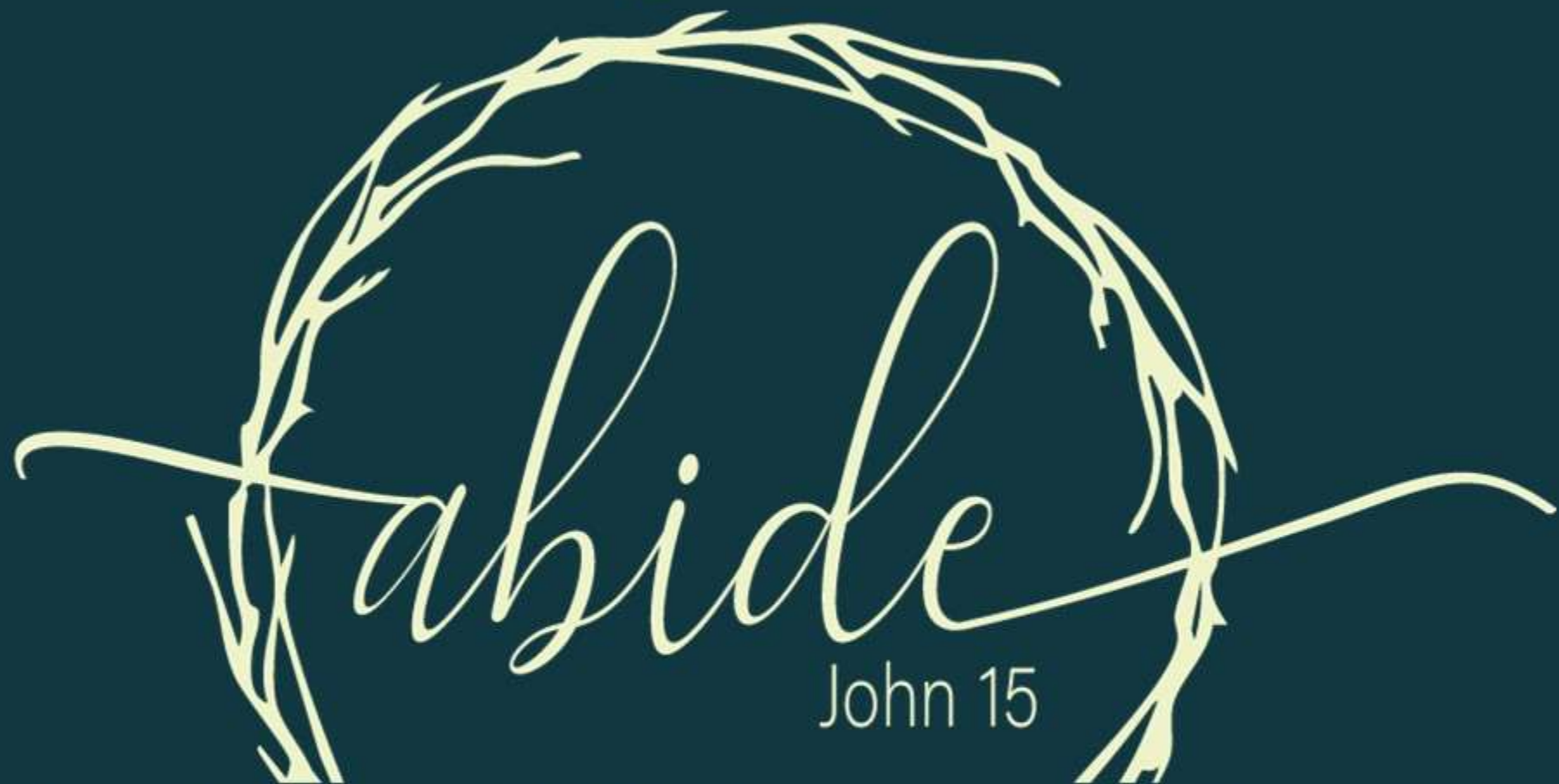


8th Annual 2025 Embracing Biblical Womanhood Conference



*"Apart from **HIM**, we can do nothing"*

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The Pep Talk You Actually Need

Hollie Skinner



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A little about me:

- I came to know Christ as Lord and believe in the Gospel in 2021.
- I have been married for almost 3 years
- I am a SAHM to two incredible boys – Ethan (9) and James (1)
- We have been members of BBC since 2022.

The Importance Of This Conversation:

- The average woman hears or sees over **6,000 ads per day**, most of which are designed to create insecurity (appearance, productivity, perfection).
- Nearly 70% of women say they often feel “not enough” no matter how much they do
- 60% of **Christian women** admit to struggling with their sense of **identity in Christ**, especially during seasons of change.
- **1 in 3 women** in the US report feelings of anxiety and depression



These numbers are more than just data — they represent real women, real stories, and real pain. Women today are overwhelmed, stretched thin, questioning their worth, and wondering if they're truly seen. That's why this conversation matters. Because long before our culture handed us pressure and comparison, God was already telling a different story about women. And we don't have to guess what that story is — we can see it all over Scripture.



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We live in a culture full of pep talks – Instagram post, podcasts, and quotes that try to motivate us. When life gets hard–you're exhausted, overwhelmed, tired–those pep talks don't hold up. Why?



*"Apart from **HIM**, we can do nothing"*

The pep talk we need
should point us to **Christ**
alone.



*"Apart from **HIM**, we can do nothing"*

The Reality for Women in the Church:

- Balancing responsibilities
- Constant comparison
- Loneliness, discouragement
- Emotional and mental exhaustion



DO

MORE

OF

WHAT

MAKES

YOU

HAPPY



you
are
Enough



FOLLOW
your
HEART

MANIFEST IT

**HUSTLE
HARDER**

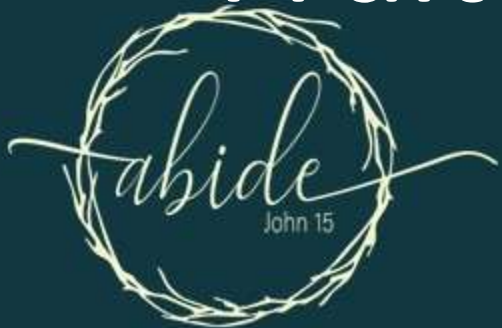
Why these words fall short:

- “You are enough” → We are not, but Christ is (2 Cor. 12:9).
- “Follow your heart” → The heart is deceitful (Jer. 17:9).
- “Manifest it” → God directs steps (Prov. 16:9).
- “Do what makes you happy” → Pick up your cross and carry it (Luke 9:23)
- “Hustle harder” → True rest is in Christ (Matt. 11:28).



What does it mean to abide?

- Stay connected to Christ (John 15:5)
- Dependence, not independence
- Rooted in prayer, the Word, obedience
- Fruit grows naturally from the vine



Real Encouragement from Christ

- **2 Cor. 12:9** – His grace in weakness
- **Deut. 31:6** – Never forsaken
- **1 Pet. 5:7** – Cast anxieties
- **Matt. 11:28** – Rest in Him





Women in the Bible who abided:

- Hannah (**1 Sam. 1–2**): Grief → Prayer.
- Esther (**Esth. 4**): Fear → Courage in God's timing.
- Mary (**Luke 1**): Shame → Surrender.
- Bleeding Woman (**Mark 5**): Suffering → Faith in Christ.





Hannah

- 1 Samuel 1
- Hannah was deeply grieved because she had no children, while her husband's other wife, Peninnah, mocked and tormented her for it year after year. Overwhelmed with sorrow, Hannah went to the temple and poured out her heart to God in prayer, weeping bitterly and asking Him for a son. She promised that if God answered her, she would give the child back to Him for a lifetime of service.



1 Samuel 1:15-16

- “Not so, my lord”, Hannah replied, “I am a woman who is deeply troubled. I have not been drinking wine or beer; I was pouring out my soul to the Lord. Do not take your servant for a wicked woman; I have been praying here out of my great anguish and grief.





Esther

- Esther was a young woman who became queen in ancient Persia, even though she kept her Jewish background hidden. When a powerful advisor to the king plotted to wipe out her people, Esther bravely chose to speak up, even though it could have cost her life. She revealed both her identity and the plan, which led to the enemy's downfall. Because of her courage, an entire community was saved from destruction.



Esther 4:15

- “Go, gather all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.”





Mary

- Luke 1

- Mary was a young woman from Nazareth who was visited by the angel Gabriel with the message that she would miraculously give birth to Jesus, the Son of God. Though afraid and uncertain, she humbly trusted God's plan and responded with faith. She gave birth to Jesus in Bethlehem and raised Him, treasuring in her heart all that God was doing through His life. Mary's story is one of humility, obedience, and surrender.



Luke 1:46-49

- “And Mary said: My soul glorifies the Lord, and my spirit rejoices in God my Savior; for He has been mindful of the humble state of His servant. From now on all generations will call me blessed, for the Mighty One has done great things for me- Holy is His Name”





The Bleeding Woman

- **Mark 5**

- The bleeding woman was someone who had been sick for twelve years with constant bleeding, and no doctor could heal her. She believed that if she could just touch the edge of Jesus' clothes, she would be healed. When she did, her bleeding stopped immediately, and Jesus turned to her with compassion, calling her "daughter" and telling her that her faith had made her well. Her story shows the power of desperate faith and Jesus' kindness to those who reach out to Him.



Mark 5:25-28

- “She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. When she heard about Jesus, she came up behind Him and touched His cloak, because she thought, “If I just touches His clothes, I will be healed”



Relating their struggles to ours:

- Hannah → For the unseen, unheard woman.
- Esther → For the overwhelmed by responsibility.
- Mary → For the misunderstood or judged.
- Bleeding Woman → For the long-suffering or weary.



How to Abide in Christ

Daily

- Prayer
- Scripture
- Community
- Obedience



The Pep Talk We Actually Need

- What truths do we need to repeat when life gets heavy?
- Not self-centered, but Christ-centered.
 - Rooted in God's promises, not our performance.



Reminders:

- “Christ in me is enough.” (Phil. 4:13)
- “God is my strength.” (Ps. 73:26)
- “God has written my future.” (Jer. 29:11)
- “I can forgive as Christ forgave me.” (Eph. 4:32)
- “I find rest in Him.” (Matt. 11:28)



The World Says:

- Believe in yourself
- You are enough
- Hustle Harder

Christ Says:

- Believe in me
- I am enough for you
- Come to me



Reflection:

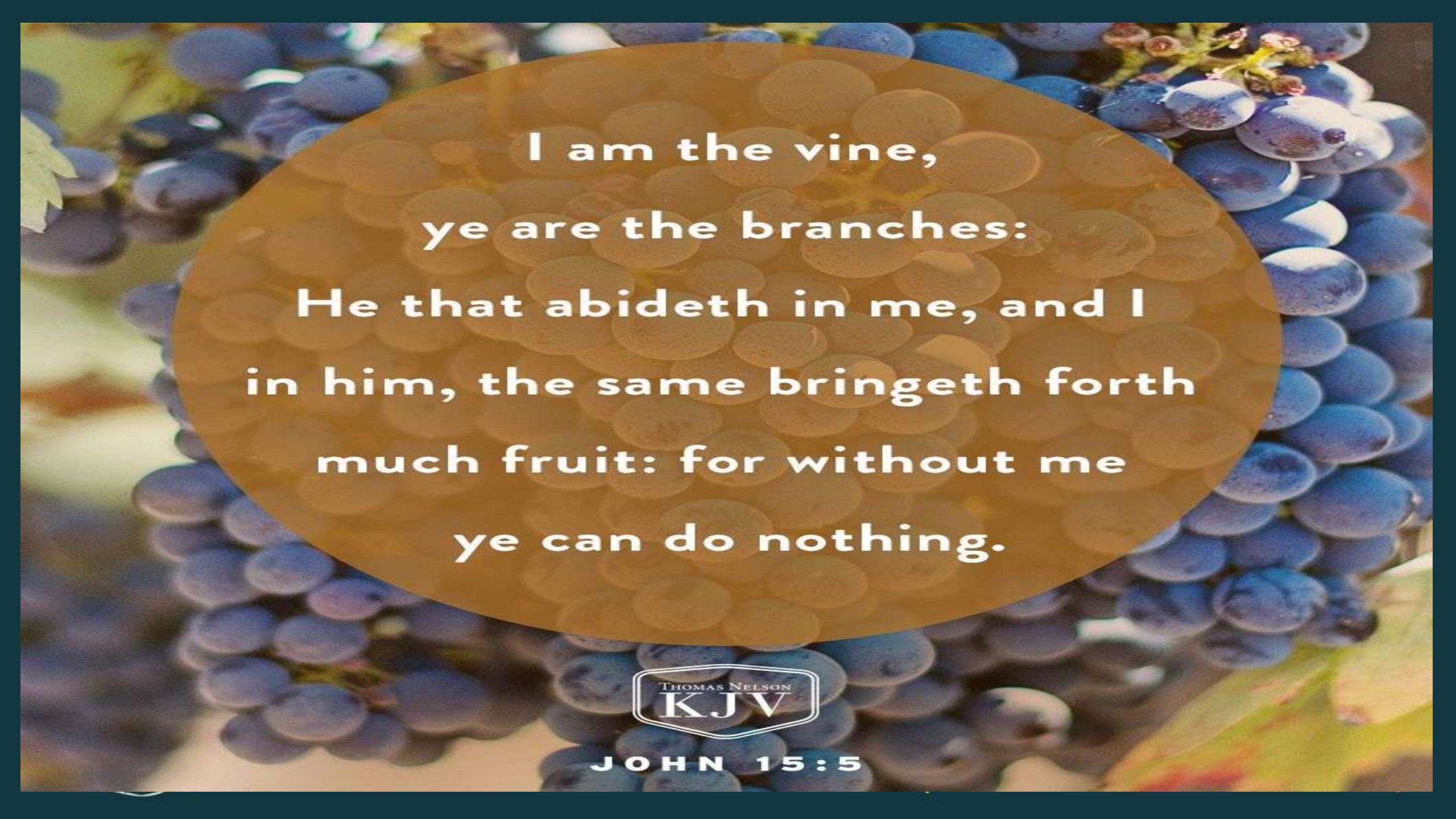
- Are you renewing your mind daily?
- Are you taking every thought captive and making it obedient to Christ?
- Are you trusting that His grace truly is sufficient?
- Are you believing that He is the One that provides true rest?



True Hope:

- **Christ** is the true vine.
- He never asks us to do this alone — He promises to bear fruit through us.
- The Vine never asks the branch to strive — only to stay connected.





**I am the vine,
ye are the branches:
He that abideth in me, and I
in him, the same bringeth forth
much fruit: for without me
ye can do nothing.**



JOHN 15:5