



Garments  
of  
*Freedom*



*Five Day Ecourse Workbook*

[garmentsofsplendor.com](http://garmentsofsplendor.com)





*Garments of Freedom: Five Day Ecourse Workbook*

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Thank you and enjoy!

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# Welcome!



I'm so glad you are taking this journey with me!  
I pray that this study draws you closer to the heart of our precious Savior.

Here are a few suggestions on how to get the most out of this study:

**1. Find a quiet place to meet with Jesus daily.**

For the next five days, carve out an extra 30 minutes at the start of your day or before bed at night to read through the reflections and scripture passages mentioned throughout this study.

**2. Write down your thoughts.**

If you find the blank spaces or journal pages provided in this study are not enough to capture all of your reflections, try using a special journal to write down your thoughts, prayers and reflections.

**3. Use the scripture cards.**

Print the scripture cards on cardstock and post them in a place where you will see them daily.

**4. Share this study with a friend!**

If you find this study helpful, please share! Simply direct your friends to [garmentsofsplendor.com](http://garmentsofsplendor.com) where they can get a copy of this resource, and stay tuned for more studies to come in the future!

I have been praying for you, and I hope that this resource will be as much of a blessing in your life as it has been in mine. If you have any questions, feel free to contact me at [garmentsofsplendor.com](http://garmentsofsplendor.com).

Happy reading!

*Christin*



***Day One***

**Shedding the  
Shawl of Shame**





## The Root of Shame

We've all experienced it. That gut-wrenching feeling you get when you know you've done something wrong—or when something awful has been done to you at the hands of another. It's shame. Shame is defined by the Webster's Dictionary as a painful sensation excited by guilt; disgrace\*.

It leaves us feeling humiliated, worthless and unwanted. Usually, sin and shame go hand-in-hand; like two cold-blooded companions, out to isolate and annihilate our relationship with God and others. When sin is committed, shame is sure to follow, lurking like a lingering shadow.

Not too long ago I heard author and blogger Jessie Minassian open up about the sexual abuse she endured as a child on a radio interview. She recounted the guilt. The pain. The self-loathing. "...That is when shame becomes a cloak that you wear and it is so hard to break free..."\*

We've all worn this cloak for far too long. Whether you have struggled with sin from your past or currently find yourself in a cycle of sorrow and pain, today is your day of freedom. It's time to remove the dark, ominous shawl of shame and trade that cloak in for Christ's garments of liberty.

Are you ready? Let's begin!

### Shame in the Garden

Before sin entered the world, there was no shame. God and his glorious creation lived together in perfect union and harmony.

*The man and his wife were both naked, and they felt no **shame**.*

Genesis 2:25

But all of that changed with a single act of disobedience against God Almighty.

Read Genesis 3:1-7 and record any observations you notice regarding the following:

The serpent

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The lie of the serpent

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\*See sources at the end of this study



The woman (Eve)

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The man (Adam)

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Their realization (vs. 7)

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Now read Genesis 3:8-11.

What emotions might Adam and Eve been feeling during this time?

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Read Genesis 3:12-19.

What were the consequences for...

The serpent

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The woman (Eve)

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The man (Adam)

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Satan, who disguised himself as the sly serpent in the garden, will try to convince us that sin against a righteous God has no consequence. *But it does*. Just because God punishes sin doesn't mean that he is not good or trustworthy. It means he is holy and pure, and sin must be dealt with. If he did *not* punish wickedness, he would *not* be a holy God.



Now read Genesis 3:20-24.

How do you see God's compassion displayed towards Adam and Eve?

(Pay close attention to the words "garments" and "clothed".)

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How was God's banishment of Adam and Eve from the Garden of Eden actually an act of benevolence?

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God in his infinite love and grace toward Adam and Eve made garments of skin for them and clothed their nakedness. *He covered their shame.* Did you notice how God made the first animal sacrifice in order to clothe them?

Thousands of years later God would send his Son, the Lamb of God, to become the ultimate sacrifice. Jesus died a shameful death on a cross to pay the penalty of sin for all humanity. Death, sin, and shame were forever defeated on the cross.

*Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its **shame**, and sat down at the right hand of the throne of God.*

Hebrew 12:2

Jesus took our shame and nailed it to the cross. He covered himself in sin and shame like a cloak in order to clothe us in beautiful garments of salvation and righteousness (Isaiah 61:10). Garments of brilliant splendor.

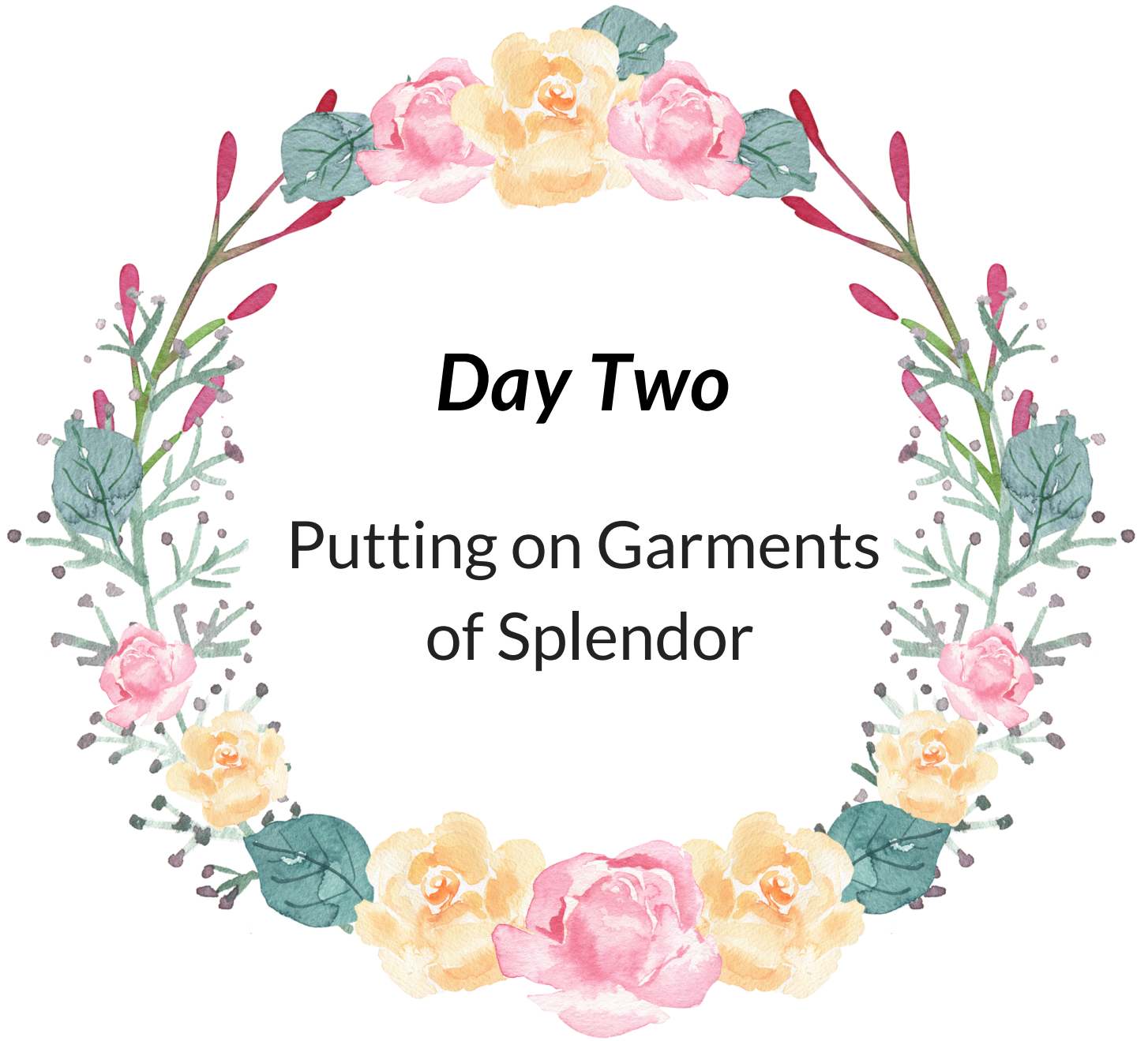
So let us fix our eyes on Jesus, and look to him alone for grace, love and acceptance. We don't have to hold our heads down in shame—look up to him, and let the light of his love and mercy shine upon you today.

*Those who look to him are radiant; their faces are never covered in shame.*

Psalm 34:5







# *Day Two*

Putting on Garments  
of Splendor





### **Surrounded by Splendor**

She entered the king's presence in complete awe. She was surrounded by riches beyond her wildest dreams. The glimmer of gold, sparkling jewels and precious stones within the king's palace took her breath away. She had heard of his riches and fame—and had to see it for herself.

But what was even more spectacular than all the king's wealth was the rich wisdom that flowed from his speech. She was astonished—amazed and overwhelmed. All that she heard about him was true. She had now witnessed it first hand.

This woman is the Queen of Sheba who visited King Solomon in all of his riches and splendor (1 Kings 10:1-13). Back in chapter 3, God granted Solomon's request of wisdom to rule the nation of Israel with discernment and righteousness. He not only gave Solomon incredible wisdom, but lavished him with the greatest amount of riches any king had ever seen.

### **Solomon's Splendor**

Read the account of Solomon's splendor in 1 Kings 10:14-29.

According to this passage, how would you describe the word *splendor*?

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What strikes you about the detailed description of Solomon's throne?

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The term *splendor* is defined as brilliance, magnificence and grandeur\*. This word is not used much in everyday language, but it holds incredible spiritual significance for followers of Christ.

Read Psalm 104:1-4.

According to these verses, who is clothed in splendor?

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God in all of his glory and majesty, the Creator of light, holds all power in his hands. He wraps himself in brilliance—in garments of divine splendor. Yesterday in Day One we discovered that Jesus has taken off our clothing of shame and given us new garments of salvation and righteousness.

Now read Isaiah 52:1-2.

What types of garments is Israel clothed with?

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Where does God call Israel to sit in verse 2? Does this remind you of Solomon's throne in 1 Kings 10:18-20?

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Instead of being shackled with chains of bondage from sin and shame, we are clothed, like the people of Israel, with beautiful garments of strength and splendor. No longer are we captives and prisoners, but can sit *enthroned* with God in garments of sparkling royalty. Isn't this passage a powerful description of our amazing freedom in Christ?

Now let's quickly look at the virtuous woman depicted in Proverbs 31:20-26.

What types of garments is she clothed with?

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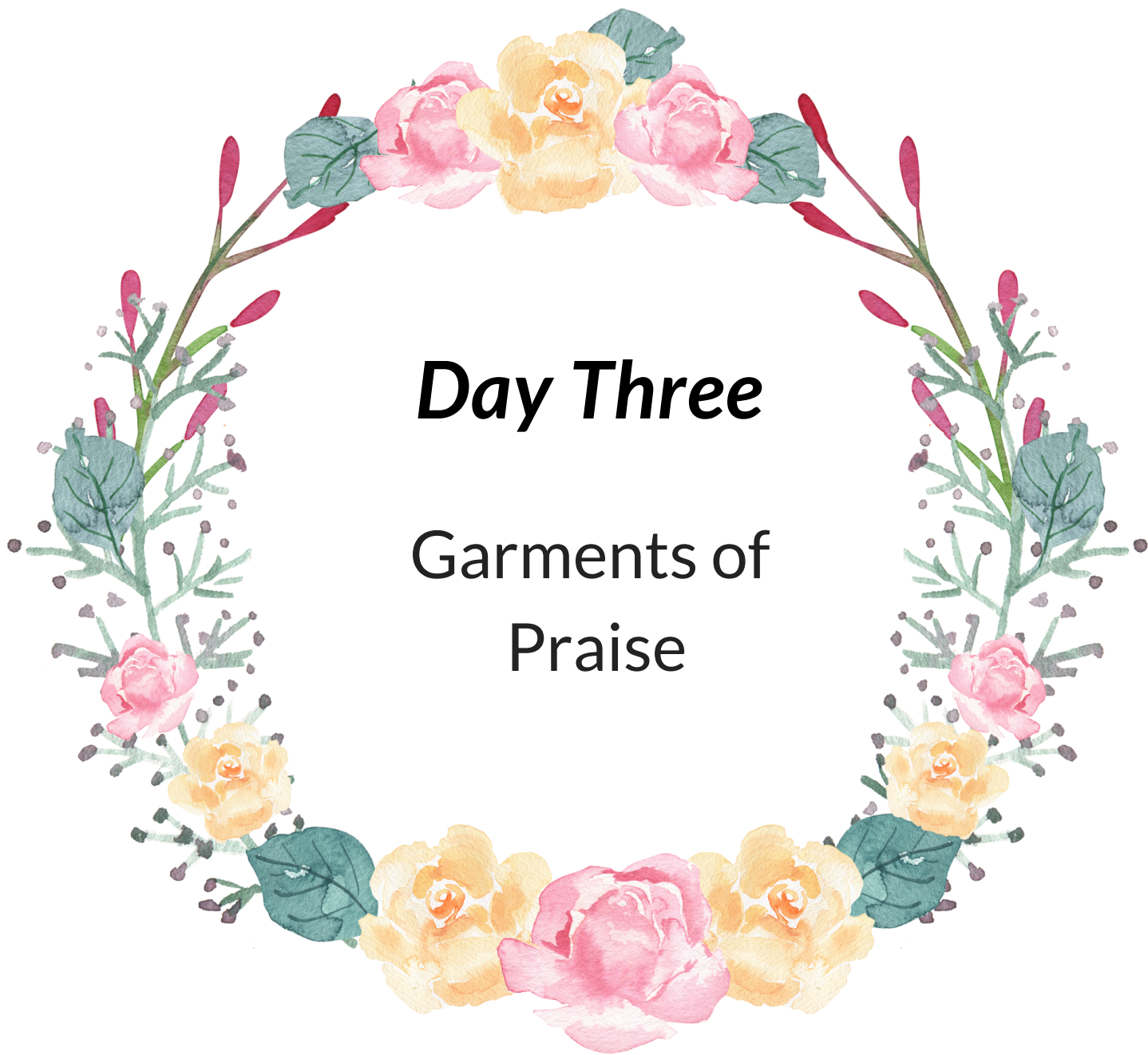
The Hebrew word for "dignity" is *hadar*, meaning magnificence, an ornament of beauty and splendor\*. So verse 25 could also say, "she is clothed with strength and splendor."

What a beautiful picture of a true woman of God! Not only is she clothed with strength and splendor, but she speaks with precious words of wisdom. Just as the Queen of Sheba came to hear Solomon's wise words and behold the splendor of his riches, we too can use our speech to showcase the splendor of God to those around us.

Do others take notice of how God has lavished you with splendor and spiritual riches in Christ? Do they come to you for wisdom and godly advice? The words we speak ought to reflect the strength and splendor we display.

So arise, dear sister, and put on your garments of splendor! Clothe yourself with God's strength and become a witness of his amazing love for the watching world to see.





***Day Three***

**Garments of  
Praise**





## Silence in the Synagogue

A hush fell over the room as he stood and unrolled the ancient scroll. His eyes scanned the holy, Spirit-inspired words written hundreds of years before his birth.

*“The Spirit of the Lord is upon me, and has anointed me to preach the good news to the poor...”*

A pin could have been heard in the synagogue that day. All eyes were fixed on him. After he finished reading, Jesus rolled the scroll back up, carefully handed it to the attendant and sat back down. The crowd watched in amazement at the graceful words he spoke.

*“Today this scripture is fulfilled in your hearing.”* (Luke 4:21)

That day marked the launch of Jesus’ public ministry. Wrapped in the power of the Holy Spirit, he began teaching in synagogues. People throughout the area of Galilee were astounded by the speech and spiritual authority of this carpenter’s son (Luke 4:15). Could this man truly be the promised Messiah, the Anointed One?

The scripture Jesus read from were the words of the prophet Isaiah. The word of God had indeed been fulfilled. The day Jesus came to earth to ransom captive Israel...and the entire world.

Let’s take a look at this amazing passage more closely from Isaiah 61.

## The Messiah’s Ministry

Read Isaiah 61:1-3 and fill in the blanks below.

(Note: The blanks are based on the scripture from the NIV. If you have a different version, some of the words may slightly vary, but do your best to fill in the blanks based on the version of the Bible you have.)

What was Jesus sent on earth to do?

Preach the good news to the \_\_\_\_\_

Bind up the \_\_\_\_\_

Proclaim freedom for the \_\_\_\_\_

Release from darkness for the \_\_\_\_\_



Proclaim the year of the Lord's \_\_\_\_\_

To comfort all who \_\_\_\_\_

To provide for those who \_\_\_\_\_

To bestow on them a crown of \_\_\_\_\_ instead of \_\_\_\_\_

The oil of \_\_\_\_\_ instead of \_\_\_\_\_

A garment of \_\_\_\_\_ instead of a spirit of \_\_\_\_\_

What will God's people be called? (See vs. 3)

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What will God's people display? (See vs. 3)

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This passage intricately lays out the Messiah's plan of action for humanity. This is the goodness of the gospel, foretold hundreds of years before Jesus came down to earth as Immanuel, *God with us*.

Those who are brokenhearted can find healing for their souls. Prisoners of fear and sin can find freedom. Those who grieve and mourn can find comfort in God's everlasting love. What a mighty God we serve!

What type of garments are we given in this passage? (See vs. 3)

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Instead of a heavy cloak of despair and defeat, Jesus came to give us garments of joy and praise. Now skip down to verse 7. Instead of shame, what will God's people receive?

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Now read Psalm 30:11-12. What is the psalmist clothed with instead of sackcloth? (Sackcloth in the Bible is clothing associated with grief and mourning.)

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Through his death and resurrection, Jesus has removed our sackcloth of despair and clothed us with his garments of joy. Hallelujah!

Now flip back to Isaiah 61 and read verses 10 and 11.  
What types of garments have we been given?

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What will spring up before all nations? (See vs. 11)

\_\_\_\_\_ and \_\_\_\_\_

What a glorious passage! We can take great delight and rejoice in the Lord because God did not leave us abandoned in our shameful nakedness. He has clothed and covered us in marvelous garments of salvation and righteousness. Garments that will *never* be snatched away from us.

This is reason enough to praise his name forever! Once we are arrayed in clothing of salvation, garments of praise complements our spiritual outfit perfectly!

Whatever you are struggling with today, remember that Jesus came to set you free from your prison. You are a child of God and will spend eternity with him, surrounded by his glorious beauty and splendor.

So put on your garments of praise—even in the midst of your pain. Put on your favorite worship music and remove your mantle of sorrow through the power of *praise*.

The Spirit of the Lord is upon you, and will equip you with everything you need to live in complete freedom, peace and joy.

*Let me live that I may **praise** you, and may your laws sustain me.*

Psalm 119:175





***Day Four***

**Garments of  
Beauty**





## **Splendor and Beauty**

She turned the heads of everyone in her path. She was absolutely stunning. Wearing the garments suggested by the king's eunuch, her gown flowed around her embroidered sandals as she approached the king. With her hair perfectly in place, her eyes sparkled through her glowing countenance and timid smile.

Esther won the favor of all who beheld her beauty...including the king of Susa. He placed a royal crown on her head and pronounced her the new queen. We may have heard Esther's story dozens of times; but what strikes me about this amazing woman is not so much her physical beauty that landed her a position in the palace, but the lessons we can learn from her inner beauty.

Let's take a look at three features of Esther's inner beauty that we can apply to the beauty of our own lives.

### **Beauty Feature #1**

*Esther was a woman of influence*

Esther's story is one of "rags to riches" in the sense that she went from being an average Hebrew girl to queen of the country pretty much overnight. All of a sudden, she had incredible influence.

Read Esther 2:1-19-23

How did Esther use her influence as queen to benefit others?

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We may never have a high position of authority like Esther, but we all have influence within our families, workplaces and communities. How do you use *your* influence to benefit and help others?

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**Beauty Feature #2**

*Esther was a woman of faith and courage*

When Esther heard of Haaman’s wicked plan to destroy the Jewish people (Esther 3:9-10), her cousin Mordecai convinced her to go to the king about the matter. The only catch 22 was that the king had not summoned her for about a month. Anyone who went before the king uninvited could be executed (Esther 4:11).

Read Esther 4:12-17.

How did Esther display faith in such a desperate situation?

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How did she display great courage?

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What about you? How do you tend to respond in times of crisis?

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**Beauty Feature #3**

*Esther was a woman of wisdom*

Read Esther 5:1-8.

How did Esther display wisdom in her interaction with the king? Why didn’t she just “spill the beans” and reveal her Jewish heritage to the king then?

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Recall a time in your life when you used wisdom to handle a difficult situation. What was the outcome? What would you have done differently?

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Now recall a time in your life when you did **not** use wisdom to handle a difficult situation. What was the outcome? What would you have done differently?

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Due to Esther's faith, courage, wisdom and influence, the nation of Israel was saved from ultimate destruction (Esther 7). These are attributes of a woman of true beauty from the inside out.

So how can the story of Esther help us uncover our own beauty? In Esther 5:1 she "put on her royal robes" before approaching the king. We too have spiritual robes of royalty because we are daughters of the King of kings! God did not leave us orphaned, but adopted us into his royal family and crowned us with beauty instead of ashes (Isaiah 61:3).

Now we can put on our royal robes of righteousness, clothed with beautiful brilliance and splendor. Once we are clothed on the inside, we can adorn ourselves with physical beauty that reflects the royalty within us.

Read 1 Peter 3:3-4.

How have your inner garments of beauty affected your outer appearance?

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This passage is **not** saying that we should not care about wearing nice clothes and jewelry. On the contrary, the inner beauty of faith, courage and wisdom can enhance our outer beauty.

Do you sometimes struggle with believing you are beautiful? You are not alone. With all of the highly airbrushed, size zero models parading themselves in our culture today, it is easy to feel like we don't measure up. *But this is fleeting beauty.*

Your beauty is not measured by the curve of your hips or the size of your waist. It is determined by your clothing of faith, courage and wisdom.



Instead of spending time looking in the bathroom mirror to find your self-worth, look intently into the mirror of God's word and discover that you are his finest masterpiece (James 1:23-25, Ephesians 2:10).

So put on your garments of splendor, dear sister, and look your best as you leave the house today! There is nothing ungodly about a little makeup, a nice modest outfit, and jewelry to accentuate your outer beauty.

*Allow the beauty within you to radiate on the outside.*

Walk down the “runway” of life modeling the clothing of freedom you have in Christ—and point those around you to the Master Designer!

*Charm is deceptive and beauty is fleeting; but a woman who fears the Lord is to be praised.*  
Proverbs 31:31







## *Day Five*

Garments for  
Eternity





## **An Incredible Sight**

Imagine this scene with me for a moment:

You look around and find yourself standing among the largest crowd of people you have ever seen. More than you can ever begin to count. There are people from every nation, tribe, language and shade. Everyone is standing before the throne of the Lamb, Jesus Christ himself. The sea of people are all wearing white robes and waving palm branches in their hands, shouting,

*“Salvation belongs to our God, who sits on the throne, and to the Lamb.”*

Angels, elders and living creatures in their indescribable beauty fall on their faces before the throne and declare together in praise,

*“Amen! Praise and glory and wisdom and thanks and honor and power and strength be to our God for ever and ever. Amen!”*

Revelation 7:10-12

Can you envision such an amazing sight? What a glorious chorus that will echo throughout heaven when all believers, along with every angel and creature praise our great God together!

As we conclude this five day study, we started in the garden with the shameful nakedness of humanity as a result of their sin. But God’s word ends with the eternal salvation of humanity, clothed in garments of white; pure, holy, and filled with splendor. Let’s take a walk through the book of Revelation to uncover glimpses of our future attire.

## **White Robes of Righteousness**

Read Revelation 3:1-6.

How had members of the church in Sardis “soiled their clothes”?

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Read Jude verses 20-23 (There is only one chapter in the book of Jude).

What characteristics within these verses are described as “stained clothing”?

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Before we knew Christ, we were “stained” in our sins. Full of corruption and wickedness, we could never make our own clothing clean again. But we who trust in Jesus have had our clothing washed and cleansed by the blood of Jesus (Hebrews 9:14).



Now read Revelation 3:17-18, the words Jesus spoke to the church in Laodicea. What does Jesus tell the church to buy from him?

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Now read Revelation 19:6-9. What does the fine linen in this passage represent?

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Similar to the account in Revelation 7:9-10, we see great multitudes of people praising the Lord. This time, there is also a wonderful wedding feast and fine linen for the occasion. We the church of believers are also referred to as the bride of Christ in scripture (Ephesians 5:31-32).

How divinely fitting that we, the bride of Christ, will dine at a wedding feast with our Savior in robes of righteousness! Remember the passage in Isaiah 61:10 from Day Three? Go ahead and read it one more time. What is the connection to Revelation 19:7-8?

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Isn't God's word amazing? We will feast with Jesus in robes of white—in garments of salvation. We will be adorned with his grace and love like the glimmering jewels of a bride on her wedding day. What a glorious day!

I find it interesting that we will not go back to the way it was in the garden when Adam and Eve were naked. We will wear clothing in heaven. There will be no nakedness. No shame, fear or disgrace. No sins from the old, fallen earth—for God will make all things new (Rev 21:3-5).

So put on your garments of splendor today! Whatever difficulties you may go through, remember that they are *nothing* in comparison to the glorious splendor that awaits us. One day we will all be with Jesus forever in eternal garments of glory! May this truth clothe you with comfort and everlasting joy.

*"Blessed are those who are invited to the wedding supper of the Lamb!"*  
Revelation 19:9

"The curve of a smile is a woman's most perfect curve—and the only tag that matters is the one that says 'Robed in the Righteousness of Christ.'"  
Ann VosKamp\*



# Notes

## **Day 1: Shedding the Shawl of Shame**

1. <http://www.webster-dictionary.org/definition/shame>
2. Jessie Minassian: [www.focusonthefamily.com/media/daily-broadcast/rescuing-you-teen-daughter-from-secret-sins-pt1](http://www.focusonthefamily.com/media/daily-broadcast/rescuing-you-teen-daughter-from-secret-sins-pt1)

## **Day 2: Putting on Garments of Splendor**

1. <http://www.webster-dictionary.org/definition/splendor>
2. <https://www.blueletterbible.org/lang/Lexicon/Lexicon.cfm?strongs=H1926&t=KJV> (definition of *hadar*)

## **Day 5: White Robes and a Forever Feast**

1. [twitter.com/AnnVosKamp?ref\\_src=twsrc%5Etfw](https://twitter.com/AnnVosKamp?ref_src=twsrc%5Etfw)