The opposite of abiding would be consumed with working through life on your own, not really relying upon God; attempting to be a Super Woman rather than an Abiding Woman.

Which are you—Super Woman or Abiding Woman?

Super Woman	Abiding Woman
Does	ls (Psalm 46:10)
Tries to impress others	Pleases the Lord (Ephesians 5:10; Proverbs 29:25)
Is controlled by an agenda	Is controlled by the Holy Spirit. (Galatians 5:10 Proverbs 29:25)
Her self worth is found in her accomplishments	Her self worth is found in an accurate view of who she is in Christ (Ephesians 2:10)
Her peace is found in the "perfect" environment	Her peace is found in Jesus, even in the midst of the storm (Isaiah 26:3)
She is discouraged by failure	Failure reminds her that God's strength is made perfect in weakness (2 Cor. 12:9-10)
She expects perfection from herself and others	She practices grace with herself and others (Ephesians 4:32)
She teaches her kids to be good	She teaches her kids to be Godly (Proverbs 22:6)
She is frustrated with her lack of spiritual fruit	She abides in Christ and bears much fruit (John 15:5)
She does things with her children	She builds a relationship with her children (Deuteronomy 6:6-7)
Her perspective is based on what is seen	Her perspective is based on what is unseen (Colossians 3:2)
She chooses quantity of activities	She chooses the most excellent way (I Corinthians 13)

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