

“God sees you. He always has.”

Women’s Bible Study

PURPOSE

Am I arising, or am I shrinking back?

The Bible is full of women who we think were overlooked, wounded, written off, and worn out - yet through faith, obedience, and God's unfailing grace, they arose. Not because they had it all together, but because they trusted the One who did.

This study is designed to help women identify the lies that keep them small, discover how God's Word speaks to their worth, and develop the courage to step into who God created them to be.

HOW THIS STUDY WORKS

Every other week is a teaching session.
The weeks between are Arise Challenges designed to put the teaching into practice.

KEY TRUTH

Every week, ask yourself: Am I arising, or am I shrinking back?

PHASE ONE: FORGOTTEN

Women Who Lost Themselves

WEEK 1 - Hagar - The Invisible Woman

> ***"God doesn't just see your situation. He sees you."***

SCRIPTURES

Genesis 16:7-8 *(NLT)*

> *The angel of the Lord found Hagar beside a spring of water in the wilderness, along the road to Shur. The angel said to her, 'Hagar, Sarai's servant, where have you come from, and where are you going?' 'I am running away from my mistress, Sarai,' she replied.*

Genesis 16:13 *(NLT)*

> *Thereafter, Hagar used another name to refer to the Lord, who had spoken to her. She said, 'You are the God who sees me.' She also said, 'Have I truly seen the One who sees me?'*

Genesis 21:17-19 *(NLT)*

> *But God heard the boy crying, and the angel of God called to Hagar from heaven, 'Hagar, what's wrong? Do not be afraid! God has heard the boy crying as he lies there. Go to him and comfort him, for I will make a great nation from his descendants.' Then God opened Hagar's eyes, and she saw a well full of water.*

Psalm 139:1-4 *(NLT)*

> *O Lord, you have examined my heart and know everything about me. You know when I sit down or stand up. You know my thoughts even when I'm far away. You see me when I travel and when I rest at home. You know everything I do. You know what I am going to say even before I say it, Lord.*

Isaiah 43:1 *(NLT)*

> *But now, O Jacob, listen to the Lord who created you. O Israel, the one who formed you says, 'Do not be afraid, for I have ransomed you. I have called you by name; you are mine.'*

Luke 12:6-7 *(NLT)*

> *What is the price of five sparrows - two copper coins? Yet God does not forget a single one of them. And the very hairs on your head are all numbered. So don't be afraid; you are more valuable to God than a whole flock of sparrows.*

KEY TRUTH

You are not invisible to God. You never were.

DISCUSSION QUESTIONS

1. When have you felt most unseen or overlooked?
2. How has feeling invisible shaped the way you see yourself?
3. What does it mean to you that God calls Himself 'the God who sees'?
4. Who in your life makes you feel seen? Who does not?
5. What would change if you truly believed God sees every part of your story?

NOTES

ARISE CHALLENGE #1

> ***"The woman God sees is more real than the woman the world ignores."***

SCRIPTURES

Psalm 139:14 *(NLT)*

> *Thank you for making me so wonderfully complex! Your workmanship is marvelous - how well I know it.*

Zephaniah 3:17 *(NLT)*

> *For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs.*

1 Peter 2:9 *(NLT)*

> *But you are not like that, for you are a chosen people. You are royal priests, a holy nation, God's very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light.*

MISSION

Write down three things God sees in you that the world has overlooked. Speak them out loud every morning this week.

REFLECTION: *How did it feel to declare your worth out loud?*

NOTES

WEEK 2 - Leah - The Unloved Woman

> ***"You cannot earn what God has already freely given."***

SCRIPTURES

Genesis 29:31-33 *(NLT)*

> *When the Lord saw that Leah was unloved, he enabled her to have children, but Rachel could not conceive. So Leah became pregnant and gave birth to a son. She named him Reuben, for she said, 'The Lord has noticed my misery, and now my husband will love me.' She conceived again and gave birth to another son. She named him Simeon, for she said, 'The Lord heard that I was unloved.'*

Genesis 29:35 *(NLT)*

> *And when she became pregnant again and gave birth to another son, she said, 'Now I will praise the Lord!' So she named him Judah. Then she stopped having children.*

Proverbs 31:30 *(NLT)*

> *Charm is deceptive, and beauty does not last; but a woman who fears the Lord will be greatly praised.*

Ephesians 2:10 *(NLT)*

> *For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.*

Psalm 45:11 *(NKJV)*

> *So the King will greatly desire your beauty; because He is your Lord, worship Him.*

Romans 8:38-39 *(NLT)*

> *And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow - not even the powers of hell can separate us from God's love.*

KEY TRUTH

Your worth is not determined by who chooses you - but by who created you.

DISCUSSION QUESTIONS

6. Where do you look for validation most often?
7. What have you done to try to earn love or approval?
8. How does Leah's journey from striving to praise speak to your own story?
9. What would it look like to stop performing and start resting in God's love?
10. What truth about God's love do you need to receive today?

NOTES

ARISE CHALLENGE #2

> ***"Stop auditioning for a role God already cast you in."***

SCRIPTURES

Psalm 46:5 *(NLT)*

> *God dwells in that city; it cannot be destroyed. From the very break of day, God will protect it.*

Isaiah 62:3 *(NLT)*

> *The Lord will hold you in his hand for all to see - a splendid crown in the hand of God.*

Galatians 1:10 *(NLT)*

> *Obviously, I'm not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ's servant.*

MISSION

Identify one area where you are still striving for approval. Surrender it to God in prayer daily this week.

REFLECTION: *What did it feel like to stop striving in that area?*

NOTES

WEEK 3 - The Woman at the Well - The Ashamed Woman

> ***"Jesus didn't come to expose you. He came to restore you."***

SCRIPTURES

John 4:9-10 *(NLT)*

> *The woman was surprised, for Jews refuse to have anything to do with Samaritans. She said to Jesus, 'You are a Jew, and I am a Samaritan woman. Why are you asking me for a drink?' Jesus replied, 'If you only knew the gift God has for you and who you are speaking to, you would ask me, and I would give you living water.'*

John 4:16-18 *(NLT)*

> *'Go and get your husband,' Jesus told her. 'I don't have a husband,' the woman replied. Jesus said, 'You're right! You don't have a husband - for you have had five husbands, and you aren't even married to the man you're living with now. You certainly spoke the truth!'*

John 4:28-29 *(NLT)*

> *The woman left her water jar beside the well and ran back to the village, telling everyone, 'Come and see a man who told me everything I ever did! Could he possibly be the Messiah?'*

Romans 8:1 *(NLT)*

> *So now there is no condemnation for those who belong to Christ Jesus.*

Isaiah 61:7 *(NLT)*

> *Instead of shame and dishonor, you will enjoy a double share of honor. You will possess a double portion of prosperity in your land, and everlasting joy will be yours.*

2 Corinthians 5:17 *(NLT)*

> *This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!*

KEY TRUTH

Shame says hide. Jesus says come.

DISCUSSION QUESTIONS

11. What shame have you been carrying that you haven't given to God?
12. How has shame kept you from community, church, or God?
13. The woman ran and told her whole village - what would freedom from shame free you to do?
14. How does Jesus knowing your full story and still choosing you change things?
15. What would it look like to let your story become someone else's breakthrough?

NOTES

ARISE CHALLENGE #3

> ***"What Jesus knows about you doesn't disqualify you. It qualifies you."***

SCRIPTURES

Psalm 34:5 *(NLT)*

> *Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces.*

Joel 2:25 *(NLT)*

> *The Lord says, 'I will give you back what you lost to the swarming locusts, the hopping locusts, the stripping locusts, and the cutting locusts.'*

Hebrews 4:16 *(NLT)*

> *So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.*

MISSION

Share one part of your story with a trusted sister this week - the part you normally keep hidden.

REFLECTION: *What happened when you brought it into the light?*

NOTES

WEEK 4 - Mary at Cana - The Trusting Woman

> ***"She didn't need to understand His plan. She just knew His character."***

SCRIPTURES

John 2:1-3 *(NLT)*

> *The next day there was a wedding celebration in the village of Cana in Galilee. Jesus' mother was there, and Jesus and his disciples were also invited to the celebration. The wine supply ran out during the festivities, so Jesus' mother told him, 'They have no more wine.'*

John 2:4-5 *(NLT)*

> *'Dear woman, that's not our problem,' Jesus replied. 'My time has not yet come.' But his mother told the servants, 'Do whatever he tells you.'*

Luke 1:38 *(NLT)*

> *Mary responded, 'I am the Lord's servant. May everything you have said about me come true.' And then the angel left her.*

Luke 2:19 *(NLT)*

> *But Mary kept all these things in her heart and thought about them often.*

Proverbs 3:5-6 *(NLT)*

> *Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.*

Isaiah 55:8-9 *(NLT)*

> *'My thoughts are nothing like your thoughts,' says the Lord. 'And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts.'*

KEY TRUTH

Trust is not the absence of questions. It is obedience in the presence of them.

DISCUSSION QUESTIONS

16. Where are you waiting on God and struggling to trust His timing?
17. What does Mary's response - 'Whatever He says, do it' - look like in your daily life?
18. What is the difference between trusting God and controlling the outcome?
19. When has God come through in a way you didn't expect?
20. What do you need to hand over to God completely this week?

NOTES

ARISE CHALLENGE #4

> ***"You don't have to figure it out. You just have to trust the One who has."***

SCRIPTURES

Psalm 37:5 *(NLT)*

> *Commit everything you do to the Lord. Trust him, and he will help you.*

Philippians 4:6-7 *(NLT)*

> *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

Romans 8:28 *(NLT)*

> *And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.*

MISSION

Write down the one thing you are trying hardest to control. Pray over it daily and choose to release it to God.

REFLECTION: *What shifted when you chose trust over control?*

NOTES

PHASE TWO: FIGHTER

Women Who Found Their Footing

WEEK 5 - Rahab - The Written-Off Woman

> ***"Your past is not your prison. It is your platform."***

SCRIPTURES

Joshua 2:3-4 *(NLT)*

> *The king of Jericho sent orders to Rahab: 'Bring out the men who have come into your house, for they have come here to spy out the whole land.' Rahab had hidden the two men, but she replied, 'Yes, the men were here earlier, but I didn't know where they were from.'*

Joshua 2:11-12 *(NLT)*

> *No wonder our hearts have melted in fear! No one has the courage to fight after hearing such things. For the Lord your God is the supreme God of the heavens above and the earth below. Now swear to me by the Lord that you will be kind to me and my family since I have helped you.'*

Joshua 6:25 *(NLT)*

> *So Joshua spared Rahab the prostitute and her relatives who were with her in the house, because she had hidden the spies Joshua sent to Jericho. And she lives among the Israelites to this day.*

Matthew 1:5 *(NLT)*

> *Salmon was the father of Boaz (whose mother was Rahab). Boaz was the father of Obed (whose mother was Ruth). Obed was the father of Jesse.*

Hebrews 11:31 *(NLT)*

> *It was by faith that Rahab the prostitute was not destroyed with the people in her city who refused to obey God. For she had given a friendly welcome to the spies.*

James 2:25 *(NLT)*

> *Rahab the prostitute is another example. She was shown to be right with God by her actions when she hid those messengers and sent them safely away by a different road.*

KEY TRUTH

God doesn't call the qualified. He qualifies the called - no matter where they started.

DISCUSSION QUESTIONS

21. What labels has the world put on you that you have started to believe?
22. How does Rahab's story challenge the idea that your past disqualifies you?
23. Rahab is listed in the lineage of Jesus - what does that say about how God uses broken stories?
24. What would you attempt if you truly believed your past couldn't hold you back?
25. Who in your life needs to hear that their past doesn't define them?

NOTES

ARISE CHALLENGE #5

> ***"The scarlet cord didn't erase her past. It redeemed it."***

SCRIPTURES

Psalm 103:12 *(NLT)*

> *He has removed our sins as far from us as the east is from the west.*

Isaiah 43:18-19 *(NLT)*

> *But forget all that - it is nothing compared to what I am going to do. For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland.*

Romans 8:1 *(NLT)*

> *So now there is no condemnation for those who belong to Christ Jesus.*

MISSION

Write a letter to your past self - speak grace and truth over who you were. Then write what God says about who you are now.

REFLECTION: *What changed in how you see your story?*

NOTES

WEEK 6 - Esther - The Fearful Woman

> ***"Comfort is not your calling. Courage is."***

SCRIPTURES

Esther 4:11 *(NLT)*

> *All the king's officials and even the people in the provinces know that anyone who appears before the king in his inner court without being invited is doomed to die unless the king holds out his gold scepter. And the king has not called for me to come to him for thirty days.*

Esther 4:14 *(NLT)*

> *If you keep quiet at a time like this, deliverance and relief for the Jews will arise from some other place, but you and your relatives will die. Who knows if perhaps you were made queen for just such a time as this?*

Esther 4:16 *(NLT)*

> *Go and gather together all the Jews of Susa and fast for me. Do not eat or drink for three days, night or day. My maids and I will do the same. And then, though it is against the law, I will go in to see the king. If I must die, I must die.*

Esther 8:3-4 *(NLT)*

> *Then Esther went again before the king, falling down at his feet and begging him with tears to stop the evil plot devised by Haman the Agagite against the Jews. Again the king held out the gold scepter to Esther. So she rose and stood before him.*

2 Timothy 1:7 *(NKJV)*

> *For God has not given us a spirit of fear, but of power and of love and of a sound mind.*

Isaiah 41:10 *(NLT)*

> *Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.*

KEY TRUTH

You were placed exactly where you are for exactly this moment.

DISCUSSION QUESTIONS

26. What is the thing God is calling you to do that fear has kept you from?
27. What does 'for such a time as this' mean in your specific life right now?
28. Esther fasted and gathered her people before she moved - what does preparation look like for the brave step you need to take?
29. What are you risking by staying silent or staying safe?
30. Who are you meant to stand up for?

NOTES

ARISE CHALLENGE #6

> ***"Fear doesn't mean stop. It means pray, prepare, and go anyway."***

SCRIPTURES

Joshua 1:9 *(NLT)*

> *This is my command - be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.*

Philippians 4:13 *(NLT)*

> *For I can do everything through Christ, who gives me strength.*

Psalm 27:1 *(NLT)*

> *The Lord is my light and my salvation - so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble?*

MISSION

Do the one brave thing you have been postponing. Take the step, make the call, have the conversation.

REFLECTION: *How did God meet you when you stepped out?*

NOTES

WEEK 7 - The Bleeding Woman - The Desperate Woman

> ***"She was too desperate to let dignity stop her from reaching Jesus."***

SCRIPTURES

Mark 5:25-27 *(NLT)*

> *A woman in the crowd had suffered for twelve years with constant bleeding. She had suffered a great deal from many doctors, and over the years she had spent everything she had to pay them, but she had gotten no better. In fact, she had gotten worse. She had heard about Jesus, so she came up behind him through the crowd and touched his robe.*

Mark 5:28-29 *(NLT)*

> *For she thought to herself, 'If I can just touch his robe, I will be healed.' Immediately the bleeding stopped, and she could feel in her body that she had been healed of her terrible condition.*

Mark 5:33-34 *(NLT)*

> *Then the frightened woman, trembling at the realization of what had happened to her, came and fell to her knees in front of him and told him what she had done. And he said to her, 'Daughter, your faith has made you well. Go in peace. Your suffering is over.'*

Hebrews 11:1 *(NKJV)*

> *Now faith is the substance of things hoped for, the evidence of things not seen.*

Matthew 9:22 *(NLT)*

> *Jesus turned around, and when he saw her he said, 'Daughter, be encouraged! Your faith has made you well.' And the woman was healed at that moment.*

Romans 5:3-4 *(NLT)*

> *We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation.*

KEY TRUTH

When you press through shame to reach Jesus, He stops everything for you.

DISCUSSION QUESTIONS

31. What has been draining you for years that you haven't brought to Jesus?
32. What has kept you from pressing through to receive what God has for you?
33. She had tried everything else first - what have you exhausted before turning to God?
34. Jesus called her 'Daughter' - what does it mean to be called daughter by God?
35. What would it look like to press through your fear or shame this week?

NOTES

ARISE CHALLENGE #7

> ***"Stop managing your pain and start bringing it to Jesus."***

SCRIPTURES

Mark 11:24 *(NLT)*

> *I tell you, you can pray for anything, and if you believe that you've received it, it will be yours.*

James 5:16 *(NLT)*

> *Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.*

Isaiah 43:2 *(NLT)*

> *When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.*

MISSION

Identify the one thing you have been managing instead of surrendering. Bring it to God in prayer every day this week - and find one woman to pray with you over it.

REFLECTION: *What happened when you stopped managing it alone?*

NOTES

WEEK 8 - Mary Magdalene - The Redeemed Woman

> ***"The woman the world counted out was the first one God sent out."***

SCRIPTURES

Luke 8:2 *(NLT)*

> *Along with them were some women who had been cured of evil spirits and diseases. Among them was Mary Magdalene, from whom he had cast out seven demons.*

John 20:11-13 *(NLT)*

> *Mary was standing outside the tomb crying, and as she wept, she stooped and looked in. She saw two white-robed angels, one sitting at the head and the other at the foot of the place where the body of Jesus had been lying. 'Dear woman, why are you crying?' the angels asked her.*

John 20:15-16 *(NLT)*

> *'Dear woman, why are you crying?' Jesus asked her. 'Who are you looking for?' She thought he was the gardener. 'Sir,' she said, 'if you have taken him away, tell me where you have put him, and I will go and get him.' 'Mary!' Jesus said. She turned to him and cried out, 'Rabboni!' (which is Hebrew for 'Teacher').*

John 20:17-18 *(NLT)*

> *'Don't cling to me,' Jesus said, 'for I haven't yet ascended to the Father. But go find my brothers and tell them, I am ascending to my Father and your Father, to my God and your God.' Mary Magdalene found the disciples and told them, 'I have seen the Lord!' Then she gave them his message.*

Joel 2:28 *(NLT)*

> *Then, after doing all those things, I will pour out my Spirit upon all people. Your sons and daughters will prophesy. Your old men will dream dreams, and your young men will see visions.*

2 Corinthians 1:3-4 *(NLT)*

> *All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.*

KEY TRUTH

Redemption doesn't just restore what was lost. It gives you a mission.

DISCUSSION QUESTIONS

36. How has God redeemed something painful in your story and used it for His glory?
37. Mary was the first to carry the resurrection message - what message has your story given you to carry?
38. What does it mean that Jesus trusted a woman others dismissed to announce the most important event in history?
39. How has your journey through this study changed how you see yourself?
40. What is God calling you to arise and do from this point forward?

NOTES

ARISE CHALLENGE #8

> ***"You are not just healed. You are sent."***

SCRIPTURES

Galatians 3:28 *(NLT)*

> *There is no longer Jew or Gentile, slave or free, male and female. For you are all one in Christ Jesus.*

Romans 8:37 *(NLT)*

> *No, despite all these things, overwhelming victory is ours through Christ, who loved us.*

Revelation 12:11 *(NLT)*

> *And they have defeated him by the blood of the Lamb and by their testimony. And they did not love their lives so much that they were afraid to die.*

MISSION

Write your Woman of God declaration - who God says you are, what He has brought you through, and what you are called to do. Share it with your group.

REFLECTION: *What kind of woman is God calling you to become?*

NOTES

FINAL DECLARATION

A Forgotten woman believes the lies.
A Fighter challenges them.
A Woman of God walks in the truth - no matter what.

The goal is not perfection.
The goal is freedom.
The goal is becoming the woman God saw when He first called your name.