

# Women of the Bible

## Scope and Sequence



May 2

Sarah

Hebrews 10:23



May 9

Rebekah

Proverbs 16:9



May 16

Deborah

Philippians 4:13



May 23

Tabitha

Philippians 2:4

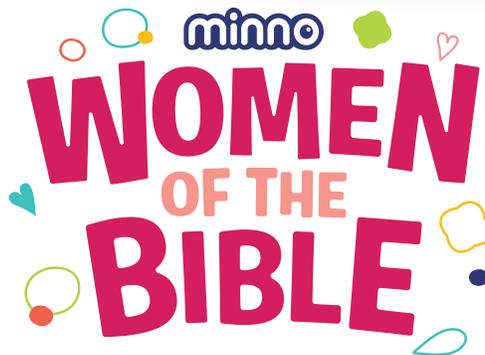


May 30

Mary and Martha

Matthew 6:33



Family Discussion Guide:  
SARAH

Let us hold tightly without wavering to the hope we affirm,  
for God can be trusted to keep his promise. **Hebrews 10:23 NLT**

The

**BIG  
IDEA****God keeps His promises.**

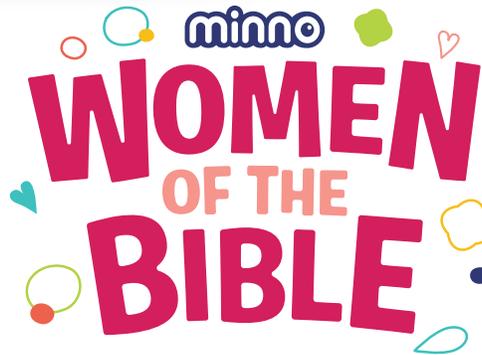
**Her Story:** Sarah and her husband Abraham were not able to have children. One day, God called Abraham to leave home and follow Him, and Abraham obeyed. God promised Abraham that he and Sarah would have a baby, even though they were almost 100 years old! This made Sarah laugh. But God surprised her, and she had a baby boy named Isaac.

**Her Strengths:** Sarah followed God, even though she thought His promise was impossible. Even though she laughed at what God had promised, He gave her the deepest desire of her heart: a son!

The

**BIG  
QUESTION****Why can we trust God to keep His promises?**

**Pray:** God, thank You for keeping Your promise to Sarah and Abraham and for being patient with us when we don't believe Your promises are really true. Thank You for Sarah's story, the gift of her son Isaac, and the blessing You gave the whole world through their family. In Jesus' name, Amen.

**CHURCH AT  
HOME****Family Discussion Guide:  
REBEKAH**

We can make our plans, but the Lord determines our steps.

Proverbs 16:9 NLT

The

**BIG  
IDEA**

God's plans are good.

**Her Story:** Rebekah was the wife of Isaac, the son of Sarah and Abraham. One day, a servant went looking for a wife for Isaac, and he came upon a well. Rebekah was at the well and helped by getting water for the servant. That's how he knew she would be the perfect wife for Isaac. Rebekah didn't know much about Isaac or God's plan but she trusted God. She chose to go and become Isaac's wife. Rebekah and Isaac had two sons, Esau and Jacob.

**Her Strengths:** Rebekah showed kindness and hospitality to the servant by drawing water for him to drink when he was thirsty. When she heard of the plan for her to be Isaac's wife, she agreed. Rebekah showed a willingness to serve the Lord by caring for others and trusting God's plan.

The

**BIG  
QUESTION**

How does God show us His plans for us?

**Pray:** Dear God, Thank You for giving us Rebekah's story in the Bible! Help us to always show hospitality to new people the way Rebekah showed kindness. We pray that You would always guide our steps and reveal Your plans for our lives. In Jesus' name, Amen.

Family Discussion Guide:  
DEBORAH

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

Philippians 4:13 NLT

The

**BIG  
IDEA**

God helps me be brave!

**Her Story:** Deborah was both a prophet and a judge—a strong and brave leader over all of Israel. The Israelites were not following God when Deborah became the judge but she helped them defeat a mighty enemy. God used Deborah to remind the Israelites that He was their king! Deborah was strong and brave and helped the Israelites see the true God.

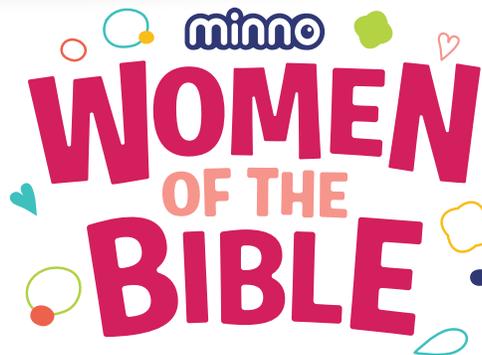
**Her Strengths:** Deborah showed herself to be strong, brave, wise, and faithful to God. When others were doing evil, she followed the Lord and listened to His word. When others feared the enemy armies, she was brave and trusted God. God brought the people back to Himself through Deborah.

The

**BIG  
QUESTION**

What brave thing can God help you do right now?

**Pray:** Dear God, thank You for brave and wise women like Deborah who helped lead Your people. Please help us to be brave and make wise choices so we can lead others toward You too. In Jesus' name, Amen.

Family Discussion Guide:  
TABITHA

Don't be interested only in your own life, but care about the lives of others TOO. **Philippians 2:4 ERV**

The

**BIG  
IDEA****I can be God's helper!**

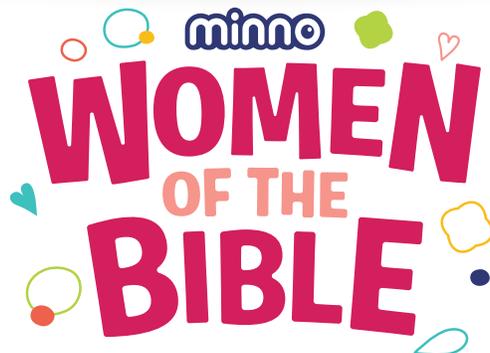
**Her Story:** Tabitha was a follower of Jesus who loved and cared for the poor. She was known in her community for taking care of so many people. But one day Tabitha became sick and died! Many people were sad, and some women asked Peter if he could help. God used Peter to raise Tabitha back to life! Then many more people believed in God because of what happened to Tabitha.

**Her Strengths:** Tabitha was loved by many people because she cared so well for people in need. She loved the poor and needy and always helped them! Tabitha showed the love of Jesus by caring for people.

The

**BIG  
QUESTION****Who gives us the power to be God's helper?**

**Pray:** Dear God, Please help us to be more like Tabitha! Show us people who need our help and need to know about You. We trust Your Holy Spirit to give us the strength to love and serve others. In Jesus' name, Amen.

Family Discussion Guide:  
MARY and MARTHA

But more than anything else, put God's work first and do what he wants.  
Then the other things will be yours as well. **Matthew 6:33 CEV**

The

**BIG  
IDEA****Jesus deserves first place.**

**Their Story:** Mary and Martha were sisters, and they were dear friends of Jesus. In Luke 10, Jesus visited Mary and Martha. Martha was very welcoming and hospitable, and Mary sat at Jesus's feet and listened to Him teach.

**Their Strengths:** Mary and Martha loved Jesus, and we can learn so much from their devotion to Him. Martha showed Jesus hospitality by welcoming Him into her home; Mary showed her love by listening to Jesus carefully. Both women showed great strength in how they loved Jesus but in the end, Jesus told Martha that Mary had chosen the "better way"—to be still and listen, putting Him first, above all else.

The

**BIG  
QUESTION****Why does Jesus deserve first place in your life?**

**Pray:** Dear God, thank You for the story of Mary and Martha and their example of ways to show love. We know that even good things can get in the way of putting You first. Please help us to remember to focus on You above all else. In Jesus' name, Amen.