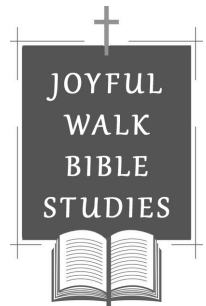


Everyday Women
Ever-Faithful God

“Join Old Testament Women on Their
Walk from Fear to Faith”

MELANIE NEWTON



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Using This Study Guide

This study guide consists of 11 lessons arranged chronologically according to Old Testament history. For those who are not familiar with the history of Israel found in the Old Testament, each lesson begins with a brief history of a particular time period and then covers the lives of 1-2 women who lived during that time.

The lessons are divided into 4 sections (about 20 minutes in length). The first 3 sections contain a detail study of the passages. The fourth section asks you to reflect on what you've learned. If you cannot do the entire lesson one week, please read the Bible passage being covered.

The Basic Study

Each lesson includes core questions covering the narrative associated with the lives of 1-2 women. These core questions will take you through the process of inductive Bible study—observation, interpretation, and application. The process is more easily understood in the context of answering these questions:

- What does the passage say? (*Observation: what's actually there*)
- What does it mean? (*Interpretation: the author's intended meaning*)
- How does this apply to me today? (*Application: making it personal*) **Your Life's Journey** questions lead you to introspection and application of a specific truth to your life.

Study Enhancements

Deeper Discoveries (optional): Embedded within the sections are *optional* questions for further research of subjects we don't have time to cover adequately in the lessons or contain information that may enhance the basic study. If you are meeting with a small group, your leader may give you the opportunity to share your "discoveries."

Study Aids: To aid in proper interpretation and application of the study, additional study aids are located where appropriate in the lesson:

- Historical Insights
- Scriptural Insights
- From the Hebrew (definitions of Hebrew words)
- Focus on the Meaning
- Think About It (thoughtful reflection)

Tell Your Story

This study is about the faith walk of women—those who lived in years past and those who live in the present. The scripture passages tell each Old Testament woman's "story" about her trust in God's faithfulness and goodness. Through **TELL YOUR STORY** questions in each lesson, you will be encouraged to write parts of your own story that relate to what's learned in the lesson. At the end of the study, you'll have enough information to put together a "My Story" of your own faith walk with God—especially your walk from fear to faith.

Podcasts

Find podcasts coordinating with these lessons at melanienewton.com/podcasts.

Old Testament Summary

About 1700 years after God created everything, He sent judgment on a rebellious race through a worldwide Flood. He later separated the nations with different languages and scattered them from Babel. Abraham, Isaac, and Jacob were founding fathers of the Hebrew people. Sold into slavery, Joseph became a powerful foreign leader. The Israelites grew in number for ~400 years in Egypt. Then God delivered them from bondage through Moses who took the people across the Red Sea and taught them God's Law at Mt. Sinai. Joshua led the Israelites into the Promised Land after a 40-year trek in the wilderness because of unbelief.

During the transition toward monarchy, there were deliverer-rulers called "Judges," the last of whom was Samuel. The first three Hebrew kings—Saul, David, and Solomon—each ruled 40 years. Under Rehoboam, the Hebrew nation divided into northern and southern kingdoms, respectively called Israel and Judah. Prophets warned against worshipping the foreign god Baal. After the reign of 19 wicked kings in the north, Assyria conquered and scattered the northern kingdom. In the south, 20 kings ruled for ~350 years, until Babylon took the people into captivity for 70 years. Zerubbabel, Ezra, and Nehemiah led the Jews back into Jerusalem over a 100-year period. More than 400 "silent years" spanned the gap between Malachi and Matthew.

The 39 books in the Old Testament are divided into 4 main categories:

- "The LAW" (5 books)—the beginning of the nation of Israel as God's chosen people; God giving His Laws to the people that made them distinct from the rest of the nations.
- "HISTORY" (12 books)—narratives that reveal what happened from the time the people entered the Promised Land right after Moses died until 400 years before Christ was born.
- "POETRY & WISDOM" (5 books)—take place at the same time as the history books but are set apart because they are written as poems and have a lot of wise teaching in them.
- "PROPHETS" (17 books)—concurrent with the books of history and, except for Lamentations, reflect the name of the prophet through whom God spoke to the nation of Israel.

Old Testament Timeline

Historical Period	Years B.C.	Woman Studied
The Patriarchs	2100 - 1800	Sarah
Israel in Egypt	1800 - 1450	Jochebed, Miriam
Exodus through Conquest of the Land	1450 - 1400	Miriam, Rahab
Time of the Judges	1400 – 1000	Deborah & Jael Naomi & Ruth Hannah & Mrs. Manoah
United Kingdom	1000 – 900	Abigail & Bathsheba
Divided Kingdom	900 – 722	Zarephath Widow & Prophet's Widow Woman of Shunem
Captivity and Restoration	609 – 400	Esther

Old Testament Women Walk from Fear to Faith

This study examines the faith walk of women who lived in Old Testament days. Like many women today, you may have very little knowledge of the Old Testament. You might look at that half of your Bible and think, “What’s written in it happened so long ago—anywhere from 2-4 thousand years ago. What do those women have in common with *me*? They don’t live in *my* world. They seem just like names on a page.”

If you like to read biographies, doesn’t reading someone’s story make that person come alive for you? Or, you may have done genealogy work on your family tree. It can be great to find something to brag about. But, you can also find out some of your ancestors’ dark secrets and hardships. I don’t know about you, but I feel a connection to that great-great grandmother when I learn a little bit about her life. Hopefully, that’s what you will experience through this study.

These Old Testament women were **EVERYDAY WOMEN**, just like we are, with many of the same experiences and challenges that we have. We’ll see an **EVER-FAITHFUL GOD** in action—a faithful God whose character never changes. He’s as faithful now in our everyday circumstances of life as He was years ago to them. We can feel confidence in His presence and active involvement, even when we can’t see it. And, knowing this, we can trust in Him whenever we are afraid. And, we are often afraid, aren’t we?

A few years ago, I heard Jill Briscoe say, “Women are a fear-driven, performance-oriented species.” I think she’s right. Fear is an ever-present emotion with us. Real fears and imagined fears. Is it realistic to think we can live without fear? No! Fear is a normal human emotion designed by God to alert us to danger so that we will take action against it. Yet, fear can take root in us and cause us to give way to panic and hysteria. God knows this about us. When we are afraid, God wants us to trust Him and not give way to fear. Learning to do so is our **WALK FROM FEAR TO FAITH**.

As we join these Old Testament women on their walk from fear to faith, we will see consistent truths that we can apply to our lives today in our faith walk...

- God loves me.
- God knows what is going on in my life.
- God can do something about it.
- I can trust His goodness in whatever He chooses to do!

Your walk from fear to faith begins as you count on these truths and live each day believing they are true.

Your faith walk is your story, your biography of God’s faithfulness to you and your response back to Him. Each one of these women had a story, and that story has been shared over and over to millions of eager listeners. You’re going to get to know it as you get to know them. It’s a connection with real women, **EVERYDAY WOMEN**.

And, each one of you has a story. You will be given opportunities throughout the study to recall parts of your story, write about it, and share it with others. And, you’ll have more reason to praise our **EVER-FAITHFUL** God as you see and hear how He has been faithful to each of you through the years. It’s going to be a great journey. And, I’m so glad to be walking beside you!

Melanie Newton

Discussion Group Guidelines

1. **Attend consistently** whether your lesson is done or not. You'll learn from the other women, and they want to get to know you.
2. **Set aside time** to work through the study questions. The goal of Bible study is to **get to know** Jesus. He will change your life.
3. **Share your insights** from your personal study time. As you spend time in the Bible, Jesus will teach you truth through His Spirit inside you.
4. **Respect each other's insights**. Listen thoughtfully. Encourage each other as you interact. Refrain from dominating the discussion if you have a tendency to be talkative. 😊
5. **Celebrate our unity** in Christ. Avoid bringing up controversial subjects such as politics, divisive issues, and denominational differences.
6. **Maintain confidentiality**. Remember that anything shared during the group time is not to leave the **group** (unless permission is granted by the one sharing).
7. **Pray for one another** as sisters in Christ.
8. **Get to know the women** in your group. Please do not use your small group members for solicitation purposes for home businesses, though.

Enjoy your Joyful Walk Bible Study!

PODCAST LISTENER GUIDE

Recommended: Listen to the podcast [“Old Testament Women Walk from Fear to Faith”](#) before doing this lesson to get some background for the whole study.

Old Testament Women Walk from Fear to Faith

Many Christians today have very little knowledge of the Old Testament. That might be your experience. Do you look at the front half of your Bible and think, “What’s written in it happened so long ago? What do those women have in common with me? They are just names on a page. They didn’t live in my world.” Is that how you feel?

- Studying Old Testament women is like reading biographies or doing genealogy work on your family tree. It makes that person come alive for you. It helps you to feel a connection to that great-great grandmother when you learn a little bit about her life.
- For some of the Old Testament women we’ll be studying together, their names will be familiar to you—such as Sarah, Miriam, and Rahab. Others are strangers to you.

Old Testament women were everyday women with fears like ours.

- These Old Testament women were everyday women, just like you and I are, with many of the same experiences and challenges that we have. They cooked meals, did laundry, and raised children. They had responsibilities inside and outside of their homes. Some even had home businesses. They experienced hormone fluctuations and menopause. They laughed with their kids, differed with their mates, and cried when a loved one died. They wrote songs and played musical instruments. They all found ways to use their 20,000 words per day!
- At one time, they were 20-somethings, then 40-somethings, then 60-somethings and more. They wore beads, earrings, and bracelets. Their hair needed to be combed and fixed, and it turned grey as they aged. No doubt, some of them, if not all, had something on their bodies that sagged.
- These Old Testament women also experienced fear at various times in their lives just like we do. They had to face invading enemies, sick husbands and children, and empty pantries. They faced creditors and surprise houseguests. They even had “bad” days when things didn’t go right, sometimes due to their own choices.
- Their stories are just snippets of their biographies and have been preserved for us to get to know them. And through their stories, we get to know their God who is also our God.

The Old Testament God is the same ever-faithful God.

- As we study their lives, we’ll see an **EVER-FAITHFUL GOD** in action. He’s our faithful God whose character never changes.

- He's as faithful now in our everyday circumstances of life as He was years ago to those women. We can feel confidence in His presence and active involvement, even when we can't see it. And, knowing this, we can trust in Him whenever we are afraid.

We can trust God with our fears.

- Fear is an ever-present emotion with us. Real fears and imagined fears. Is it realistic to think we can live without fear? I don't think so.
- Fear is a normal human emotion designed by God to alert us to danger so that we will take action against it. Yet, sudden fear can cause us to be terrified. God knows this about us.
- The psalmist says in Psalm 56:3-4,

"When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid."

- When we are afraid, God wants us to trust Him and not give way to fear. Learning to do so is our walk from fear to faith.

Sharing your story of walking with your ever-faithful God from fear to faith.

- Each of those Old Testament women had a story, and that story has been shared over and over and over to millions of eager listeners. You might be surprised how many times the scriptures refer to them actually telling their story in one form or another. You're going to get to know it as you get to know them. It's a connection with real women, **everyday women**.
- Each one of you has a story. There will be opportunity throughout the study for you to recall parts of your story, write about it, and share it with others. That will give you more reason to praise your **ever-faithful** God as you see and hear how He has been faithful to each of you through the years.

It's going to be a great journey. And, I'm so glad to be walking beside you!

1 The Walk from Fear to Faith

Time Period: Creation through today

“When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?” PSALM 56:3-4

Day One Study

The Gift of Fear

You know that feeling. The pit in your stomach, pounding of your heart, and rush of your thoughts as you go from just the possibility of a job loss to starving and being homeless on the streets—all in a matter of seconds. Gripped by fear, although an imagined one.

Fear is a normal human emotion designed by God to alert us to danger so that we will take action against it. It has a purpose. It tells us to take precautions, to be wise in our dealings with strangers and strange situations. We need to think of it as a gift.

We know fear has a dark side as well. Bible teacher Jill Briscoe has often said, “Women are a fear-driven, performance-oriented species.” Just watching the daily news can panic us. What did she mean by fear-driven? Why would fear drive us? And, what does fear drive us to do?

Women in general are created with a nesting instinct, a need for security and stability, and a desire to control our environment in order to create that security for us and for those we love. Our American way of thinking is this: we can fix it—whatever IT is. When we cannot fix it, we panic. And, fear can bring out the worst in us, especially in our uncertain world rife with the threat of terrorism. The damaging effect of constant fear is a disorienting sense that no place is safe.

Fear can be real or imagined. For me, a real fear is meeting a snake in my woodsy yard while gardening. I know they are there so I carefully do everything I can to avoid interaction with them. I experienced an imagined fear as my youngest daughter was growing up. That fear manifested itself in ongoing nightmares about her being kidnapped or molested. She was never threatened that way, but she was friendly and outgoing. I guess I thought she was more vulnerable than my older, more cautious daughter. When that young daughter became a strong teen girl who was daily hockey-checking her older brother into the wall as they met each other in the hallway, those nightmares stopped. I guess my subconscious recognized that she could handle herself.

Is it realistic to think we can live without fear? No! Our faithful God understands this about us. He doesn't want us to stay there, disoriented and hopeless. He gives us the answer—Himself!

1. Read Psalm 56:3-4. Write out these verses in the space provided below.
2. Reading back over those words you just wrote, underline the phrases that tell you what to do when you are afraid. Then, write them below.

Notice that David doesn't write, "If I am afraid." He says, "**When** I am afraid." Fear will happen. We can let fear take root in us so that we give way to panic and hysteria. Does that ring any bells with you? Are you prone to hysterics? God knows this about us. When we are afraid, God wants us to trust Him and not give way to fear. Learning to do that is your walk from fear to faith.

Trusting a Faithful God

Since God understands the tendency to fear and panic in us, the Holy Spirit inspired Peter to write encouragement and instructions to women in 1 Peter 3:3-6.

3. Read 1 Peter 3:3-6. What does God consider of great worth in His sight (verse 4)?

Although the context of this passage is a marriage relationship, the principles apply to any woman's character ("inner self"), especially the qualities of a GENTLE and QUIET spirit that are precious in God's sight. These enable a woman to "do what is right and not give way to fear" (verse 6). But, you may be thinking, "How can that apply to me? I have a bubbly personality. I'm not naturally quiet." Before you start feeling put out about these words or afraid that you could never measure up to this, let's find out what "gentle" and "quiet" actually mean.

Scriptural Insight: "GENTLE" means "**controlled strength.**" It does not mean passive, weak, or someone who cannot help herself. Picture a mother cradling a newborn. She has the physical strength to harm that child but doesn't because her strength is under control. If you are going to have a gentle spirit, what will you need? Strength under control. A woman with a gentle spirit has a humble heart that bows itself before God, recognizes God's dealings with her as good, and chooses not to be contentious or resistant against Him.

"QUIET" means "tranquility arising from within." It does not mean whisper, silent, or bland. "Quiet" includes the idea of causing no disturbance to others. Think how a woman's hysterics affect those around her—family, friends, and coworkers. A woman with a quiet spirit has an inner peace and calmness in the midst of any circumstances. We can have a tranquil spirit in the midst of chaos. See how it fits with the "strength under control" attitude?

Gentleness and peace are fruits of the Holy Spirit (Gal. 5: 22-23) in a believer's life and available to every Christian woman who desires them—that includes you and me! Now that you know the real meanings of these words, are you more likely to desire these qualities?

4. Why do you think these qualities in a woman would be so precious – of great worth – to God?

5. Read 1 Peter 3:5-6 written below and underline the three choices women can make, identified by (1), (2), and (3).

“For this is the way the holy women of the past who (1) put their hope in God used to make themselves beautiful. They were submissive to their own husbands, like Sarah, who obeyed Abraham and called him her master. You are her daughters if you (2) do what is right and (3) do not give way to fear.”

Peter identifies these examples for us as “holy women of the past.” The word “holy” means set apart for God’s special use. These women are holy because they’ve learned to trust in God when they were afraid. As holy women, these women were beautiful in God’s eyes (regardless of their outward appearance, age or social status). This beauty attributed to them by God Himself was based on three choices they made (“used to make themselves beautiful”) that every woman can make today:

- Choice #1: You can put your hope in God—in God and His Word rather than the fickleness of ourselves or others.
- Choice #2: You can do what is right—according to God’s way of approaching life, not the world’s way, especially those cultural practices that go against God’s Word.
- Choice #3: You can choose to not give way to fear. Let’s examine this one more closely.

Choose to Not Give Way to Fear

What does that mean—not give way to fear? We know this: God is not saying, “Don’t ever feel fear.” God gave us the gift of fear as a normal human emotion designed to alert us to danger so we can take action against it. God is saying, “You don’t have to stay terrified and paralyzed by your fear.” We are to TRUST GOD—in whom we have put our hope and by whose Word we are taught to do what is right.

6. Have you ever felt terrified? How did you respond?

7. God says that having a gentle and quiet inner spirit will make it easier for us to not get so terrified and stay that way. What’s harder for God: rescuing us from desperate circumstances or developing in us a gentle and quiet spirit? Why?

Did you select the “developing in us a gentle and quiet spirit?” I agree because it involves our cooperation! Is it too difficult for Him? No! But here’s the key: a humble, peaceful heart makes it easier for us to make that choice to trust in the faithfulness of God rather than the fickleness of ourselves or others when we are tempted to panic and succumb to hysteria.

We have a faithful God. That's not imaginary. In 1 Peter 3:5, Sarah represents several other everyday women who lived in Old Testament days who put their hope in God and found Him worthy of their trust. This was their walk from fear to faith. What is that? We'll find out in the Day Two Study.

Think About It: "When we experience anxiety or fear, the enemy can try to use it as an opportunity to make us feel guilt or shame. That's when we pause and ask God for help, knowing He understands and never condemns us." (Holley Gerth, "Fear Not," *Homelife Magazine*, March 2016)

8. **Your Life's Journey:** What might be holding you back from trusting God whenever you are afraid?

Day Two Study

The Walk from Fear to Faith

In the Bible, "walk" refers to following a certain course of life or conducting oneself in a certain way. It's your daily life. How you choose to live daily. What motivates you. What guides you. What decisions you make in how you will respond to life. Will your daily walk (life) follow God's way of approaching life or the world's way of approaching life (usually very different)? Your walk is your choice.

For the purposes of this study, your choice will involve moving away from fear and toward faith. Most of us have a pretty good understanding of fear in our lives. But, what is faith? God defines that for us Himself through the writer of Hebrews.

9. Read Hebrews 11:1 and 6.
- What is faith (v. 1)?

 - What must you believe about God in your faith (v. 6)?

Did you notice that faith is related to confidence? Confident hope and assurance that what we believe is true. Confidence that our God exists and is good to anyone who seeks Him. This confidence pleases Him. Hebrews 11 continues to relate the lives of men and women who had this confidence in God.

10. Read Hebrews 11:11, 23, and 31. Who chose faith in God over giving way to fear?

11. Read Hebrews 11:35 (first half of verse). By faith, what did these women receive?

Think About It: “When we look at life just with our own eyes, we become fearful, pessimistic, & negative. We become people who feel, ‘I don’t know if that can work. I don’t know if I can get through this.’ When we look at the Scriptures and begin to...see how God empowered normal average people like you and I, the Holy Spirit takes the Word of God and strengthens us and gives us courage that we didn’t know we had.”

These women are our examples of choosing faith in God over giving way to fear (1 Peter 3:5-6). By studying their lives, God’s Spirit will strengthen us and give us courage we didn’t know we had.

Connecting with Old Testament Everyday Women

If you have limited knowledge of the Old Testament, those women who lived so long ago may be strangers to you. Some you may have heard about—Sarah, Hannah, Abigail and Bathsheba. Everyone of Jewish birth can consider Sarah to be a great-great-grandmother. Others are unknown—Jael, Mrs. Manoah, and the Shunammite woman. Yet, they were still women like you and I are.

As everyday women, they cooked meals, did laundry, and raised children. They had responsibilities inside and outside of their homes, including home businesses. They experienced hormone fluctuations and menopause. They laughed with their friends, differed with their mates, and cried when a loved one died. They wrote songs and played musical instruments. I bet they all found ways to use their 20,000 words per day. 😊

At one time, they were 20-somethings, then 40-somethings, then 60-somethings and more. They wore beads, earrings, and ankle bracelets. Their hair needed to be combed and fixed, and it turned grey as they aged. No doubt, some of them, if not all, had something on their bodies that sagged!

These women also experienced fear at various times in their lives just like we do. They faced invading enemies, sick family members, and empty pantries. They faced creditors and surprise houseguests. They even had “bad” days when things didn’t go right, sometimes due to their own choices. These were EVERYDAY WOMEN, just like we are.

12. As women in general, what kind of life experiences for them might have been the same as your own life experiences?

13. What kinds of fears did these women probably face that you also face?

Each one of these women had a story, and that story has been shared over and over to millions of eager listeners. You might be surprised how many times the scriptures refer to them actually telling their story to others around them. Their stories—snippets of their biographies—are preserved for us to get to know them, and to know their God who is also our God—an **EVER-FAITHFUL** God whose character never changes. He's as faithful now in our everyday circumstances of life as He was years ago to those women. We can feel confidence in His presence and active involvement, even when we can't see it. And, knowing this, we can trust in Him whenever we are afraid.

14. Using a dictionary, write the definition of trust that fits best with the concept of trusting God.

Trusting an Ever-Faithful Personal God

Trust is usually defined as a firm belief in the character, truth, ability, or strength of someone or something. In our walk from fear to faith, that trust is in God. As we study the lives of Sarah, Miriam, Rahab, and others, we'll see an ever-faithful personal God in action. These Old Testament women knew God by the personal name *Yahweh*. In our English translations, it is usually written as LORD in capital letters. In the Old Testament, you'll find the phrase "the LORD your God" or "the LORD our God" at least 500 times. Every time, that phrase is emphasizing, "We have a personal God. His name is *Yahweh*." It's the name by which God wished to be known and worshiped in Israel and by Israel. *Yahweh* means, "I am." This name expressed His character as constant, dependable and faithful.

Several times in the gospels, Jesus applied God's name "I am" to Himself (John 4:26; 8:58). So, the ever-faithful, promise-keeping God of the Old Testament is embodied in the Lord Jesus Christ of the New Testament and forever. We still have a personal God.

15. Read John 14:27 and 16:33. What does Jesus promise to you?

Take heart! He is with you through any trouble. You can trust Him. Our God is trustworthy.

16. **TELL YOUR STORY:** Has there been a problem in your life where you needed to make a choice to do right, but the possible consequences filled you with fear? Have you learned to trust God and live by faith in that area, or are you still struggling with it?

Since the angel lives in heaven with God, he should know. So, is anything impossible for the Lord? The answer is, NO! Notice that both of these often-quoted statements are made to women concerning the deepest hurt a woman could experience at that time—barrenness. What is the deepest hurt you can experience in your culture? Your God can do something about that, too.

Jesus said to the men and women following Him, “All things are possible with God.” (Mark 10:27) Our God is all-powerful. He is capable of doing anything He chooses to do that is in agreement with His character and His will. We can count on Truth #3 — God can do something about it. Whatever IT is.

Truth #4: You Can Trust His Goodness In Whatever He Chooses To Do

This is the sticky part, isn't it? Is God good? Can I believe that He is good all the time?

The day before my dear friend died of breast cancer, she softly spoke to me these words, “God is good.” I finished her sentence with “all the time” because I had heard her say that repeatedly. She replied, “I don't understand all of this.” And, most of the time, we can't understand. But, we've got to bank on God's goodness.

20. Read Psalm 119:68. What is declared about God?

21. Read Proverbs 3:5. What wisdom is given to us?

God is good all the time. That's a fact. What He does is always good. As we study each of these women, we'll see that during her faith walk, a loving God said “no” to some things. Yet, she chose to trust Him rather than submit to fear. And, God rewarded her faith with an outpouring of His blessing in other ways. You can do the same. So, here's Truth #4 — You can trust His goodness in whatever He chooses to do!

Sweet friends, God may not choose to rescue you from everything that is threatening you at this time. But, in any and all situations, you can count on these truths...say them aloud, making them personal:

- God loves me
- God knows what is going on in my life
- God can do something about it
- I can trust His goodness in whatever He chooses to do

The 4 Truths Illustrated by Jesus Himself

22. Read John 11: 1-15. This is one of the best biblical examples of these four truths in action.

The need: Martha informed Jesus that her brother Lazarus was sick.

- Truth #1: Jesus loved Martha and her sister and Lazarus (John 11:5).
- Truth #2: Jesus knew what was going on in Martha's life—Lazarus died (verses 6, 11, 14).
- Truth #3: Jesus could do something about it—He had healed from a distance (John 4:50-53).
- Truth #4: But, Jesus chose to do something different, even better than what anyone could imagine though it caused pain and suffering to those He loved and a lot of waiting, too (John 11:14-15).

After 4 days of being dead, Lazarus was brought back to life, and good things happened. God's goodness showed up—Lazarus had his life restored, his sisters saw their now healthy brother returned to them, the disciples witnessed an amazing work of God, and many people now believed in Jesus who had not yet believed in Him. Martha could now say to herself with assurance, "God loves me. God knows what is going on in my life. God can do something about it. I can trust His goodness in whatever He chooses to do." And so can you!

23. **Your Life's Journey:** What will be your biggest challenge when it comes to believing these four truths apply to you and your situation? Be honest with the Lord. It's okay to say, "Lord Jesus, I have a hard time believing that _____ (fill in the blank). I ask you to help me learn to trust you in your choice of how to be good to me and my loved ones." Then, watch what He does!

Day Four Study – The Walk From Fear To Faith

24. **Your Life's Journey:** read the words to the song below. Then pick one thing that is causing you fear today. What are your choices for acting on that fear? Apply the 4 truths you learned in the Day Three Study to your situation. Respond to the Lord about what He's shown you today.

When You don't move the mountains I'm needing You to move
When You don't part the waters I wish I could walk through
When You don't give the answers as I cry out to You
I will trust, I will trust, I will trust in You! (Lauren Daigle, "Trust in You")

Recommended: Listen to the podcast ["The Walk from Fear to Faith-4 Essential Truths"](#) after doing this lesson to reinforce what you have learned. Use the listener guide on the next page.

PODCAST LISTENER GUIDE

The Walk from Fear to Faith—4 Essential Truths

Fear is a normal human emotion designed by God to alert us to danger so that we will take action against it.

When we look at life just with our own eyes, we become fearful, pessimistic, & negative. But, when we look at the Bible and see how God helped everyday people like you and I, the Holy Spirit takes the Word of God to strengthen us and give us courage that we didn't know we had. As you join these Old Testament women on their faith walk, you will see consistent truths that you can embrace and apply to your life today in your walk from fear to faith. You can count on them.

If you have done the lesson already, see how much you remember. ☺

Truth #1: _____

- What John 3:16 says about this—
- What Romans 5:5 says about this—

Truth #2: _____

- What Matthew 6:31-32 says about this—
- What Psalm 139 says about this—

Truth #3: _____

- What Genesis 18:14 says about this—
- What Luke 1:37 says about this—

Truth #4: _____

- What Psalm 119:68 says about this—
- What Proverbs 3:5 says about this—
- It is a choice to trust God and bank on His goodness.

As we study each of these women and let them teach us, we'll see that during their faith walks, a loving God said "no" to some things. Yet, they chose to trust Him rather than submit to fear. And, God rewarded their faith with an outpouring of His blessing in other ways. You and I can do the same.

God may not choose to rescue you from everything that is threatening you. But, in any and all situations, embrace these four truths essential to your walk from fear to faith. Make them personal:

- God loves me.
- God knows what is going on in my life.
- God can do something about it.
- I can trust His goodness in whatever He chooses to do.

You can count on those truths to lead you on your walk from fear to faith!