

Warm Up

Who are the women in history that have inspired you? What was it about them that provided the inspiration? Men you are allowed to have strong female role models, it's okay!

Background and context

It is often said that the Bible is sexist and does not present an equal image of women. Whilst it is true that it is predominantly male centred in the history and stories, there are significant women, whose stories provide important and powerful messages to us today. We must also remember that the word used to describe Eve, as Adam's "helper," does not convey any inferiority to man. The root of the word is the same as the word used to describe God as our "help." Jesus too, held women in high regard. Remember, He had women disciples who followed him everywhere and it is to a woman He first revealed His Messiah ship (John 4) and it was Mary who first saw Him after the resurrection.

Thinking it through: Main discussion/activity

Esther: The courageous queen

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1. Talk about the story of Esther. Get some paper and sum up the story in 6 bullet points.
 2. Look up Esther 4:4 and 4:16. What is the key lesson to learn from Esther's story?
 3. How can we apply the lessons from Esther to our own situation? What qualities that Esther showed can we develop as well?
 4. How does the story of Esther point us to Jesus?

Abigail: The wise diplomat. Read 1 Samuel 25

5. How would you describe Abigail's character?
6. How did Abigail's actions avoid conflict and bring about reconciliation?
7. How can we be agents for peace, like Abigail, when in chaotic or conflict situations?
8. How does the story of Abigail point us to Jesus?

Lydia: The businesswoman of faith. Read Acts 16:11-15

9. What is the impression we are given of Lydia from the text?
10. How does v 13 reveal how the Holy Spirit had changed attitudes to women?
11. How does Lydia use her status, wealth and position to support the kingdom work?
12. Why is showing hospitality such an important part of our faith?
13. How does the story of Lydia point us to Jesus?

Discipleship and Application



Be an Esther: Step into your calling with courage, trusting God's timing and purpose.

Be an Abigail: Use wisdom and discernment to calm tense situations and seek peace.

Be a Lydia: Open your home, your heart and your resources to serve others and advance the Gospel.

Try to leave 15-20 mins to talk about prayer needs of the group and to pray.



There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.