



STUDY
GUIDE

VIRTUOUS

WOMANTM

LIVING A LIFE OF ETERNAL VALUE

THE FELLOWSHIP OF CHRISTIAN ATHLETES[®]

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FCA Virtuous Woman

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We would like to dedicate this work to the women who have invested spiritually in us throughout our lives, the Memphis area coaches and the precious girls in Memphis whom we serve.

The purpose of this study is to present key character traits using examples of women in the Bible.

The goal of the FCA Virtuous Woman Curriculum is to present to women in the arena of athletics the privilege and challenge of learning and living out Biblical Womanhood in all areas of life. This goal is accomplished by introducing character traits found in female biblical characters that they can model in their own personal life. This is a question-driven small group Bible study which promotes discussion and guides participants to discover truth for themselves as they process questions and answers from the group. The question set created for each session seeks to reveal God as He truly is, discover how He has revealed Himself in Scripture, correct inaccurate ideas about God, and address worldview issues with which women struggle today.

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INTRODUCTION

SESSION 1

Purpose: The purpose of this study is to present key character traits using examples of women in the Bible.

Goal: Introducing God's Word as truth and discuss what went wrong in the garden that God created for Adam and Eve.

Biblical Character: God and Man (Adam and Eve)

Scripture Readings: Genesis 2:7-9, 15-17; 3

Discussion Questions:

- Look at Romans 15:4 and discuss the benefits of knowing the Word of God.
- How is man formed and given life?
- What provision has God made for Man?
- How is the serpent described?
- What is the serpent doing?
- What is the first thing the serpent says to the woman?
- What is Eve's first mistake?
- Does the serpent tell the truth? What does this tell you about the serpent?
- What does Eve use to make her decision to eat the fruit?
- What happens as soon as the couple eats the fruit?
- Can man hide from God?
- How does God respond to man's sin?
- Did God allow man to remain in the garden? Why not?
- What does this story tell us about God? Sin?
- God put Adam in the Garden to "work it and take care of it" (Gen 2:15), as an athlete what has God given you to "work...and take care of?" How do you do this with diligence?
- Just as Adam followed God's instructions to serve creation by tending to it, how do you follow your coach's instructions and serve your teammates?
- **What is one thing I learned from this story that I can apply to my life today?**

Core Truths:

- ▶ God's Word is our Truth and source of life.
- ▶ God communicates with His people, is everywhere, and is merciful toward guilty sinners by making provision for his nakedness and shame through the shed blood of the innocent on behalf of the guilt of man.
- ▶ The devil is a real enemy, manipulative and a liar. He seeks to destroy our lives by engaging us in disobedience.
- ▶ Sin has serious consequences for everyone involved.

Memory Verse:

John 17:17: "Sanctify them by the truth; your word is truth."

Introduction: Genesis 2:7-9, 15-17; 3 New International Version (NIV)

Genesis 2:7-9, 15-17

⁷Then the LORD God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being. ⁸Now the LORD God had planted a garden in the east, in Eden; and there he put the man he had formed. ⁹The LORD God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food. In the middle of the garden were the tree of life and the tree of the knowledge of good and evil. ¹⁵The LORD God took the man and put him in the Garden of Eden to work it and take care of it. ¹⁶And the LORD God commanded the man, “You are free to eat from any tree in the garden; ¹⁷but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die.”

Genesis 3

¹Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden?’” ²The woman said to the serpent, “We may eat fruit from the trees in the garden, ³but God did say, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.’” ⁴“You will not certainly die,” the serpent said to the woman. ⁵“For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.” ⁶When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. ⁷Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves. ⁸Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden. ⁹But the LORD God called to the man, “Where are you?” ¹⁰He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.” ¹¹And he said, “Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?” ¹²The man said, “The woman you put here with me—she gave me some fruit from the tree, and I ate it.” ¹³Then the LORD God said to the woman, “What is this you have done?” The woman said, “The serpent deceived me, and I ate.” ¹⁴So the LORD God said to the serpent, “Because you have done this, ‘Cursed are you above all livestock and all wild animals! You will crawl on your belly and you will eat dust all the days of your life. ¹⁵And I will put enmity between you and the woman, and between your offspring and hers; he will crush your head, and you will strike his heel.’” ¹⁶To the woman he said, “I will make your pains in childbearing very severe; with painful labor you will give birth to children. Your desire will be for your husband, and he will rule over you.” ¹⁷To Adam he said, “Because you listened to your wife and ate fruit from the tree about which I commanded you, ‘You must not eat from it,’ ‘Cursed is the ground because of you; through painful toil you will eat food from it all the days of your life. ¹⁸It will produce thorns and thistles for you, and you will eat the plants of the field. ¹⁹By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return.’” ²⁰Adam named his wife Eve, because she would become the mother of all the living. ²¹The LORD God made garments of skin for Adam and his wife and clothed them. ²²And the LORD God said, “The man has now become like one of us, knowing good and evil. He must not be allowed to reach out his hand and take also from the tree of life and eat, and live forever.” ²³So the LORD God banished him from the Garden of Eden to work the ground from which he had been taken. ²⁴After he drove the man out, he placed on the east side of the Garden of Eden cherubim and a flaming sword flashing back and forth to guard the way to the tree of life.



VALOR

SESSION 2

Purpose: To encourage women to strengthen themselves in the knowledge of God and His Word.

Character Goal: Valor – Seeking to become women who are physically, mentally, and spiritually strong.

Biblical Character: Rahab

Scripture Readings: Joshua 2:1-21; 6:21-25

Discussion Questions:

- Who is Rahab?
- What does Rahab understand about God?
- How do you think she knew these things about God?
- How does she express her faith in the God of Israel?
- Read Romans 10:17. Where does faith come from?
- Do you think that she may have been afraid of the King of Jericho and getting caught hiding the spies? Why or Why not?
- Whom should we fear: God or man? Why?
- How do the people of Jericho feel about Israel and their God?
- What request does Rahab make of the two spies?
- What do the spies require of Rahab?
- During the battle, what happens to Rahab? Her family? Why?
- How does Rahab differ from the other residents of Jericho who have heard the same thing about Israel and the living God that she had heard?
- Only in the genealogy of Christ is Rahab not referred to as “a harlot” (Matthew 1:5). What does this tell you about God?
- Rahab could have allowed her past as a prostitute to dictate whether or not she could change and be a follower of God but instead she chose to take a risk and believe in God. As an athlete, how can you keep your past game performances (a bad game, reputation on the field/court, etc) from dictating your future actions?
- Rahab had a positive role in her family because of her faith in the One True God. Thinking of your team as a family, what role do you play on your team (peacemaker, instigator, encourager, leader, divisive, etc)? What role do you want to play on your team? What do you need to do in order to be the person on your team you want to be? Rahab shows us we can make changes regardless of our past!
- **What is one thing I learned from this story that I can apply to my life before the next lesson?**

Core Truths:

- ▶ The knowledge of God and His Word makes us strong.
- ▶ God is merciful and will save anyone who puts their faith in Him.
- ▶ God uses women to be instruments for salvation in their families.

Memory Verse:

Romans 10:17: *“So then faith comes by hearing, and hearing by the word of God.”*

Valor: Joshua 2:1-21; 6:21-25 New International Version (NIV)

Joshua 2:1-21

¹ Then Joshua son of Nun secretly sent two spies from Shittim. “Go, look over the land,” he said, “especially Jericho.” So they went and entered the house of a prostitute named Rahab and stayed there. ² The king of Jericho was told, “Look, some of the Israelites have come here tonight to spy out the land.” ³ So the king of Jericho sent this message to Rahab: “Bring out the men who came to you and entered your house, because they have come to spy out the whole land.” ⁴ But the woman had taken the two men and hidden them. She said, “Yes, the men came to me, but I did not know where they had come from.” ⁵ At dusk, when it was time to close the city gate, they left. I don’t know which way they went. Go after them quickly. You may catch up with them.” ⁶ (But she had taken them up to the roof and hidden them under the stalks of flax she had laid out on the roof.) ⁷ So the men set out in pursuit of the spies on the road that leads to the fords of the Jordan, and as soon as the pursuers had gone out, the gate was shut. ⁸ Before the spies lay down for the night, she went up on the roof ⁹ and said to them, “I know that the LORD has given you this land and that a great fear of you has fallen on us, so that all who live in this country are melting in fear because of you. ¹⁰ We have heard how the LORD dried up the water of the Red Sea for you when you came out of Egypt, and what you did to Sihon and Og, the two kings of the Amorites east of the Jordan, whom you completely destroyed. ¹¹ When we heard of it, our hearts melted in fear and everyone’s courage failed because of you, for the LORD your God is God in heaven above and on the earth below. ¹² “Now then, please swear to me by the LORD that you will show kindness to my family, because I have shown kindness to you. Give me a sure sign ¹³ that you will spare the lives of my father and mother, my brothers and sisters, and all who belong to them—and that you will save us from death.” ¹⁴ “Our lives for your lives!” the men assured her. “If you don’t tell what we are doing, we will treat you kindly and faithfully when the LORD gives us the land.” ¹⁵ So she let them down by a rope through the window, for the house she lived in was part of the city wall. ¹⁶ She said to them, “Go to the hills so the pursuers will not find you. Hide yourselves there three days until they return, and then go on your way.” ¹⁷ Now the men had said to her, “This oath you made us swear will not be binding on us ¹⁸ unless, when we enter the land, you have tied this scarlet cord in the window through which you let us down, and unless you have brought your father and mother, your brothers and all your family into your house. ¹⁹ If any of them go outside your house into the street, their blood will be on their own heads; we will not be responsible. As for those who are in the house with you, their blood will be on our head if a hand is laid on them. ²⁰ But if you tell what we are doing, we will be released from the oath you made us swear.” ²¹ “Agreed,” she replied. “Let it be as you say.” So she sent them away, and they departed. And she tied the scarlet cord in the window.

Joshua 6:21-25

²¹ They devoted the city to the LORD and destroyed with the sword every living thing in it—men and women, young and old, cattle, sheep and donkeys. ²² Joshua said to the two men who had spied out the land, “Go into the prostitute’s house and bring her out and all who belong to her, in accordance with your oath to her.” ²³ So the young men who had done the spying went in and brought out Rahab, her father and mother, her brothers and sisters and all who belonged to her. They brought out her entire family and put them in a place outside the camp of Israel. ²⁴ Then they burned the whole city and everything in it, but they put the silver and gold and the articles of bronze and iron into the treasury of the LORD’s house. ²⁵ But Joshua spared Rahab the prostitute, with her family and all who belonged to her, because she hid the men Joshua had sent as spies to Jericho—and she lives among the Israelites to this day.



INTEGRITY

SESSION 3

Purpose: To help women understand how to live life faithfully no matter the circumstance.

Character Goal: Integrity – Helping women understand that we can live faithfully toward the Lord no matter our circumstances.

Biblical Character: Ruth

Scripture Readings: Ruth 1:16, 22; 2:1-13; 4:13-17

Discussion Questions:

- How does Ruth declare her faith in God?
- Did Ruth wait for Naomi to give her work to do? How does this apply to you? As an athlete, do you wait for your coach to tell you what you should do or do you take the initiative to anticipate what he/she will ask and do it even though it may be difficult?
- Describe Ruth's work ethic.
- On your team are you known as a hard worker? If not, what steps do you need to take to change that?
- What does Boaz recognize about Ruth?
- What do the women recognize about Ruth?
- How would people characterize your work ethic?
- How does Ruth still see herself?
- Who descends from Ruth?
- Look at Matthew 1:1-16. Do you recognize any names?
- From the Matthew 1 verses, whose lineage is this passage describing? What does this tell us about Jesus?
- Ruth recognized Naomi's faith in God and it impacted her life. Who do you know that has the same kind of faith in God Ruth had? Are you allowing their faith to impact your life? If not, what steps can you take to spend more time with them?
- How can we become women of integrity with a strong work ethic?
- **What is one thing I learned from this story that I can apply to my life today?**

Core Truths:

- ▶ God keeps His promises. Even death cannot keep God from accomplishing His redemptive purposes.
- ▶ God always responds to anyone who expresses genuine faith in Him.
- ▶ Declaring our faith in God allows Him to work in the midst of our difficulties.
- ▶ We can be faithful to God and others when we know and live on the promises of God found in the Bible.

Memory Verse:

Romans 10:13: *"Whoever calls on the name of the Lord will be saved."*

Integrity: Ruth 1:16, 22; 2:1-13; 4:13-17 New International Version (NIV)

Ruth 1:16, 22

¹⁶ But Ruth replied, "Don't urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God.

²² So Naomi returned from Moab accompanied by Ruth the Moabite, her daughter-in-law, arriving in Bethlehem as the barley harvest was beginning.

Ruth 2:1-13

¹ Now Naomi had a relative on her husband's side, a man of standing from the clan of Elimelek, whose name was Boaz. ² And Ruth the Moabite said to Naomi, "Let me go to the fields and pick up the leftover grain behind anyone in whose eyes I find favor." Naomi said to her, "Go ahead, my daughter." ³ So she went out, entered a field and began to glean behind the harvesters. As it turned out, she was working in a field belonging to Boaz, who was from the clan of Elimelek. ⁴ Just then Boaz arrived from Bethlehem and greeted the harvesters, "The LORD be with you!" "The LORD bless you!" they answered. ⁵ Boaz asked the overseer of his harvesters, "Who does that young woman belong to?" ⁶ The overseer replied, "She is the Moabite who came back from Moab with Naomi." ⁷ She said, "Please let me glean and gather among the sheaves behind the harvesters." She came into the field and has remained here from morning till now, except for a short rest in the shelter." ⁸ So Boaz said to Ruth, "My daughter, listen to me. Don't go and glean in another field and don't go away from here. Stay here with the women who work for me. ⁹ Watch the field where the men are harvesting, and follow along after the women. I have told the men not to lay a hand on you. And whenever you are thirsty, go and get a drink from the water jars the men have filled." ¹⁰ At this, she bowed down with her face to the ground. She asked him, "Why have I found such favor in your eyes that you notice me—a foreigner?" ¹¹ Boaz replied, "I've been told all about what you have done for your mother-in-law since the death of your husband—how you left your father and mother and your homeland and came to live with a people you did not know before. ¹² May the LORD repay you for what you have done. May you be richly rewarded by the LORD, the God of Israel, under whose wings you have come to take refuge."

¹³ "May I continue to find favor in your eyes, my lord," she said. "You have put me at ease by speaking kindly to your servant—though I do not have the standing of one of your servants."

Ruth 4:13-17

¹³ So Boaz took Ruth and she became his wife. When he made love to her, the LORD enabled her to conceive, and she gave birth to a son. ¹⁴ The women said to Naomi: "Praise be to the LORD, who this day has not left you without a guardian-redeemer. May he become famous throughout Israel! ¹⁵ He will renew your life and sustain you in your old age. For your daughter-in-law, who loves you and who is better to you than seven sons, has given him birth." ¹⁶ Then Naomi took the child in her arms and cared for him. ¹⁷ The women living there said, "Naomi has a son!" And they named him Obed. He was the father of Jesse, the father of David.

Matthew 1:1-16 (selected verses)

¹ This is the genealogy of Jesus the Messiah the son of David, the son of Abraham ² Abraham was the father of Isaac, Isaac the father of Jacob, Jacob the father of Judah and his brothers, ³ Judah the father of Perez and Zerah, whose mother was Tamar, Perez the father of Hezron... ⁵ Salmon the father of Boaz, whose mother was Rahab, **Boaz the father of Obed, whose mother was Ruth**, Obed the father of Jesse, ⁶ and Jesse the father of King David. David was the father of Solomon, whose mother had been Uriah's wife, ⁷ Solomon the father of Rehoboam...

^{15b} Matthan the father of Jacob, ¹⁶ and Jacob the father of **Joseph, the husband of Mary, and Mary was the mother of Jesus who is called the Messiah.**



RESOURCEFULNESS

SESSION 4

Purpose: To encourage women to steward well the things entrusted to them by God.

Character Goal: Resourcefulness – Seeking to be good stewards of the time, talent, treasures, and relationships that God has entrusted to us.

Biblical Character: Esther

Scripture Readings: Esther 2:7-9, 15-17; 4:8-17; 5:1-5; 8:1

Discussion Questions:

- Why did Esther get taken into the king's palace?
- Things like athletic talent, work ethic, popularity, relationships, etc. can be points of strife and division on teams. As a team, how can you work through these issues to be a team that Glorify God?
- What was unique about Esther's family background?
- Why do you think she found favor with Hegai?
- How does your previous athletic performance affect you emotionally, physically, socially and spiritually?
- What did Esther take when she went in to the king? Why? What does this tell you about her?
- What kinds of women were to be brought to the palace?
- Who did the king make queen? Why, if all the virgins were beautiful?
- How can you find favor with your teammates? How will you use your athletic talent to influence others for Christ and glorify God?
- When Mordecai suggested that she go to the king to intercede for her people what was her response? Why? Who was she concerned with?
- After hearing her response, how did Mordecai encourage Esther?
- After receiving encouragement from Mordecai, what did Esther finally decide to do?
- Have you ever considered that you live in this city, in this generation with an influential athletic talent for "such a time as this?" Why do you think God chose these things for you? Is it to bring glory to yourself or Him?
- After Esther decided to go into the king, she said, "If I perish, I perish!" At this point, was she concerned about herself or others?
- What did she ask Mordecai to do? What does this tell you about Esther's faith?
- What happened when Esther went in to the king?
- What happened to the Jews' enemy? How did Esther use what was given to her?
- What had God entrusted to Esther? Was she faithful? As an athlete and woman, what had God entrusted to you? Are you faithful as Esther was?

Core Truths:

- ▶ God calls us to be faithful stewards of the gifts, abilities, positions, resources etc. that He has entrusted to us. We are to use them to glorify Him and serve others.
- ▶ God calls us to lose our lives for the sake of others.

Memory Verse:

Esther 4:14: *"Yet who knows whether you have come to the kingdom for such a time as this."*

Resourcefulness: Esther Covers parts of Chapters 2-7 New International Version (NIV)

Part 1: Esther 2:7-9, 15-17

⁷Mordecai had a cousin named Hadassah, whom he had brought up because she had neither father nor mother. This young woman, who was also known as Esther, had a lovely figure and was beautiful. Mordecai had taken her as his own daughter when her father and mother died. ⁸When the king's order and edict had been proclaimed, many young women were brought to the citadel of Susa and put under the care of Hegai. Esther also was taken to the king's palace and entrusted to Hegai, who had charge of the harem. ⁹She pleased him and won his favor. Immediately he provided her with her beauty treatments and special food. He assigned to her seven female attendants selected from the king's palace and moved her and her attendants into the best place in the harem.

¹⁵When the turn came for Esther to go to the king, she asked for nothing other than what Hegai, the king's eunuch who was in charge of the harem, suggested. And Esther won the favor of everyone who saw her. ¹⁷Now the king was attracted to Esther more than to any of the other women, and she won his favor and approval more than any of the other virgins. So he set a royal crown on her head and made her queen instead of Vashti. ²⁰But Esther had kept secret her family background and nationality just as Mordecai had told her to do, for she continued to follow Mordecai's instructions as she had done when he was bringing her up.

Part 2: Esther 4:8-17

⁸He also gave him a copy of the text of the edict for their annihilation, which had been published in Susa, to show to Esther and explain it to her, and he told him to instruct her to go into the king's presence to beg for mercy and plead with him for her people. ⁹Hathak went back and reported to Esther what Mordecai had said. ¹⁰Then she instructed him to say to Mordecai, ¹¹"All the king's officials and the people of the royal provinces know that for any man or woman who approaches the king in the inner court without being summoned the king has but one law: that they be put to death unless the king extends the gold scepter to them and spares their lives. But thirty days have passed since I was called to go to the king." ¹²When Esther's words were reported to Mordecai, ¹³he sent back this answer: "Do not think that because you are in the king's house you alone of all the Jews will escape. ¹⁴For if you remain silent at this time, relief and deliverance for the Jews will arise from another place, but you and your father's family will perish. And who knows but that you have come to your royal position for such a time as this?" ¹⁵Then Esther sent this reply to Mordecai: ¹⁶"Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish." ¹⁷So Mordecai went away and carried out all of Esther's instructions.

Part 3: Esther 5:1-5 & 8:1

¹On the third day Esther put on her royal robes and stood in the inner court of the palace, in front of the king's hall. The king was sitting on his royal throne in the hall, facing the entrance. ²When he saw Queen Esther standing in the court, he was pleased with her and held out to her the gold scepter that was in his hand. So Esther approached and touched the tip of the scepter. ³Then the king asked, "What is it, Queen Esther? What is your request? Even up to half the kingdom, it will be given you." ⁴"If it pleases the king," replied Esther, "let the king, together with Haman, come today to a banquet I have prepared for him." ⁵"Bring Haman at once," the king said, "so that we may do what Esther asks." So the king and Haman went to the banquet Esther had prepared.

³Then Queen Esther answered, "If I have found favor with you, O king, and if it pleases your majesty, grant me my life—this is my petition. And spare my people—this is my request. ⁴For I and my people have been sold for destruction and slaughter and annihilation. ⁵King Xerxes asked Queen Esther, "Who is he? Where is the man who has dared to do such a thing?" ⁶Esther said, "The adversary and enemy is this vile Haman." The king said, "Hang him on it!" ¹⁰So they hanged Haman on the gallows he had prepared for Mordecai. Then the king's fury subsided.



TRUST IN GOD

SESSION 5

Purpose: To encourage women to learn to trust God by growing in their knowledge of Him.

Character Goal: Trust in God – Seeking to grow in our trust of God by gaining knowledge of Him and sharing our experiences of His faithfulness.

Biblical Character: Hannah

Scripture Readings: 1 Samuel 1:1-20

Discussion Questions:

- What creates conflict between Hannah and Peninnah?
- Things like athletic talent, work ethic, popularity, relationships, etc. can be points of strife and division on teams. As a team, how can you work through these issues to be a team that glorifies God?
- Who is responsible for Hannah's barrenness?
- How does Hannah's barrenness affect her emotionally, physically, socially, and spiritually?
- How does your previous athletic performance affect you emotionally, physically, socially and spiritually?
- What does Elkanah do for Hannah? Does this change her demeanor? Why?
- What does Hannah decide to do about her barrenness and about being provoked by her rival? Who does she turn to? What else could she have done?
- Have you had an athletic set back, such as injury, illness, or stressful family situation? What does Hannah's response teach us about how we can respond in difficult circumstances?
- Describe Hannah's prayer.
- What is her view of God?
- What does Hannah learn about herself, others, and God as a result of her barrenness?
- What does Hannah do after she prays and receives encouragement from the priest?
- What does this tell you about prayer and community? Read Luke 22:39-43.
- What does God eventually do for Hannah?
- What do you think the phrase "the Lord remembered her" means?
- What does she name her son? Why?
- What does this story tell you about God and His relationship with man?
- **What is one thing I learned from this story that I can apply to my life before the next lesson?**

Core Truths:

- ▶ God uses trials in our life to draw us closer to Him and reveal more of Himself to His people.
- ▶ Prayer is a powerful tool that can change us and our situations
- ▶ Nothing is impossible with God. We can trust Him to handle any situation that affects us.

Memory Verse:

Proverbs 3:5: *"Trust in the LORD with all your heart and lean not on your own understanding."*

Trust: 1 Samuel 1:1-20 New International Version (NIV)**1 Samuel 1:1-20**

¹ There was a certain man from Ramathaim, a Zuphite from the hill country of Ephraim, whose name was Elkanah son of Jeroham, the son of Elihu, the son of Tohu, the son of Zuph, an Ephraimite. ² He had two wives; one was called Hannah and the other Peninnah. Peninnah had children, but Hannah had none.

³ Year after year this man went up from his town to worship and sacrifice to the LORD Almighty at Shiloh, where Hophni and Phinehas, the two sons of Eli, were priests of the LORD. ⁴ Whenever the day came for Elkanah to sacrifice, he would give portions of the meat to his wife Peninnah and to all her sons and daughters. ⁵ But to Hannah he gave a double portion because he loved her, and the LORD had closed her womb. ⁶ Because the LORD had closed Hannah's womb, her rival kept provoking her in order to irritate her. ⁷ This went on year after year. Whenever Hannah went up to the house of the LORD, her rival provoked her till she wept and would not eat. ⁸ Her husband Elkanah would say to her, "Hannah, why are you weeping? Why don't you eat? Why are you downhearted? Don't I mean more to you than ten sons?"

⁹ Once when they had finished eating and drinking in Shiloh, Hannah stood up. Now Eli the priest was sitting on his chair by the doorpost of the LORD's house. ¹⁰ In her deep anguish Hannah prayed to the LORD, weeping bitterly. ¹¹ And she made a vow, saying, "LORD Almighty, if you will only look on your servant's misery and remember me, and not forget your servant but give her a son, then I will give him to the LORD for all the days of his life, and no razor will ever be used on his head."

¹² As she kept on praying to the LORD, Eli observed her mouth. ¹³ Hannah was praying in her heart, and her lips were moving but her voice was not heard. Eli thought she was drunk ¹⁴ and said to her, "How long are you going to stay drunk? Put away your wine."

¹⁵ "Not so, my lord," Hannah replied, "I am a woman who is deeply troubled. I have not been drinking wine or beer; I was pouring out my soul to the LORD. ¹⁶ Do not take your servant for a wicked woman; I have been praying here out of my great anguish and grief."

¹⁷ Eli answered, "Go in peace, and may the God of Israel grant you what you have asked of him."

¹⁸ She said, "May your servant find favor in your eyes." Then she went her way and ate something, and her face was no longer downcast.

¹⁹ Early the next morning they arose and worshiped before the LORD and then went back to their home at Ramah. Elkanah made love to his wife Hannah, and the LORD remembered her. ²⁰ So in the course of time Hannah became pregnant and gave birth to a son. She named him Samuel, saying, "Because I asked the LORD for him."



UNIQUENESS

SESSION 6

Purpose: To help women understand that they are created uniquely by God to glorify Him.

Character Goal: Uniqueness – Seeking to glorify God in our unique makeup, roles, and purpose as women and individuals.

Biblical Character: Eve

Scripture Readings: Genesis 1:27-28, 31; 2:7, 18-24

Discussion Questions:

- Who did God create humans to be a reflection of?
- How do women specifically reflect God's image on earth?
- What are some characteristics of God? What does this tell you about mankind's role and purpose on earth?
- How did God create humans? The rest of creation? What does this tell you about God? Man?
- What did God say about what He had created? What does this tell you about God? His creation? You?
- How did God create woman? What does this tell you about woman?
- In your sport, do you feel pressure to "act like guys" to be taken seriously as an athlete? If so, how?
- How was Eve unique to Adam?
- How can we use our uniqueness as women to glorify God as female athletes?
- Why did God create woman?
- What day was man created? What had God created the previous five days?
- What does this tell you about God? Creation and Works? Man? You? (See Ephesians 2:10)
- Who did God intend to become one flesh?
- **What is one thing I learned from this story that I can apply to my life today?**

Core Truths:

- ▶ God created woman in His image and uniquely different from man.
- ▶ God created each of us to bear His image throughout the earth and fulfill the unique purpose that He has prepared for us.

Memory Verse:

Isaiah 43:7: *"Everyone who is called by My name, whom I have created for My glory; I have formed him, yes, I have made him."*

Uniqueness: Genesis 1:27-28, 31; 2:7, 18-24 New International Version (NIV)

Genesis 1:27-28, 31

²⁷ So God created mankind in his own image, in the image of God he created them; male and female he created them. ²⁸ God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground." ³¹ God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

Genesis 2:7, 18-24

⁷ Then the LORD God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.

¹⁸ The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him." ¹⁹ Now the LORD God had formed out of the ground all the wild animals and all the birds in the sky. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. ²⁰ So the man gave names to all the livestock, the birds in the sky and all the wild animals. But for Adam no suitable helper was found. ²¹ So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and then closed up the place with flesh. ²² Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man. ²³ The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man." ²⁴ That is why a man leaves his father and mother and is united to his wife, and they become one flesh.



OBEDIENCE

SESSION 7

Purpose: To help women understand that they are created uniquely by God to glorify Him.

Character Goal: Obedience – Seeking to grow in obedience to God by increasing our knowledge of Him and studying His Word; being equipped to walk by faith and not by sight

Biblical Character: Mary Magdalene, Joanna, Mary, and other women

Scripture Readings: Matthew 28:1-10; Luke 24:9-12

Discussion Questions:

- Who went to the tomb? When did they go?
- Why did they go to the tomb? Who did they want to see?
- What does this tell you about the relationship these women had with Jesus?
- What happened while they were at the tomb?
- What did the angel remind them about what happened to Jesus? Did they see this happen? Did they believe what the angel had spoken? How do you know?
- What did the angel instruct them to do?
- They came to the tomb looking for Jesus but He was not there. Where did the angel say they would see Him?
- At this point they had a choice to walk by faith or by sight. What did they choose even though it seemed impossible and crazy?
- What are some instructions your coach has given you that are difficult to follow? When you follow them, what are the benefits? Knowing the benefits, will you be more likely to follow their instructions in the future? Why?
- What happened as they went out obeying the word of God spoken by the angel? Who met them?
- What does this tell you about faith and obedience to God? Read Isaiah 64:4-5a
- What was Jesus' first command after He met them? How did they respond?
- What does this tell you about what Jesus desires for us to do in His presence? Read Psalm 16:11. What does this mean to you?
- What is His second command to the women? How do they respond? What excuses could they have come up with to not obey Him?
- How did the other disciples respond? What does this tell you about how people may view or respond to us when we obey Jesus?
- What does this story teach you about Jesus and His relationship to those who obey Him? What blessings do they receive?
- **What is one thing I learned from this story that I can apply to my life before the next lesson?**

Core Truths:

- ▶ Faith precedes obedience and obedience results in seeing the Lord work in our lives.
- ▶ Jesus reveals more of Himself and His will to those who obey Him.

Memory Verse:

1 Corinthians 5:7: *"For we walk by faith, not by sight."*

Obedience: Matthew 28:1-10; Luke 24:9-12 New International Version (NIV)

Matthew 28:1-10

¹ After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb.

² There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. ³ His appearance was like lightning, and his clothes were white as snow. ⁴ The guards were so afraid of him that they shook and became like dead men.

⁵ The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. ⁶ He is not here; he has risen, just as he said. Come and see the place where he lay. ⁷ Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you."

⁸ So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples. ⁹ Suddenly Jesus met them. "Greetings," he said. They came to him, clasped his feet and worshiped him. ¹⁰ Then Jesus said to them, "Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me."

Luke 24:9-12

⁹ When they came back from the tomb, they told all these things to the Eleven and to all the others. ¹⁰ It was Mary Magdalene, Joanna, Mary the mother of James, and the others with them who told this to the apostles. ¹¹ But they did not believe the women, because their words seemed to them like nonsense. ¹² Peter, however, got up and ran to the tomb. Bending over, he saw the strips of linen lying by themselves, and he went away, wondering to himself what had happened.



UNITY

SESSION 8

Purpose: To encourage women to strengthen themselves in the knowledge of God and His Word.

Character Goal: Unity – Glorifying God by seeking to be unified in purpose while understanding and appreciating our differences

Biblical Characters: Rachel and Leah vs. Mary and Elizabeth

Scripture Readings: Genesis 29:31-35; 30:1-24; Luke 1:39-45

Discussion Questions:

Leah and Rachel

- Who do Leah and Rachel look to for their self-worth? What are the consequences? What does this tell you about people?
- What does Rachel want? What does Leah want?
- What are they willing to do to get these things? What does this tell you about people?
- How does their scheming affect the sisters' relationship? Maidservants? Jacob? Their children?
- What can cause disunity among other female teammates? How does this affect how you play both as an individual and as a team?
- How does our manipulation affect others and ourselves?

Mary and Elizabeth

- Who did Mary visit after the angel told her she would be pregnant?
- What was Elizabeth's reaction to her visit? What could it have been?
- As a teammate, how do you react when someone who plays your same position does well?
- What are some differences between Mary and Elizabeth? Could these things be points of contention between the two?
- How does this encounter differ from the relationship between the two sisters, Rachel and Leah?
- Would you characterize your team as "Rachel vs. Leah" or "Mary and Elizabeth?" Give Examples.
- How should our relationship with Christ affect our relationship with others?
- **What is one thing I learned from this story that I can apply to my life today?**

Core Truths:

- ▶ Women can cause disunity by negative competition, collection, and control.
- ▶ Women can encourage unity by recognizing and celebrating each other's differences as they pursue the same goal.
- ▶ Our relationship with Christ, or lack of, affects our relationship with others.

Memory Verse:

Luke 10:27: "He answered, 'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbor as yourself.'"

Unity: Genesis 29:31-35, 30:1-24; Luke 1:39-45 New International Version (NIV)

Genesis 29:31-35

³¹ When the LORD saw that Leah was not loved, he enabled her to conceive, but Rachel remained childless.

³² Leah became pregnant and gave birth to a son. She named him Reuben for she said, "It is because the LORD has seen my misery. Surely my husband will love me now." ³³ She conceived again, and when she gave birth to a son she said, "Because the LORD heard that I am not loved, he gave me this one too." So she named him Simeon. ³⁴ Again she conceived, and when she gave birth to a son she said, "Now at last my husband will become attached to me, because I have borne him three sons." So he was named Levi. ³⁵ She conceived again, and when she gave birth to a son she said, "This time I will praise the LORD." So she named him Judah. Then she stopped having children.

Genesis 30:1-24

¹ When Rachel saw that she was not bearing Jacob any children, she became jealous of her sister. So she said to Jacob, "Give me children, or I'll die!" ² Jacob became angry with her and said, "Am I in the place of God, who has kept you from having children?" ³ Then she said, "Here is Bilhah, my servant. Sleep with her so that she can bear children for me and I too can build a family through her." ⁴ So she gave him her servant Bilhah as a wife. Jacob slept with her, ⁵ and she became pregnant and bore him a son. ⁶ Then Rachel said, "God has vindicated me; he has listened to my plea and given me a son." Because of this she named him Dan. ⁷ Rachel's servant Bilhah conceived again and bore Jacob a second son. ⁸ Then Rachel said, "I have had a great struggle with my sister, and I have won." So she named him Naphtali. ⁹ When Leah saw that she had stopped having children, she took her servant Zilpah and gave her to Jacob as a wife. ¹⁰ Leah's servant Zilpah bore Jacob a son. ¹¹ Then Leah said, "What good fortune!" So she named him Gad. ¹² Leah's servant Zilpah bore Jacob a second son. ¹³ Then Leah said, "How happy I am! The women will call me happy." So she named him Asher. ¹⁴ During wheat harvest, Reuben went out into the fields and found some mandrake plants, which he brought to his mother Leah. Rachel said to Leah, "Please give me some of your son's mandrakes." ¹⁵ But she said to her, "Wasn't it enough that you took away my husband? Will you take my son's mandrakes too?" "Very well," Rachel said, "he can sleep with you tonight in return for your son's mandrakes." ¹⁶ So when Jacob came in from the fields that evening, Leah went out to meet him. "You must sleep with me," she said. "I have hired you with my son's mandrakes." So he slept with her that night. ¹⁷ God listened to Leah, and she became pregnant and bore Jacob a fifth son. ¹⁸ Then Leah said, "God has rewarded me for giving my servant to my husband." So she named him Issachar. ¹⁹ Leah conceived again and bore Jacob a sixth son. ²⁰ Then Leah said, "God has presented me with a precious gift. This time my husband will treat me with honor, because I have borne him six sons." So she named him Zebulun. ²¹ Some time later she gave birth to a daughter and named her Dinah. ²² Then God remembered Rachel; he listened to her and enabled her to conceive. ²³ She became pregnant and gave birth to a son and said, "God has taken away my disgrace." ²⁴ She named him Joseph, and said, "May the LORD add to me another son."

Luke 1:39-45

³⁹ At that time Mary got ready and hurried to a town in the hill country of Judea, ⁴⁰ where she entered Zechariah's home and greeted Elizabeth. ⁴¹ When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. ⁴² In a loud voice she exclaimed: "Blessed are you among women, and blessed is the child you will bear! ⁴³ But why am I so favored, that the mother of my Lord should come to me? ⁴⁴ As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. ⁴⁵ Blessed is she who has believed that the Lord would fulfill his promises to her!"



SERVICE

SESSION 9

Purpose: To encourage women to seek unity with Christ, others, and their teammates.

Character Goal: Service – Seeking to serve and invest our lives into others for their good and God’s glory

Biblical Character: Rebekah

Scripture Readings: Genesis 24:1-28; 61-67

Discussion Questions:

- What do we know about Abraham’s servant? What does this tell you about him?
- What did Abraham make him swear to do?
- Who did Abraham tell him would guide his mission to get a wife for Isaac?
- What did Abraham’s servant do when he came to the well? What does this tell you about the servant’s view of God?
- What did he specifically ask God for the woman to do?
- What kind of woman was he asking God to bring Isaac?
- Do you think because he had been a servant for a long time that he would recognize those character traits and know they were important?
- What character traits would a coach be looking for in their players? How can you cultivate those traits in your life?
- What happened before the servant finished speaking? What does this tell you about God and prayer?
- Describe Rebekah. According to verses 17-20, was she eager or reluctant to serve?
- What words are used to describe how she served Abraham’s servant?
- When people observe your life, what words are used to describe you as an athlete, student, friend, woman? What does this tell you about how we should serve others?
- How could you actively serve your teammates in the same way?
- Who should we serve in this way?
- Read Proverbs 11:16 and Proverbs 11:22. Compare and Explain.
- What did the servant do after his camels had finished drinking?
- Who did he acknowledge for his success in finding Isaac a wife?
- What does the servant tell Isaac? How does Isaac respond to his new wife?
- What does this story tell you about God and His relationship with man?
- **What is one thing I learned from this story that I can apply to my life before the next lesson?**

Core Truths:

- ▶ Praying servants experience God working in their lives and in the lives of others.
- ▶ God sees and knows our needs and has already made provision for them.
- ▶ God sees and blesses our faithfulness in serving others.

Memory Verse:

Romans 12:11: *“Never be lazy, but work hard and serve the Lord enthusiastically.”*
(New Living Translation)

Service: Genesis 24:1-28; 61-67 New International Version (NIV)

Genesis 24:1-28

¹ Abraham was now very old, and the LORD had blessed him in every way. ² He said to the senior servant in his household, the one in charge of all that he had, "Put your hand under my thigh. ³ I want you to swear by the LORD, the God of heaven and the God of earth, that you will not get a wife for my son from the daughters of the Canaanites, among whom I am living, ⁴ but will go to my country and my own relatives and get a wife for my son Isaac." ⁵ The servant asked him, "What if the woman is unwilling to come back with me to this land? Shall I then take your son back to the country you came from?" ⁶ "Make sure that you do not take my son back there," Abraham said. ⁷ "The LORD, the God of heaven, who brought me out of my father's household and my native land and who spoke to me and promised me on oath, saying, 'To your offspring I will give this land'—he will send his angel before you so that you can get a wife for my son from there. ⁸ If the woman is unwilling to come back with you, then you will be released from this oath of mine. Only do not take my son back there." ⁹ So the servant put his hand under the thigh of his master Abraham and swore an oath to him concerning this matter. ¹⁰ Then the servant left, taking with him ten of his master's camels loaded with all kinds of good things from his master. He set out for Aram Naharaim and made his way to the town of Nahor. ¹¹ He had the camels kneel down near the well outside the town; it was toward evening, the time the women go out to draw water. ¹² Then he prayed, "LORD, God of my master Abraham, make me successful today, and show kindness to my master Abraham. ¹³ See, I am standing beside this spring, and the daughters of the townspeople are coming out to draw water. ¹⁴ May it be that when I say to a young woman, 'Please let down your jar that I may have a drink,' and she says, 'Drink, and I'll water your camels too'—let her be the one you have chosen for your servant Isaac. By this I will know that you have shown kindness to my master." ¹⁵ Before he had finished praying, Rebekah came out with her jar on her shoulder. She was the daughter of Bethuel son of Milkah, who was the wife of Abraham's brother Nahor. ¹⁶ The woman was very beautiful, a virgin; no man had ever slept with her. She went down to the spring, filled her jar and came up again. ¹⁷ The servant hurried to meet her and said, "Please give me a little water from your jar." ¹⁸ "Drink, my lord," she said, and quickly lowered the jar to her hands and gave him a drink. ¹⁹ After she had given him a drink, she said, "I'll draw water for your camels too, until they have had enough to drink." ²⁰ So she quickly emptied her jar into the trough, ran back to the well to draw more water, and drew enough for all his camels. ²¹ Without saying a word, the man watched her closely to learn whether or not the LORD had made his journey successful. ²² When the camels had finished drinking, the man took out a gold nose ring weighing a beka and two gold bracelets weighing ten shekels. ²³ Then he asked, "Whose daughter are you? Please tell me, is there room in your father's house for us to spend the night?" ²⁴ She answered him, "I am the daughter of Bethuel, the son that Milkah bore to Nahor." ²⁵ And she added, "We have plenty of straw and fodder, as well as room for you to spend the night." ²⁶ Then the man bowed down and worshiped the LORD, ²⁷ saying, "Praise be to the LORD, the God of my master Abraham, who has not abandoned his kindness and faithfulness to my master. As for me, the LORD has led me on the journey to the house of my master's relatives." ²⁸ The young woman ran and told her mother's household about these things.

Genesis 24:61-67

⁶¹ Then Rebekah and her attendants got ready and mounted the camels and went back with the man. So the servant took Rebekah and left. ⁶² Now Isaac had come from Beer Lahai Roi, for he was living in the Negev. ⁶³ He went out to the field one evening to meditate, and as he looked up, he saw camels approaching. ⁶⁴ Rebekah also looked up and saw Isaac. She got down from her camel ⁶⁵ and asked the servant, "Who is that man in the field coming to meet us?" "He is my master," the servant answered. So she took her veil and covered herself. ⁶⁶ Then the servant told Isaac all he had done. ⁶⁷ Isaac brought her into the tent of his mother Sarah, and he married Rebekah. So she became his wife, and he loved her; and Isaac was comforted after his mother's death.



THE GOSPEL

SESSION 10

Purpose: To share the Good News about Christ that brings salvation.

Goal: Seeing Jesus as our only salvation and hope

Biblical Character: Jesus

Scripture Readings: Luke 1:26-38; Matthew 1:18-25

Discussion Questions:

- Who was the angel Gabriel sent to?
- What do the scriptures say about Mary?
- What message did Gabriel bring her?
- Who would Jesus be and what would He do?
- How did the angel say Mary would conceive Jesus? Whose Son would Jesus be?
- What is impossible with God?
- How did Mary respond to this "Good News?" Did she believe?
- Why was Joseph going to divorce Mary?
- What happened that caused Joseph no to divorce her?
- What did the angel tell Joseph that Jesus would do?
- What does Immanuel mean? What does this tell you about God's heart towards man?
- Why was Jesus crushed and bruised? What brought us peace? How are we healed?
- Who crushed Jesus and caused Him to suffer?
- Why would it please the Lord to crush His one and only Son?
- Whose life is our offering for sin? What else makes us right with God?
- How are we justified (made innocent)?
- **How can I respond to this Good News?**
- **What is one thing I learned from this story that I can apply to my life before the next lesson?**

Core Truths:

- ▶ The Gospel is what saves and transforms us. Jesus is the Gospel – God coming to us in our inability to go to Him.
- ▶ Jesus died for our sins, so that we could live.
- ▶ We are saved by believing in the Good News of Jesus Christ.

Memory Verse:

John 3:16: *"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life."*

The Gospel: Luke 1:26-38; Matthew 1:18-25; Isaiah 53:4-5, 10 New International Version (NIV)

Luke 1:26-38

²⁶ In the sixth month of Elizabeth's pregnancy, God sent the angel Gabriel to Nazareth, a town in Galilee, ²⁷ to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin's name was Mary. ²⁸ The angel went to her and said, "Greetings, you who are highly favored! The Lord is with you." ²⁹ Mary was greatly troubled at his words and wondered what kind of greeting this might be. ³⁰ But the angel said to her, "Do not be afraid, Mary; you have found favor with God. ³¹ You will conceive and give birth to a son, and you are to call him Jesus. ³² He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, ³³ and he will reign over Jacob's descendants forever; his kingdom will never end." ³⁴ "How will this be," Mary asked the angel, "since I am a virgin?" ³⁵ The angel answered, "The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God. ³⁶ Even Elizabeth your relative is going to have a child in her old age, and she who was said to be unable to conceive is in her sixth month. ³⁷ For no word from God will ever fail." ³⁸ "I am the Lord's servant," Mary answered. "May your word to me be fulfilled." Then the angel left her

Matthew 1:18-25

¹⁸ This is how the birth of Jesus the Messiah came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be pregnant through the Holy Spirit. ¹⁹ Because Joseph her husband was faithful to the law, and yet did not want to expose her to public disgrace, he had in mind to divorce her quietly. ²⁰ But after he had considered this, an angel of the Lord appeared to him in a dream and said, "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. ²¹ She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins." ²² All this took place to fulfill what the Lord had said through the prophet: ²³ "The virgin will conceive and give birth to a son, and they will call him Immanuel" (which means "God with us"). ²⁴ When Joseph woke up, he did what the angel of the Lord had commanded him and took Mary home as his wife. ²⁵ But he did not consummate their marriage until she gave birth to a son. And he gave him the name Jesus.

Isaiah 53:4-5, 10

⁴ Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. ⁵ But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. ¹⁰ Yet it was the LORD's will to crush him and cause him to suffer, and though the LORD makes his life an offering for sin, he will see his offspring and prolong his days, and the will of the LORD will prosper in his hand.



REVIEW

SESSION 11

Purpose: To encourage women to continue seeking God through His Word and grow in their relationship with Jesus and their knowledge of Him.

Session	Value	Biblical Character	Memory Verse	Personal Application	Team Application
1	The Fall	God and Man (Adam & Eve)	John 17:17		
2	Valor	Rahab	Romans 10:17		
3	Integrity	Ruth	Romans 10:13		
4	Resourcefulness	Esther	Esther 4:14		
5	Trust in God	Hannah	Proverbs 3:5		
6	Uniqueness	Eve	Isaiah 43:7		
7	Obedience	Mary Magdalene, Joanna & other women	1 Corinthians 5:7		
8	Unity	Rachel & Leah vs. Mary & Elizabeth	Luke 10:27		
9	Service	Rebekah	Romans 12:11		
10	The Gospel	Jesus	John 3:16		

P. Prayer - Ask God to use this verse to renew your mind and obey what it says.

"Arise, my love, my beautiful one, and come away. O my dove, in the clefts of the rock, in the crannies of the cliff, let me see your face, let me hear your voice, for your voice is sweet, and your face is lovely." – Song of Solomon 2:13-14



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