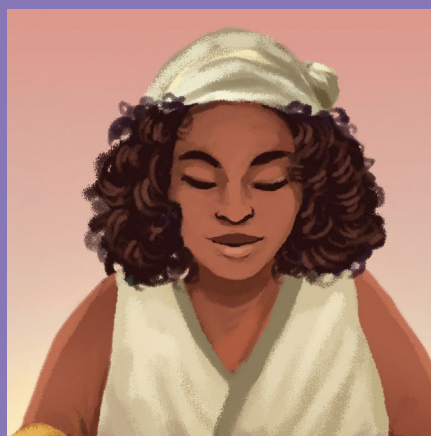


# HER STORY, HER STRENGTH

50 GOD-EMPOWERED WOMEN OF THE BIBLE



SARAH PARKER RUBIO

DISCUSSION GUIDE & JOURNAL

# DISCUSSION QUESTIONS

Please use the discussion questions on the next pages as an opportunity for further dialog with your young lady. Each discussion question coordinates with a chapter from Her Story, Her Strength, profiling 50 strong women in the Bible. After several chapter questions, you will find a journal prompt with a question for girls and a question for adults. It's fun to do these together as you go through the book, and take some time together to chat and connect. Think about the strong women featured in these profiles.

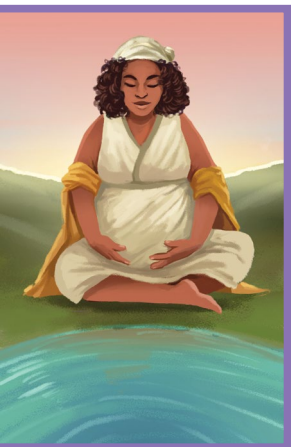
How can we use what we learned about God, to encourage strength in our girls today?



## EVE

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- Look at something from nature (a cloud, a tree, a potted plant). Imagine you're seeing that thing for the very first time. How would you describe it? How does it make you feel?
- Why do you think the Bible mentions both females and males when it says human beings were made in God's image (Gen. 1:27)?



## HAGAR

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- Do you ever feel unseen by the people around you? What do you wish they knew about you?
- How does it feel to know that God sees you and cares about you?



## SARAH

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- Have you ever had to wait a long time for something you really wanted? What do you think it would be like to wait decades for God to keep a promise?
- Why do you think God sometimes asks us to wait for good things?



## REBEKAH

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- Why do you think Rebekah left everything to marry a man she'd never met?



## LEAH

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- Have you ever felt like you were in a competition with someone else? What did that feel like?
- What do you think is a good way to respond when you feel tempted to compare yourself with others?



## RACHEL

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- What's one thing in your life you wish you could control? Why do you think it's hard to trust God to be in charge of that thing?



# DISCUSSION QUESTIONS



## SHIPHRAH AND PUAH

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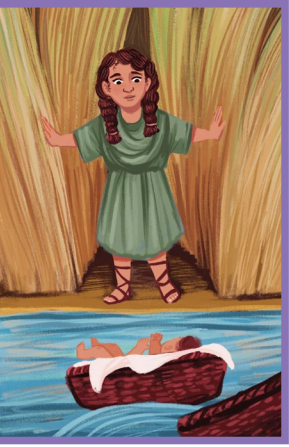
- What would you do if you learned about a truly unjust rule in your school, sports team, or club?



## JOCHEBED

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- Do you ever worry about someone you love or a situation you're facing? What might it look like to trust God with that person or situation today?
- What do you want to say to God about the bad things that sometimes happen in the world and in your own life?



## MIRIAM

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- What are some of the talents and abilities God has given you?
- How do you think you could use one of the things you're good at to praise God or do something good for others?



## PHARAOH'S DAUGHTER


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- Why do you think God chose pharaoh's daughter—someone who wasn't part of his special people—for such an important job?
- How could you show compassion to someone in your life this week?

# JOURNAL

GIRL: What have you learned so far about how God's image is reflected in these women from the books of Genesis and Exodus? Have you discovered anything you didn't know before? Have you learned anything about yourself and how God feels about you?

MOTHER/MENTOR: How has knowing you were created in God's image made a difference in your life? What do you want your girl to know about God's image in her and her value to God, and to you? What special gifts and qualities do you see in her?



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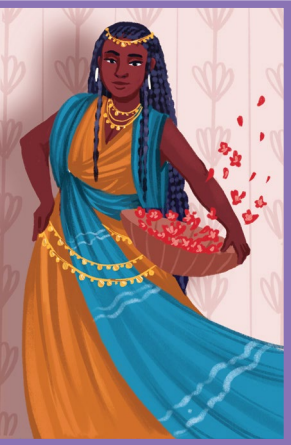
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# DISCUSSION QUESTIONS



## ZIPPORAH

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- Who are the people in your life who come from a different tradition, culture, and/or ethnicity from you? What are one or two ways you could learn about and celebrate your differences and your relationship?



## ZELOPHEHAD'S DAUGHTERS

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- How did God take care of the sisters in this story?



## RAHAB

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- How do you think Rahab felt when the two spies brought her to join the Israelites after they conquered Jericho?
- Do you feel like you could use a fresh start in some area of your life? What do you want to say to God about that?





## DEBORAH

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- Do you think God would give you wisdom, like he gave Deborah? What would you need to do to get it? (Hint: see James 1:5.)



## JAEI

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- Do you think Jael did the right thing in this story? Why or why not?

# JOURNAL

GIRL: Have you ever felt like an outsider? What was that like?

MOTHER/MENTOR: Why do you think God included so many stories of outsiders in the Bible? What does that mean to you?



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# DISCUSSION QUESTIONS



## SAMSON'S MOTHER

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- Would you like to receive a special message from an angel? What do you think that would be like?
- How do you think God speaks to you today?



## NAOMI

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- What do you think God would have said to Naomi when she was sad and angry?



## RUTH

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- Who is someone in your life who shows you loyal love? What does that person do to let you know they love you?



## HANNAH

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- What is something you have been asking God for, or want to ask him? How can you have peace while you wait for him to answer?



## ABIGAIL


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- How do you think Abigail knew what to do when she found out her husband had insulted David?
- Have you ever done something when you were angry that you were sorry for later? What is something you could try next time you feel angry?

# JOURNAL

GIRL: What are some of the ways these women from the Old Testament reflected God's image? What qualities did they show in their lives? How did God give them the strength they needed? Which of these qualities and strengths would you most like to have in your own life?

MOTHER/MENTOR: Write to your girl about a time in your life when God gave you the strength and provision you needed to overcome an obstacle or make it through a difficult time. What did you learn about God and yourself through that situation?



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# DISCUSSION QUESTIONS



## THE WIDOW AT ZAREPHATH

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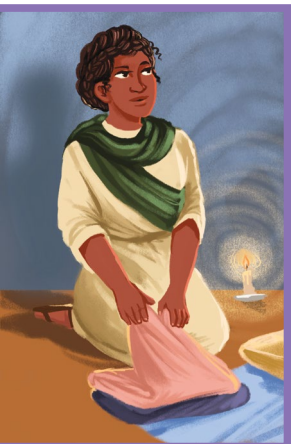
- What does it mean for you to trust God for your “daily bread”—what you need for right now, today?



## THE SHUNAMMITE WOMAN

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- What are some of the resources you have? How could you share them with others this week?



## NAAMAN'S SERVANT

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- Why do you think forgiveness is hard sometimes?
- Is there someone you're struggling to forgive? What do you want to say to God about that situation?



## JEHOSHEBA

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- Why do you think God chose Jehosheba to save King David's royal family?



## HULDAH

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- What do you think it was like for Huldah to be God's prophet?
- Can you picture yourself sharing God's Word with others?  
What kinds of things would you need to do to prepare for that job?





# DISCUSSION QUESTIONS



## SHALLUM'S DAUGHTERS

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- What teams are you a part of (at home, at school, in sports, etc.)? How do you do your part to make your teams successful?



## ESTHER

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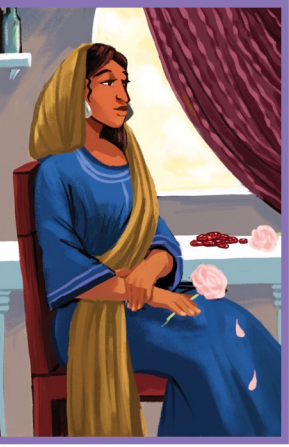
- Have you ever been scared to do the right thing? What did you do in that situation?
- Have you ever felt like God disappeared on you? What do you want to say to him about that?



## WISDOM

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- What is one area of your life where you feel you need wisdom?
- What are some things you can do to grow in wisdom?



## THE WOMAN OF VALOR

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- What is the thing you admire most about the woman in this story?



## THE BELOVED


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- Do you like romantic stories? How does this story compare to others you've read or heard?
- Do you want to get married someday? What do you want to say to God about that?

# JOURNAL

**GIRL:** Write some things you've learned about God's wisdom from the stories of these Old Testament women. What did they need wisdom for? How did God give it to them? What would it look like for you to receive God's wisdom in your life today?

**MOTHER/MENTOR:** Choose one or two truths that are illustrated in the stories of these Old Testament women—the ones you would most like your girl to learn and internalize. Share with her why you think these things are so important and what impact they will have on her life if she takes them to heart.



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# DISCUSSION QUESTIONS



## ELIZABETH

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- Why do you think Elizabeth's reaction to the angel's message was so different from her husband's?
- What are some broken things you see in your life or the world around you that you need a Rescuer to fix? What do you want to say to God about that?



## MARY, THE MOTHER OF JESUS

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- What did you think Mary was like before you read this story? Do you have a different idea after reading it?
- Do you feel ready to receive God's favor and strength? What work do you think he may want you to do, now or in the future?



## ANNA

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- Is it easy or hard for you to feel hopeful? Where can you find hope?



## THE SAMARITAN WOMAN AT THE WELL

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- What are some of the unexpected things Jesus did in this story? Why do you think he did things that way?



## A HEALED WOMAN

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- Do you or someone you love need healing—of the body, mind, or spirit? What do you want to say to God about that?

 **JOURNAL** 

BOTH: What have you learned so far about God or the women in these stories that has surprised you?



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# DISCUSSION QUESTIONS



## JAIRUS'S DAUGHTER

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- What scares you most about dying? What do you think Jesus would say about your fear?



## A CANAANITE WOMAN

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- Why do you think Jesus spoke to this woman the way he did?



## A WOMAN CAUGHT IN SIN

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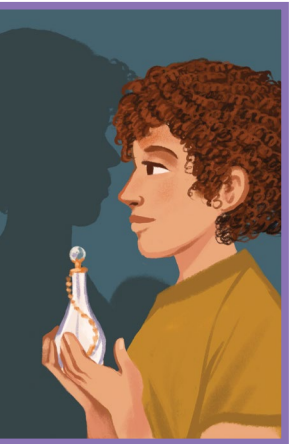
- Do you need a second chance, or to offer a second chance to someone else? What do you want to say to God about that?



## MARTHA

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- Why do you think Martha wanted to see Jesus after her brother died?
- Do you feel that you are close friends with Jesus, like Martha was? How do you think you could get to know him better?



## MARY OF BETHANY

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- Why do you think Mary wanted to give Jesus one of her most valuable belongings?
- If Jesus came to your house today, what would you give him as a gift?





# JOURNAL



**GIRL:** What are some things you have learned about Jesus from the women in his life? What are some questions you have about him?

**MOTHER/MENTOR:** What does it mean to you to be a friend of Jesus? What are some things you want your girl to know about walking with him?



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# DISCUSSION QUESTIONS



## A GENEROUS WIDOW

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- What does being generous mean to you?
- Would you say you are a generous person? Why or why not?



## WOMEN WHO FOLLOWED AND SUPPORTED JESUS

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- What communities are you a part of? What good things do you get from being part of those groups?
- Why do you think God puts people together in communities?



## MARY MAGDALENE

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- Why do you think Mary Magdalene loved Jesus so much?
- How do you think Mary felt when she realized Jesus was alive?



## TABITHA

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- What is one thing you could do to serve the people around you this week?



## LYDIA

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- Do you remember hearing about Jesus for the first time? What did you think and feel? (If you don't remember, imagine what it would be like.)



# JOURNAL

GIRL: Write about how Jesus changed the lives of the women in these stories. How has he changed your life, or the life of someone you know?

MOTHER/MENTOR: How has knowing Jesus changed your life? How do you hope your girl's life will be changed by following Jesus?



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# DISCUSSION QUESTIONS



## DAMARIS

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- What are you curious about?
- Why do you think truth is important to God?



## PRISCILLA

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- Think of a time when you were in a partnership with someone. Did it turn out well? Why or why not?



## WOMEN IN THE CHURCH

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- Are you part of a church? How do you help out in your church, or how might you be able to help?

# JOURNAL

GIRL: Which of the stories you've read in this book is your favorite? Why do you like that woman's story? Is she like you or different? How did God help her be strong? How would you like God to help you be strong?

MOTHER/MENTOR: What are one or two truths you want to make sure your girl takes away from reading this book? How do you pray God will strengthen her as she grows?



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## LOIS AND EUNICE

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- Were you surprised to learn that God compares himself to a mother? What do you think about that?
- Think of the best mother you know. How does she reflect God?



## THE WOMAN CROWNED WITH STARS

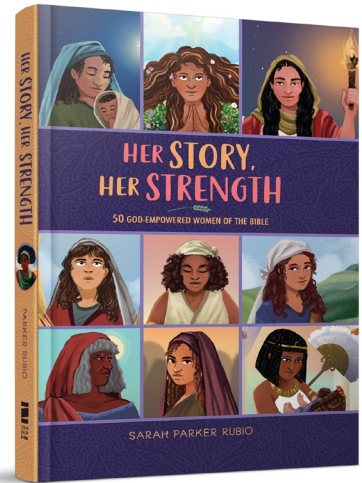
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- What do you think about the different ideas of who this woman symbolizes? Which one seems most likely to you?
- How does it make you feel to know the evil dragon will be defeated?

# ABOUT THE BOOK

Girls are beautifully and wonderfully made in God's image. This comprehensive collection of stories focused on 50 women of the Bible shows how God worked in their lives and continues to have a plan and a purpose for his beloved daughters today.

In a world that too often tells girls that they are not enough, *Her Story, Her Strength* uses biblical retellings and reflections that include the historical context behind each story to remind young women that they have a God who loves them deeply and empowers them to live and love like he does. For any girl ages 8 and up who is asking questions about her worth, identity, and place in the world and church, this colorful and engaging book provides a positive, loving, and scriptural lens that helps them interpret the messages they receive from their peers, media, and society.



#### AVAILABLE IN:

Hardcover: 9780310144311

Ebook: 9780310144366

Audio Download: 9780310144359

# ABOUT THE AUTHOR



Sarah Parker Rubio has been an avid reader ever since she convinced her mom to teach her to read before her kindergarten teacher got around to it. Her writing draws on her experiences as the child of missionaries, a partner in an intercultural marriage, and the mother of three kids. She enjoys writing for all ages but is especially drawn to the magic and wonder to be found in writing for children.

Sarah has over fifteen years of experience in the publishing industry as an editor. Over the years she has had the opportunity to help shape dozens of books on a wide variety of topics. Her favorite books are the ones that give readers a window into a new world—a different culture, a magical universe, an obscure branch of science, a new idea, or an old idea presented in a new way.

Sarah's goal is to create books that will help readers explore new ideas, grasp foundational concepts, and develop empathetic and compassionate hearts—and have fun in the process!

[www.sarahparkerrubio.com/](http://www.sarahparkerrubio.com/)