



STUDY GUIDE

unknown  
women *of the* Bible

**BIBLE-BASED CONVERSATIONS WITH *SEE HEAR LOVE***

MELINDA ESTABROOKS, ANNE MIRANDA, HELEN BURNS,  
TRYPHENA PERUMALLA-GAGNON, AND ANN VOSKAMP

## ***SEE HEAR LOVE STUDY GUIDE: UNKNOWN WOMEN OF THE BIBLE***

This study takes a deeper look at the lives of 10 extraordinary women in the Old Testament.

These women are not well known, they are rarely referenced, and you've probably never even heard of them .. but each one, made a significant impact in the Kingdom of God that forever altered history.

These women are freedom fighters, warriors, engineers and architects, strategic planners with an entrepreneurial spirit. They are savvy, fierce and God-fearing. Although unfamiliar to most Christians, SHE was known by her Maker, she was seen, heard, and loved by God.

Join our Host Melinda Estabrooks and Bible Teachers Anne Miranda, Helen Burns, Tryphena Perumalla-Gagnon, and Ann Voskamp as we journey and give context to who these women were and how each one had an eternal impact on the gospel story. (Make sure to watch our conversation at [www.seehearlove.com](http://www.seehearlove.com))

### **Use this as a guide:**

- To learn more about context and history!
- To dive deeper into the stories and lives of these women.
- To ask more questions.
- To listen to the Holy Spirit.
- To listen to one another.
- To add to the prayers.
- To write down your personal thoughts and learnings.
- To challenge yourself on applications and next steps.

Our hope is that every woman participating in this study will know that she is seen, heard, and deeply loved by God and has so much to offer to the world and the next generation.

May these 'unknown women' inspire you to follow Jesus and serve others with all of your heart, mind, and soul.

With love,  
The ***SEE HEAR LOVE*** Team

# WEEK #1: SHIPHRAH AND PUAH & JEHOSEBA

BIBLE READING: EXODUS 1:15-22; 2 KINGS 11; 2 CHRONICLES 22-23

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## CONTEXT:

What is the context of this passage?  
Why is it important?

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## CONNECT:

What stands out to you in these passages / in this story? A word, an action, a conversation? Why does it stand out to you? How is her story connecting with yours?

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**CURIOUS QUESTIONS:**

What questions am I asking as I am learning?

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What can I learn from Shiphrah, Puah, and Jehosheba that I can apply to my life to help me in the areas of courage, hope, faith, and justice?

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**Prayer from Psalms 119:33-39:**

Teach me, Lord, the way of Your decrees, that I may follow it to the end. Give me understanding, so that I may keep Your law and obey it with all my heart.

Direct me in the path of Your commands, for there I find delight. Turn my heart toward Your statutes and not toward selfish gain. Turn my eyes away from worthless things; preserve my life according to Your word. Fulfill Your promise to Your servant, so that You may be loved.

Amen.

# WEEK #2: JAEL

BIBLE READING: JUDGES 4

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## CONTEXT:

What is the context of this passage?

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## CONNECT:

How does this connect to the gospel and to my life? What stands out to you in these passages / in this story? A word, an action, a conversation? Why does it stand out to you?

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**CURIOUS QUESTIONS:**

What questions am I asking as I am learning?

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What can I learn from Jael that I can apply to my life to help me in the areas of courage, hope, faith, and justice?

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**Prayer from Judges 5:31 & Psalm 121:**

Lord, may all who love You be like the sun when it rises in its strength. May I be strong and courageous when You ask me to take risks and obey Your lead. May You find me faithful, full of hope and seeking justice as Jael was generations ago. Holy Spirit, increase my courage, increase my hope, increase my faith. I lift up my eyes to the mountains—where does my help come from?

My help comes from the Lord, the Maker of heaven and earth. I love You Lord.

Amen.

# WEEK #3: SHEERAH

BIBLE READING: 1 CHRONICLES 7:23-29

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## CONTEXT:

What is the context of this passage?

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## CONNECT:

How does this connect to the gospel and to my life? What stands out to you in these passages / in this story? A word, an action, a conversation? Why does it stand out to you?

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**CURIOUS QUESTIONS:**

What questions am I asking as I am learning?

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What can I learn from Sheerah that I can apply to my life to help me in the areas of courage, hope, faith, and justice?

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**Prayer from Psalm 9:1-2, 7-10:**

I will give thanks to You, Lord, with all my heart; I will tell of all Your wonderful deeds. I will be glad and rejoice in You; I will sing the praises of Your Name, O Most High....The Lord reigns forever; He has established His throne for judgment. He rules the world in righteousness and judges the peoples with equity. The Lord is a refuge for the oppressed, a stronghold in times of trouble. Those who know Your name trust in You, for You, Lord, have never forsaken those who seek You.

Amen.

# WEEK #4: ZELOPHEHAD'S DAUGHTERS: MAHLAH, NOAH(NOA), HOGLAH, MILCAH, AND TIRZAH

BIBLE READING: NUMBERS 26:33; NUMBERS 27:1-8; NUMBERS 36;  
JOSHUA 17; 1 CHRONICLES 7

## CONTEXT:

What is the context of this passage?

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## CONNECT:

How does this connect to the gospel and to my life? What stands out to you in these passages / in this story? A word, an action, a conversation? Why does it stand out to you?

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**CURIOUS QUESTIONS:**

What questions am I asking as I am learning?

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What can I learn from Mahlah, Noah, Hoglah, Milcah, and Tirzah that I can apply to my life to help me in the areas of courage, hope, faith, and justice?

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**Prayer from Psalm 61:**

Hear my cry, O God; listen to my prayer. From the ends of the earth I call to You. I call as my heart grows faint; lead me to the rock that is higher than I.

For You have been my refuge, a strong tower against the foe. I long to dwell with You forever and take refuge in the shelter of Your wings. For You, God, have heard my vows; You have given me the inheritance of Your heavenly kingdom!

I will always sing in praise of Your Name and be faithful to You.

Amen.

**GO A LITTLE DEEPER:**

The story continues. The Lord uses ordinary women to complete His extraordinary purposes. He is at work in your life. You are seen, heard, and loved by God. You have meaning and are weaved into the Gospel story to have eternal impact.

**CONTEXT:**

Write out your testimony. To give yourself guidelines try to condense it with writing bullet points of milestone moments in your life journey. Where did God show up in your life? Where did you need to be courageous? When did you take a risk? What were the failures or challenges? What were the successes and victories?

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**CONNECT:**

Acknowledge God's design in the places that He has positioned you in from your family, to your workplace, to the city, and country you live in. Acknowledge the people He has surrounded you with. He has been at work in your life.

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**CURIOUS QUESTIONS:**

What have you learnt this past year about yourself?

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**PRAYER:**

Write your own prayer to God declaring where you need to have courage, hope, faith, and seek justice.

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# SEE HEAR LOVE

*with Melinda Estabrooks*

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