

# The Most Overwhelmed Women of the Bible: How their Stories Help us Find Peace

by Mary DeMuth

**Week 1 Chapter 2: Sarai, the Disbelieving One and Chapter 2:  
Zipporah, the Nomadic One.**

**Check in Question:** *Overwhelmed* means feeling like you have too much to handle, whether it's too many tasks, responsibilities, or strong emotions. Does this definition fit what *you* think it means, or would you describe it differently? What kinds of things tend to overwhelm you?

## Opening Prayer

Loving God,  
You called Sarah to trust in Your promise even when it seemed impossible.  
Give us her courage to believe when we cannot yet see.  
Help us to laugh with joy at the wonders You work in our lives.  
May our faith, like Sarah's, grow strong in patience and hope.  
We ask this through Christ our Lord. Amen.

## Reflection questions

### Chapter 1: Sarah

Truths and Questions on page 22

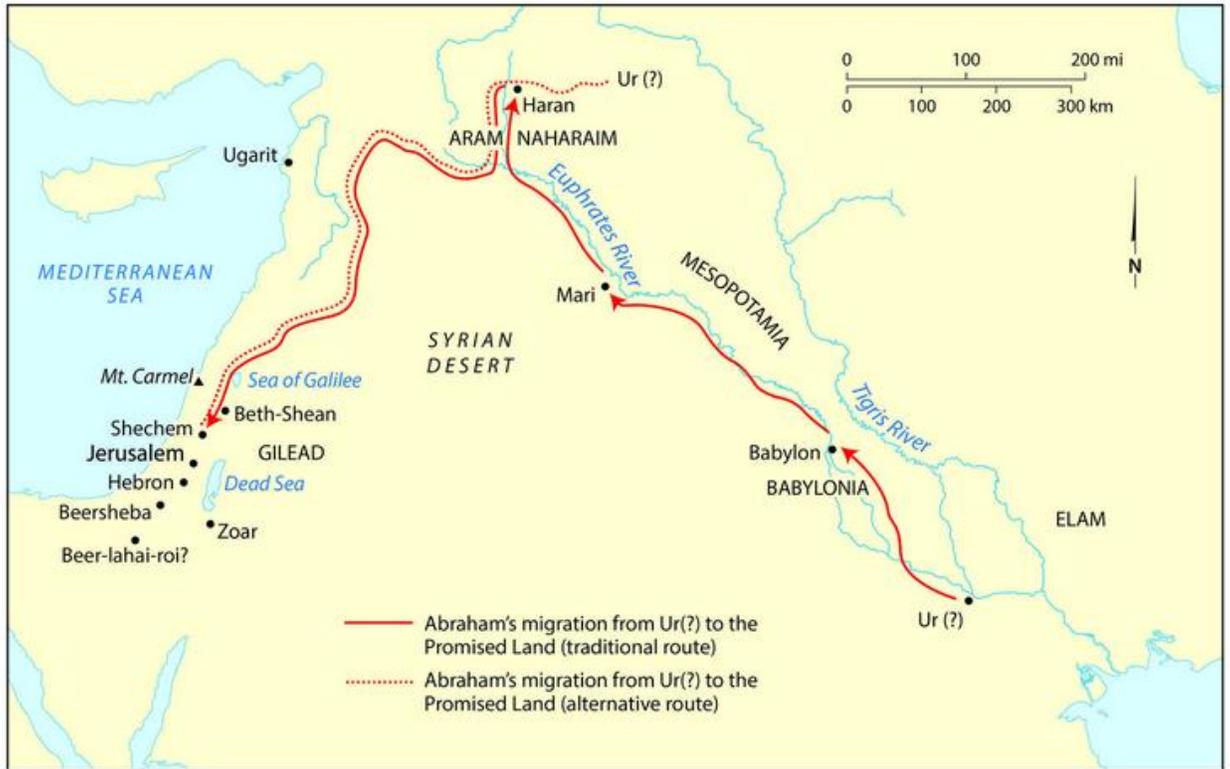
**Did you find any of the truths hard to understand or truths that support your faith?**

1. Even when it seems like God is not working, he is working behind the scenes to answer your prayers.
2. Our human frailty does not negate God's goodness.
3. God watches out for us even when others have placed us in difficult or scary situations, he sees us. He defends us
4. Unmet expectations does not mean God has forgotten us.
5. God loves to do something new.

### Questions for discussion

1. What did you initially believe about Sarah before you picked up this book?
2. How does your life mirror Sarah's? How is it different?

3. What do you admire about Sarah?
4. In what ways is Sarah's story a cautionary tale? What does her life teach you about what not to do?
5. What changes have taken place in the world since Sarah's battle with infertility? How has her struggle remained the same for women today?



## Chapter 2: Zipporah

Truths and Questions on page 41

**Did you find any of the truths hard to understand or truths that support your faith?**

1. God's Kingdom doesn't measure things the world system does.
2. Our obedience to God may be God's means for saving someone else.
3. No matter where you find yourself, God is there.
4. In difficult marriages, God notices and has compassion on you.
5. In crazy, scary situations, God will equip you to obey and persevere.

### Questions for discussion

1. What did you initially believe about Zipporah before you picked up this book?
2. What lessons from Zipporah's life most resonated with you?
3. Have you ever experienced a time when your obedience helped rescue another person from peril? What happened?
4. When (if) you have relocated? How did God show his faithfulness to you?
5. What cultural change has taken place since of Zipporah's time? What has remained the same?

### Closing Prayer

For whom and what shall we pray...

Faithful God,

We thank You for the courage and wisdom of Zipporah,  
who acted with love and strength in a moment of great need.

Teach us to respond with the same faith and discernment in our own lives.

May her story remind us that You work through quiet courage and steadfast hearts.  
We ask this through Christ our Lord. Amen.

Next time Chapters 3-4 Manoah's Wife and Naaman's Slave Girl
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