

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

by Mary DeMuth

**Week 2 Chapter 3: Manoah's Wife the Bereaved One One and
Chapter 4: Naaman's Slave Girl, the Imprisoned One.**

Check in Question: *Although the Nazirite Vow is largely obsolete today, its underlying themes of sacrifice, self-discipline, and consecration continue to shape many spiritual practices. In what ways have you participated in or lived out a modern expression of such a vow?*

Opening Prayer

Loving God,

You speak through the humble and the hidden—through Manoah's wife in her quiet faith, and through the young servant girl who pointed Naaman toward healing. Open our hearts today to hear Your voice in unexpected places. Give us the courage to trust Your promises and the compassion to guide others toward Your mercy. May Your Spirit lead our reflection and draw us closer to Your will. Amen.

Explanation:

Patriarchs Abraham, Isaac and Jacob, Moses and Aaron

Judges; Samson, Deborah,

Kings: Saul, David, Solomon

Prophets: Elijah, Isaiah, Jeremiah

Reflection questions

Chapter 3: Manoah's Wife the Bereaved One

Truths and Questions on page 59-60

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

- In your desperation, God takes note of your prayers and pleas.
- Your joy is not dependent on the obedience of another.
- Grief is a long, painful journey, and it's best to proceed it both vertically (with the Lord) and horizontally (with others).
- You cannot thwart the plan of God.

- God's character can be counted on, even when others demonstrate a lack of character.

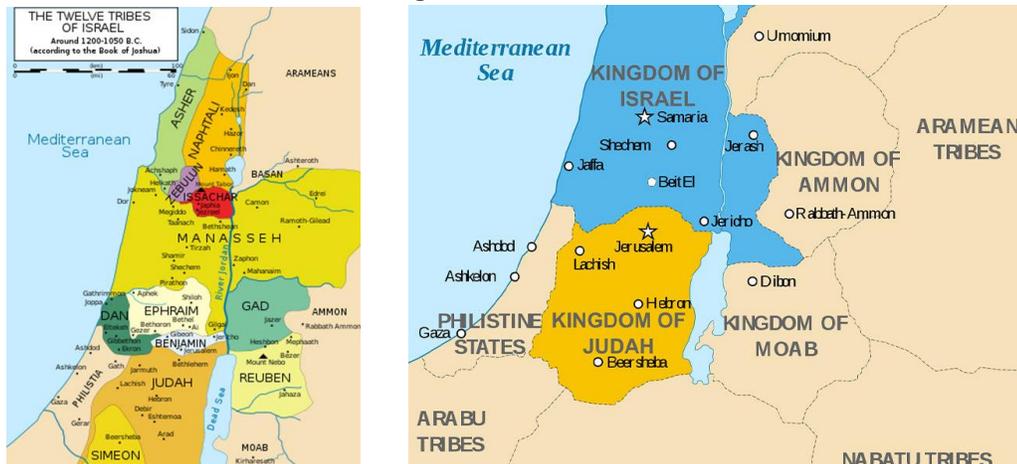
Questions for discussion

1. What surprised you about this story? Had you remembered it, in terms of Manoah's wife?
2. Have you ever had a supernatural experience of God, or have you known someone who has? What happened?
3. Why do you think Manoah's wife also had to carry out the Nazirite vow?
4. In what ways does this story reveal the character of God?
5. What new historical fact did you learn during this chapter? What did you learn about the time of the judges?

Chapter 4: Naaman's Slave Girl

Explanation:

Northern and Southern Kingdoms



Syria

Where God dwells

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

1. Sometimes we find ourselves in situations outside of our control because of the sinful actions of others.
2. Growth comes when we ask God to move us from always looking backward to choosing to look forward.
3. When we concentrate on what we don't have, we lose sight of what we have in our hands.
4. God's heart is for the whole world, not just a chosen few.



5. God does miraculous works through our small obedience.

Questions for discussion

1. What do you recall after reading about this slave girl?
2. How does herbal proclamation (about God's ability to heal) encourage you today?
3. What past pain held you back from helping others today?
4. What did you learn about the character of God from this story?
5. Naaman reveals pride when he (at first) refuses to wash in the Jordan river, in what ways have you battled pride this last month?

Closing Prayer

For whom and what shall we pray...

Gracious Lord,

As we conclude, we thank You for the example of these two courageous women—one who welcomed Your miraculous promise, and one who shared hope in the midst of suffering. Grant us their strength, their clarity, and their generosity of spirit. Send us out to be bearers of Your healing and Your faithfulness in the world. Keep us mindful that even the smallest word of grace can change a life. We ask this through Christ our Lord. Amen.

Next time Chapters 5-6 Huldah, and Esther