



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

by Mary DeMuth

**Week 3 Chapter 5: Huldah, the Burdened One and Chapter 6:  
Esther, the Fearful One.**

**Check in Question:** *DeMuth writes, “The pathway of discipleship is the path of choosing to do the hard thing, come what may.”*

*And she reminds us that, “People often prefer to have their ears tickled rather than hear the difficult truths of Scripture.”*

*Do you have a personal story of choosing the harder road, or a reflection on what it means to walk that kind of path?*

### Opening Prayer

Loving God,

As we gather to reflect on the witness of Huldah, open our minds and hearts.

Help us remember what we once knew and receive with gratitude what You reveal anew.

Guide us as we explore Israel’s story, the call of prophets, and the courage required to speak truth in difficult moments.

May Huldah’s faith, wisdom, and strength inspire us to listen deeply and respond faithfully to Your word.

Be present with us now—teaching, challenging, and transforming us.

Amen.

### Reflection questions

#### Chapter 5: Huldah, the Burdened

Truths and Questions on page 89

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

- It is possible to thrive in a perverse culture.
- Fearing people will prevent you from speaking/telling the truth.
- God will give you the courage necessary to speak the truth in love.
- Obedience in quiet places matters.
- Whether you're speaking to important people or playing ordinary folks, it's imperative you share the truth.

### Questions for discussion

1. What Did you know about Huldah before picking up this book? What did you learn a new?
2. What did you uncover about the nation of Israel and how they acted prior to the exile?
3. What role did prophets and prophetess play in the history of Israel? What role do they play (if any) in the church today?
4. When have you had a difficult message to bring to someone? What happened? How does Huldah 's story encourage you?
5. What character traits did Huldah possess that you admire?

### Chapter 6: Esther, the Fearful One.

Truths and Questions on page 89

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

- When you feel like life is out of control, your sovereign God holds all things together.
- Courage is not the absence of fretting; It's the presence of it while still moving forward.
- Your witness may simply be in during trials well.
- God's deliverance often comes in unexpected ways.
- When you're overwhelmed, it gives God a chance to be the strength in your weakness.

### Questions for discussion

1. How has Esther been traditionally portrayed? How did reading this account change your perspective of her?
2. How would you feel like Esther situation (in the harem, when she had to risk her life)?
3. Look up the festival of Purim. What do you learn about God's character through the way people traditionally celebrate it?
4. List all the circumstances Esther could have felt overwhelmed about. How did those differ from your current struggles? How are they similar? What can you learn from her?
5. What political changes have taken place since esters experience? What has remained the same?

## Closing Prayer

For whom and what shall we pray...

Faithful Lord,

Thank You for the wisdom and challenge found in Esther's life.

As we step away from this conversation, let her courage strengthen our own, and her trust in You remind us that You are at work even in hidden places.

Help us face our fears, navigate our circumstances, and respond to the needs of our world with integrity and hope.

May the joy of Purim, the lessons of history, and the resilience of Your people shape us as we walk forward in Your light.

Amen.

Next time, Chapters 7-8 Elizabeth and Mary



  
**Kings of Israel**

**1000 BC**  
 ONE KINGDOM



SAUL	40 YRS
DAVID	40 YRS
SOLOMON	40 YRS

**Judah**  
 931-586 BC

**Israel**  
 931-722 BC

KING	REIGN
REHOBOAM	17 YRS
ABIJAH	3 YRS
ASA	41 YRS
JEHOSHAPHAT	25 YRS
JEHORAM	8 YRS
AHAZIAH	1 YR
<small>QUEEN</small> ATHALIAH	6 YRS
JOASH	40 YRS
AMAZIAH	29 YRS
AZARIAH <small>ALSO KNOWN AS UZZIAH</small>	52 YRS
JOTHAM	16 YRS
AHAZ	16 YRS
HEZEKIAH	29 YRS
MANASSEH	55 YRS
AMON	2 YRS
JOSIAH	31 YRS
JEHOAHAZ	3 MNTHS
JEHOIAKIM	11 YRS
JEHOIACHIN	3 MNTHS
ZEDEKIAH	11 YRS

**900 BC**  
 THE KINGDOM  
 DIVIDES

KING	REIGN
JEROBOAM I	22 YRS
NADAB	2 YRS
BAASHA	24 YRS
ELAH	2 YRS
ZIMRI	7 DYS
OMRI	12 YRS
AHAB	22 YRS
AHAZIAH	2 YRS
JORAM	12 YRS
JEHU	28 YRS
JEHOAHAZ	17 YRS
JEHOASH	16 YRS
JEROBOAM II	41 YRS
ZECHARIAH	6 MNTHS
SHALLUM	1 MNTH
MENAHM	10 YRS
PEKAHIAH	2 YRS
PEKAH	20 YRS
HOSHEA	9 YRS

**800 BC**

**700 BC**

**600 BC**

**COLOR KEY**

- DID NOT DO RIGHT IN GOD'S EYES
- DID DO RIGHT IN GOD'S EYES