

Old Testament Heroes – Lesson 1 Workbook

Miriam: Woman of Worship

Exodus 14:19-30

1. What would you have thought if you witnessed those events first-hand?

2. What would your reaction have been after you reached safety on the other side of the sea?

Exodus 15:19-21

1. What was Miriam's response?

2. Why do you think she responds this way?

3. Why is her response of worship appropriate?

4. What do the people alongside her do?

MAKING IT REAL

1. If you look at our society today, what are some things/who are some people that probably are worshiped more than God?

2. If worship is devotion, attention, affection, how well would you say you really worship God?

3. Are there other things in your life that, when you really think about them honestly, get more of your attention, affection, and devotion than Him? What are they?

4. Why do you think it is hard for people to worship God only?

5. What do you think is stopping you from responding to God with worship?

6. What are some things that you can do to worship God more?

7. What are some things that you can do to worship other things less?

Homework

- Memorize Deuteronomy 6:14
- Meditate on the life of Miriam and how imperfect people can be used by God.
- Renew your mind and be transformed by God. Do not be conformed or controlled by the things of the world.
- Reflect on who or what you worship most. Worship God by giving Him your devotion, attention, and affection.

Old Testament Heroes – Lesson 2 Workbook

Rahab: Woman of Righteousness

Joshua 2:1-21

1. Where did Rahab live?

2. Why do you think Rahab hid the spies?

3. According to verse 9, did Rahab think her people had a chance against the army of Israel?

4. Do you think it's odd that Rahab helps them out? Why/why not?

5. At the end of the passage, Rahab cuts a deal with the men. What is it?

Joshua 2:11

1. What does Rahab say is true of the God of Israel?

2. How do you think Rahab came to this conclusion?

3. What did it mean, personally, for her to take Israel's side?

Joshua 6:17-25

1. What do you imagine the scene of that day and time to be like? What would you have seen/heard/smelled/etc.?

2. If you were Rahab, what would it have been like to witness these events? How would you have felt?

3. What was spared from the city?

Matthew 1:5, Hebrews 11:31, James 2:25

1. What does Matthew 1 discuss?

2. Does it surprise you that Rahab, a prostitute, is an ancestor of Jesus?

3. What act of faith did Rahab commit according to the Hebrew author?

4. How do you think this relates to Rahab's statement of faith that you read a minute ago?

5. James finally spells it out for us. He calls Rahab righteous. Why?

MAKING IT REAL

1. The ultimate question today is, "Do you believe in God?" Do you?

2. What do you believe God can do?

3. Who do you believe God is?

4. Do you think the relationship between what we believe and what we do is important? Why or why not?

5. If you were in Rahab's shoes, would you have done something so brave?

Homework

- Memorize Romans 4:3
- Meditate on the life of Rahab. Sometimes, it takes tough choices to get our lives back in line with God.
- Reflect on how your belief in God affects the way in which you live your life and interact with others.

Old Testament Heroes – Lesson 3 Workbook

Ruth: Woman of Loyalty

Ruth 1:16-17

1. How many of you have ever had to move from a place you knew to a place you had never been? What was it like? How did you feel?

2. That's what Ruth is going through! How hard do you think this is for her?

3. Why do you think Ruth says what she says?

How Loyal Are You?

1. When a friend asks me to keep a secret, I...

- a. keep my mouth shut, I promised!
- b. might let it slip a little, but no harm done.
- c. become a blabbermouth to everyone I see.

2. When I tell my parents I'm going to have dinner at home, I...

- a. ditch them to hang out with my friends
- b. stay at home and have family dinner
- c. eat with them but pout the whole time

3. When a friend has a problem he or she knows...

- a. he or she can talk to me about anything
- b. I'm not the best at listening
- c. he or she is better off going to someone else

4. When someone passes along some juicy gossip about someone I know I...

- a. pass it on—such knowledge should be shared!
- b. go to that person and ask him or her if it's true
- c. keep it to myself and stop the chain of gossip

5. When I commit to someone I...

- a. bail if something better comes along
- b. keep my commitment no matter what
- c. consider what's best for me before I follow through

6. If my friend betrayed me I would...

- a. be really sad and hurt at his or her disloyalty
- b. not care
- c. get back at him or her, whatever it takes

7. I gossip

- a. sometimes
- b. all the time
- c. never

Proverbs 11:13, Proverbs 20:19, 2 Corinthians 12:20

1. What do you think causes us to want to hurt people with words?

2. How much is gossip a part of your life?

3. How is gossip the opposite of loyalty?

4. Do you think you have the loyalty of Ruth? In what ways?

5. In which ways do you not have the loyalty of Ruth?

6. How can you become a more loyal person in the words you choose?

7. How can you become a more loyal person in your actions?

Homework

- Memorize Proverbs 11:13
- Ask the people you've wronged in the past for forgiveness.
- Become a more loyal person with your words and actions.
- Meditate on God's loyalty to us and how to show this type of loyalty to others.

Old Testament Heroes – Lesson 4 Workbook

Esther: Woman of Courage

Esther 2:5-9

1. What was Esther's other name? _____

2. What does this passage say about Esther? What was she like?

3. What happens to Esther when she finds favor with the king?

4. What do you think it was like for Esther to make this huge change? How would she have felt?

Esther 3:2-15

1. Who doesn't bow down to Haman?

2. Why didn't that person bow down?

3. Haman is filled with anger (verse 5). What does he decide to do?

Esther 4:1-16

1. When Mordecai gets the news, what is his reaction?

2. Where does he go for help?

3. What does he ask Esther to do in verse 8?

4. Why is Esther hesitant to do it in verse 11?

5. What challenge does Mordecai give Esther in response?

6. What does Esther commit to doing (see verse 16)?

MAKING IT REAL

1. What do you consider courage, in terms of your faith, to be like?

2. How do you think your courageous acts of faith stack up?

3. What, honestly, are you willing to do for God?

4. What, honestly, are you not willing to do?

Ezra 10:4

1. If you're honest, how courageous is your faith life?

2. What are you doing in your life that you could not do without God's help?

3. What do you need to do to live more courageously?

4. What is one thing you want to "rise up," "take courage," and do this week?

Homework

- Memorize Deuteronomy 31:6
- Are there areas in your life and/or community where you can step out and make a difference for God?
- Step out of your comfort zone, rise up, take courage, and do something for God this week.

Old Testament Heroes – Lesson 5 Workbook

You: Woman of Godliness

Proverbs 31:10-15

1. According to the author of this text, what is an excellent wife worth?

2. Why does the author ask, "who can find?"

3. How should a husband feel about such a woman?

4. Why does verse 12 say he will trust her?

5. What do you think verses 13-15 mean?

Proverbs 31:16-22

1. What impressions do you get about the characteristics mentioned in verses 16 through 19?

2. What characteristic does a godly woman possess according to verse 20?

3. Verses 21-22 seem to reinforce that a godly woman is prepared to take care of her family, why do you think that is important?

Proverbs 31:23-29

1. In verse 25 it says that "strength and dignity" are a godly woman's clothes; what do you think it means to be a strong woman?

2. What do you think it means to be a dignified woman?

3. How can a godly woman become excited about the future?

4. What is the product of her tongue?

5. What is the response of the child of such a woman?

6. What is the response of the husband of such a woman?

Proverbs 31:30-31

1. How can charm be deceptive, in your opinion?

2. How can beauty be fleeting?

3. At the end of the day, how is a woman proven godly?

MAKING IT REAL

1. How important do you think it is to have godly women?

2. How important is it to you personally to be godly?

3. What goals, other than godliness, often distract girls?

4. How can you shift your attention from those things?

5. What does our society teach females about their attitudes?

6. What does our society teach females about their looks?

7. How do these standards stack up against God's standards?

8. Where in Proverbs 31 does the author value his wife for being physically attractive?

Homework

- Memorize Proverbs 31:30
- Meditate on which standards you're living your life by, God's or society's?
- Review your list throughout the week. Set goals to become the woman you strive to be.