



Speak the Word Church
International
Women's Bible Study
May 1st 2020 6:30-8:00pm
Online

Refresh, Revive & Renew

Part 1



Agenda 6:30pm-8:00pm

*Women who have preregistered should attend the online meeting and respond to the invitation that you had received after registration to log into to the Bible Study through Microsoft Teams.

GOALS & KEY CONCEPTS:

- ☐ To understand God's concept for His Sabbath rest.
- ☐ To explore, acknowledge and accept where you need to be refreshed, revived and renewed in your life.
- ☐ To understand the healing power of God's Word when we apply it to our daily lives.
- ☐ To know that you can live a restored life in a relationship with Jesus.

ICEBREAKER

- ☐ Share with the group or type in the "chat" area why this topic relates to you as a woman.
- ☐ What areas of your life need to be refreshed, revived and renewed?



A. DEFINITIONS:

- **REFRESH:** 1. To restore strength and animation. 2. To freshen, to update
3. Repair and restore.
- **REVIVE:** 1. To return to consciousness or life; become active or flourishing again. 2. To restore from a depressed, inactive, or unused state: bring back.
3. To renew in the mind or memory.
- **RENEW:** 1. To make new spiritually 2. To make extensive changes. 3. To repeat or resume.

B. THE COMMANDMENT OF REST:

Genesis 2:2-3 2 On the seventh day God had finished his work of creation, so he rested[a] from all his work.
3 And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

Exodus 20:8-11

⁸“Remember to observe the Sabbath day by keeping it holy. ⁹You have six days each week for your ordinary work, ¹⁰but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. ¹¹For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy.

1. The Lord rested after he completed his work.
2. Rest is the balancing factor of work.
3. Rest is the core foundation for living a life that is refreshed, revived and renewed.
4. Rest is required not only physically but spiritually. Spiritual rest is living by faith and trusting the Lord.

Questions of Reflection & Discussion: [Group Feedback & Use Chat]

- ☐ What do women need to do to obey the Lord's commandments? Physically, emotionally and spiritually?
- ☐ How do you incorporate rest into your lifestyle?
- ☐ How are you obeying or not obeying this principle of life?
- ☐ What do you need to learn about rest?

C. SCRIPTURES:

REFRESH

- ☐ Proverbs 3:21-23 ²¹ My child, don't lose sight of common sense and discernment. Hang on to them, ²² for they will refresh your soul. They are like jewels on a necklace. ²³ They keep you safe on your way and your feet will not stumble.
- ☐ Proverbs 11:25 The generous will prosper; those who **refresh** others will themselves be refreshed.
- ☐ Proverbs 25:13 Trustworthy messengers **refresh** like snow in summer. They revive the spirit of their employer.



D. WOMEN IN THE BIBLE

Esther's Beauty Treatments in a Harem

Esther 2:8-14

⁸ As a result of the king's decree, Esther, along with many other young women, was brought to the king's harem at the fortress of Susa and placed in Hegai's care. ⁹ Hegai was very impressed with Esther and treated her kindly. He quickly ordered a special menu for her and provided her with beauty treatments. He also assigned her seven maids specially chosen from the king's palace, and he moved her and her maids into the best place in the harem.

¹⁰ Esther had not told anyone of her nationality and family background, because Mordecai had directed her not to do so. ¹¹ Every day Mordecai would take a walk near the courtyard of the harem to find out about Esther and what was happening to her.

¹² Before each young woman was taken to the king's bed, she was given the prescribed twelve months of beauty treatments—six months with oil of myrrh, followed by six months with special perfumes and ointments. ¹³ When it was time for her to go to the king's palace, she was given her choice of whatever clothing or jewelry she wanted to take from the harem. ¹⁴ That evening she was taken to the king's private rooms, and the next morning she was brought to the second harem,^[a] where the king's wives lived. There she would be under the care of Shaashgaz, the king's eunuch in charge of the concubines. She would never go to the king again unless he had especially enjoyed her and requested her by name.

*Esther was an orphan girl who became a queen amid hostile circumstances. The Bible says that she was placed in a harem and had to undergo excessive beauty treatments.

Questions of Reflection & Discussion: [Group Feedback & Use Chat]

- ☐ What did she encounter that could have caused her to become weary, worn out and tired?
- ☐ What is the refreshing process that Esther had to encounter amid these negative circumstances to become a queen?
- ☐ What do you do to keep yourself refreshed, revived and renewed amid negative circumstances?

The Faith of a Gentile Woman - Matthew 15:21-28

²¹ Then Jesus left Galilee and went north to the region of Tyre and Sidon. ²² A Gentile^[a] woman who lived there came to him, pleading, "Have mercy on me, O Lord, Son of David! For my daughter is possessed by a demon that torments her severely."

²³ But Jesus gave her no reply, not even a word. Then his disciples urged him to send her away. "Tell her to go away," they said. "She is bothering us with all her begging."

²⁴ Then Jesus said to the woman, "I was sent only to help God's lost sheep—the people of Israel."

²⁵ But she came and worshiped him, pleading again, "Lord, help me!"

²⁶ Jesus responded, "It isn't right to take food from the children and throw it to the dogs."

²⁷ She replied, "That's true, Lord, but even dogs are allowed to eat the scraps that fall beneath their masters' table."

²⁸ "Dear woman," Jesus said to her, "your faith is great. Your request is granted." And her daughter was instantly healed.

Questions of Reflection & Discussion: [Group Feedback & Use Chat]

- ☐ What are your thoughts about the encounter of this woman with Jesus?
- ☐ What is the difference between being refreshed and delivered?
- ☐ What changed from her initial interaction with Jesus to the time her daughter was healed?

Queen Jezebel & The Prophet Elijah

1 Kings 16:29-31, 1 Kings 18:1-8,15

1 Kings 16:29-31

²⁹ Ahab son of Omri began to rule over Israel in the thirty-eighth year of King Asa's reign in Judah. He reigned in Samaria twenty-two years. ³⁰ But Ahab son of Omri did what was evil in the LORD's sight, even more than any of the kings before him. ³¹ And as though it were not enough to follow the sinful example of Jeroboam, he married Jezebel, the daughter of King Ethbaal of the Sidonians, and he began to bow down in worship of Baal.

1 Kings 18:1-8,15

18 Later on, in the third year of the drought, the LORD said to Elijah, "Go and present yourself to King Ahab. Tell him that I will soon send rain!" ² So Elijah went to appear before Ahab.

Meanwhile, the famine had become very severe in Samaria. ³So Ahab summoned Obadiah, who was in charge of the palace. (Obadiah was a devoted follower of the LORD. ⁴Once when Jezebel had tried to kill all the LORD's prophets, Obadiah had hidden 100 of them in two caves. He put fifty prophets in each cave and supplied them with food and water.) ⁵Ahab said to Obadiah, "We must check every spring and valley in the land to see if we can find enough grass to save at least some of my horses and mules." ⁶So they divided the land between them. Ahab went one way by himself, and Obadiah went another way by himself.

⁷As Obadiah was walking along, he suddenly saw Elijah coming toward him. Obadiah recognized him at once and bowed low to the ground before him. "Is it really you, my lord Elijah?" he asked.

⁸"Yes, it is," Elijah replied. "Now go and tell your master, 'Elijah is here.'"

[...] ⁹But Elijah said, "I swear by the LORD Almighty, in whose presence I stand, that I will present myself to Ahab this very day."

[...]

¹⁰Then the LORD gave special strength to Elijah. He tucked his cloak into his belt^[a] and ran ahead of Ahab's chariot all the way to the entrance of Jezreel.

Elijah Flees to Sinai

1 Kings 19:1-9

19 When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. ²So Jezebel sent this message to Elijah: "May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them."

³Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. ⁴Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors who have already died."

⁵Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" ⁶He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again.

⁷Then the angel of the LORD came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you."

⁸So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai,^[a] the mountain of God. ⁹There he came to a cave, where he spent the night.

Questions of Reflection & Discussion: [Group Feedback & Use Chat]

- ☐ Look at the interaction between Elijah & Jezebel. How did she communicate to him?
- ☐ The Bible says that the Lord gave Elijah special strength and he ran ahead of his opponent, Ahab. Yet one woman threatened his overall well-being and he loses himself and falls into a depression. How can this be? What can we learn from Jezebel's example and what NOT to do in terms of our behavior as women?
- ☐ Elijah fled for his life, he left his servant, he was alone in the desert and he prayed that he might die and then he fell asleep. What does this tell us about how to take care of ourselves after exhausting experiences?
- ☐ What does the angel tell him to do?
- ☐ How can we take care of ourselves in practical ways that refresh, revive and renew? Does it matter whether we have a good experience such as Elijah when he called Israel back to the Lord or when we have negative experience with people such as Jezebel?
- ☐ Have others communicated or behaved toward you in such ways that decreased your capacity to be refreshed, revived and renewed? What happened?
- ☐ Have you allowed yourself to be in a cave?
- ☐ Are you putting other people in caves because you need to be refreshed, revived and renewed?

Notes & Final Thoughts: