

American Baptist Women's Ministries Biblical Women Showing Strength and Courage

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Deborah—a prophet and judge over Israel.

- Unusual for the time period, Deborah was not only a judge but also involved in the military. In Judges 4:5, it's recorded that, "She held court under the Palm of Deborah between Ramah and Bethel in the hill country of Ephraim, and the Israelites went up to her to have their disputes decided."
- Deborah instructed Barak son of Abinoam, a military leader, to do as God commanded and take 10,000 men into battle. Barak said that he would, only if Deborah went with them. Girls will see the courage, faithfulness, and leadership abilities of Deborah who God used in a powerful way to save His people.
- Key verse: Judges 4:14 —"Then Deborah said to Barak, 'Go! This is the day the Lord has given Sisera into your hands. Has not the Lord gone ahead of you?'"

*Ties in with "The Future" curriculum, especially for girls in grades 6-8.

Rahab—an unlikely person used in a powerful way

- Rahab has a few strikes against her if viewed from a human perspective: she was a Canaanite—hated by God's people—as well as a prostitute, and an unbeliever. Yet, God chose her not only to save His people, but also as an ancestor in Jesus' line.
- Showing great courage, Rahab risked not only her life in hiding the Israelite spies, but also her family's. Girls can see how the place where Rahab had come from wasn't her final destination. Instead, she chose to follow God and was saved—spiritually and physically—because of it.
- Key verse: Joshua 2:8—"Before the men lay down, she came up to them on the roof and said to the men, 'I know that the Lord has given you the land, and that the fear of you has fallen upon us, and that all the inhabitants of the land melt away before you.'"

*Ties in with "The Power of Story" curriculum—especially for older girls.

Ruth—devoted and faithful despite life's storms

- Widowed at a young age, Ruth determines she will remain loyal to her mother-in-law, Naomi, no matter what. Through her bravery—leaving her home, people, and everything familiar to her—she becomes part of the lineage of Jesus.
- Ruth shows devotion, faith, and resilience through her actions, her hard work, and her faithful dedication to God. This is a great example to girls that self-discipline and choosing short-term pain for long-term gain will benefit them.
- Key verse: Ruth 1:16— "But Ruth replied, "Don't urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God."

*Ties in with "Addiction" curriculum, all ages.

Hannah—full of hope and trusts in God despite her circumstances

- Hannah is introduced to readers in 1 Samuel as the barren wife to Elkanah. Her inability to have children brings her a lot of sorrow and humiliation.
- Despite her emotional pain, Hannah continues to be faithful to God, praying for a child. Eventually, she is blessed with Samuel, whom she dedicated to God's service before he was conceived.
- Key verse: 1 Samuel 1:26-27— "And she said, 'Oh, my lord! As you live, my lord, I am the woman who was standing here in your presence, praying to the Lord. For this child I prayed, and the Lord has granted me my petition that I made to him.'"

*Ties in with "The Future" curriculum, all ages.

Eve—made in God's image

- Eve is often given a bad rap for her poor choice in the garden. However, she was also the first woman made in God's image. This is a powerful reminder to all girls that they too, are image bearers of the Lord. Girls can respect each other and themselves because of their identity in God.
- Eve's role as the first mother on earth is a good reminder of girls' roles as creators. Since they are made in God's image, they also have the ability and desire to create. This is an important skill to foster as they navigate tricky emotional waters.
- Key verse: Genesis 1:27—"So God created mankind in his own image, in the image of God he created them; male and female he created them."

*Ties in with "Who Am I?" curriculum, all ages.