



Women in the Bible, Week 2

Huddles

Learning to love and follow Jesus—together—by His strength, in every day life.

What are huddles at Foundations?

- Groups of 3-8 people (or 3-4 couples) that meet for one hour per week at a time and location of your choosing. Larger groups should plan for 75 minutes.
- Huddles last for 8 weeks. At the end of each 8-week session, you can keep your group, add to your group or even change groups & topics.
- While gathering on Sunday is vital to spiritual growth, so is connecting with others to encourage one another, discussing what it means to follow Jesus and praying for one another. These practices are detailed in our RHYTHMS course (which is not necessary to take part in huddles, but highly recommended).

Our Mission is to bring the extraordinary life-changing message of Jesus Christ to a lost and broken world.

- Huddles are one way we prepare to do this very thing, and we can't do that unless our lives are being transformed by Him.
- Hence, the goal of every session is that you will grow more like Jesus in some small way.
- In order to do this, we will focus on God's Word, encourage one another and commit to praying for one another.
- Each week, there are individual rhythms we encourage that will help you "love and follow Jesus."
- Similarly, there are corporate rhythms that help us in our spiritual formation.
- Consistent practice of these rhythms is part of the holistic development of disciples, and this booklet is designed to touch on that development.
- This holistic framework will give structure to your meeting time.

The individual rhythms overview (for those that haven't taken the Rhythms course):

Prayer: Talking to God and listening to Him via His Word, His Spirit-Filled people and His creation. If you don't know how to pray, a good start is the Lord's Prayer in Matthew 5.

Abide in the Word: Reading the Bible, prayerfully, asking God to show you what He wants for you. A good practice is to read with a pen & journal to write your thoughts as He leads them.

Silence: choosing to avoid speaking in order to listen to what He might want to say to us. Another **Solitude:** avoidance of interaction with others in order to be alone with Him. Silence enhances this.

Reflection (especially effective at the end of the day, maybe before sleep): Take some time in stillness to experience His presence, tell God things you're thankful for, make note of where you experienced Him today--or where you didn't—and note instances of loving your “neighbor” well—or failure to do so. Ask God for what He may want for you in the day tomorrow.

Other rhythms that will likely be practiced less frequently: Fasting (food; if there's an area you are seeking specific guidance); giving joyfully (financially as an act of worship) and rest (setting aside time to enjoy your life and choosing to refrain from work)

The corporate rhythms overview (for those that haven't taken the Rhythms course):

Worship gathering: A time for our family to be together to participate corporately in the rhythms of worship together.

Participation in community: A time to engage in huddle, as well as other forms of being together as a church family (such as concerts, conferences/classes, events, etc.)

Lord's Supper: A chance for our family to reflect on the person and work of Jesus and look forward in hope to His coming again in a symbol of eternal unity.

Baptism: A one-time action of a declaration of faith in Christ. It is our hope that everyone be baptized, as well as choosing to enjoy the celebration of others who choose to do so.

Using your gift to serve the Body: We have been given a gift to help the body of Christ come to maturity in faith, and we benefit by your presence.

Having a ministry of love for neighbor: We choose to exemplify the abundant life in order to fulfill our mission of bringing the extraordinary life of Jesus Christ to a lost and broken world.

Weekly Rhythms: Women in the Bible

Day 1

Prayer--see prayer slide for day one

Time in the Word—see the time in the word slide for day one.

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Day 2

Prayer--see prayer slide for day two

Time in the Word—see the time in the word slide for day two

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Day 3

Prayer--see prayer slide for day three

Time in the Word—see the time in the word slide for day three

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Weekly Rhythms: Women in the Bible

Day 4

Prayer--see prayer slide for day four

Time in the Word—see the time in the word slide for day four

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Day 5

Prayer--see prayer slide for day five

Time in the Word—see the time in the word slide for day five

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Day 6

Prayer--see prayer slide for day six

Time in the Word—see the time in the word slide for day six

Silence: What might God be trying to tell you today?

Solitude: Have you intentionally gotten away to be alone (including technology/social media)?

Reflection: Be still to experience His presence; What were you thankful for today? Where did you experience His presence today (or not)? How did you love your “neighbor” today? What do you want His perspective on for tomorrow?

Prayer, Day 1

- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.

- If you are new to prayer, or struggle with focus, you may want to pray aloud the following prayer from St. Patrick:

- I arise today
Through the strength of heaven;
Light of the sun,
Splendor of fire,
Speed of lightning,
Swiftness of the wind,
Depth of the sea,
Stability of the earth,
Firmness of the rock.

- I arise today
Through God's strength to pilot me;
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's way to lie before me,
God's shield to protect me,
God's hosts to save me
Afar and anear,
Alone or in a multitude.

Christ shield me today
Against wounding
Christ with me, Christ before me, Christ
behind me,
Christ in me, Christ beneath me, Christ
above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit
down,
Christ in the heart of everyone who thinks of
me,
Christ in the mouth of everyone who speaks
of me,
Christ in the eye that sees me,
Christ in the ear that hears me.
I arise today
Through the mighty strength
Of the Lord of creation.

Women in the Bible: Deborah

Day 1, Judges 4: 1-5

- Background & Insights on the Reading:
 - In this section, persistent sin by the nation of Israel has created tension in the story of Israel and their God.
 - God will allow the Canaanites to take over Israel because, after the death of Ehud (a good king of Israel who kept God first) the nation had turned their back on Him.
 - At that time, God raised up judges to give them an opportunity to repent.
 - Deborah was the only female judge.
- Questions for Reflection:
 - How is Deborah described in these verses?
 - What do you think each of these roles entails? How do you think she gained the skills to do each of them?
 - What roles do you have in your life and how are you gifted to fulfill them?

Prayer, Day 2

- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.

- If you are new to prayer, or struggle with focus, you may want to pray using the Lord's Prayer as an outline for your own words to express...

Tell God how thankful you are for the privilege of calling the King of Kings "our Father," & that He listens and hears.

God is worthy of honor and worship

We should acknowledge that things on earth are not what they are supposed to be, and that we should ask God to be aware of His presence and strive to see what He wants this world to be. We should let others see His Kingdom by how we live.

We should be thankful that He provides our basic needs.

We should pray for forgiveness and forgive others

We should name our weaknesses and our temptations, and for the Spirit to strengthen us. We should close with praise.

Women in the Bible: Deborah

Day 2, Judges 4: 6-16

- Background & Insights on the Reading:
 - Barak was a solid military leader
 - Deborah wanted him to prepare to fight the Canaanites, who Israel likely had a 10-1 personnel advantage over.
 - Keep in mind Deborah's roles
 - Notice she told Barak the war would be won in v. 14.
 - The loss for the Canaanites meant two things: One, they lost military control, and two, their god had been defeated.
- Questions for Reflection:
 - Note Deborah's bold faith in God. At this stage in your life, how would you describe your faith?
 - What do you think are some key practices that allowed Deborah to exhibit this kind of faith in God at the moment it was needed? How might you implement some of those practices in your own life?

Prayer, Day 3

- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.
- If you are new to prayer, or struggle with focus, you may want to pray using the ACTS method as an outline for your own words to express...
- Adoration (a time of worship): don't be afraid of "artistic expressions" here, or to use Psalms or hymns or other forms of praise.
- Confession: We all fall short and miss the mark. Confession of sin helps us our relationship to God.
- Thanksgiving: Simply tell God what you're thankful for.
- Supplication: Asking God for needs of the world, our country & leaders, our church, and anything and everything else. God wants to hear from you.

Women in the Bible: Abigail

Day 3, Judges 4: 17-24

Background:

Notice the Canaanite commander went east, thinking he would be safe with Heber (Jael's husband). Evidently, Heber was friendly with the Canaanites even though he's an Israelite.

Jael, however, had a plan that Heber didn't know about. After she lured Sisera into a false sense of security, she executed that plan...and subsequently finished the rout of the Canaanites. To die at the hands of a woman was a disgrace in the Near East

Questions for reflection:

How do you feel about the lack of faithfulness of Heber? Why do you think you feel the way you do?

Think about what it must've been like for Jael to be married to a man lacking faith. Why do you think she was able to follow God faithfully regardless?

Prayer, Day 4

- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.
- If you are new to prayer, or struggle with focus, you may want to pray using the breath method to pray:
- Simply take a Psalm and breathe in as you read the first line, and then exhale on the second.
- Take deep, long, slow breaths.

You can also do this with just one verse of Scripture, and almost every Psalm can be done this way. Try to focus on the ones that focus on God and/or resonate with where you are at the moment.

Women in the Bible: Deborah

Day 4, Judges 5: 1-11

Background:

This entire chapter is a victory song. Think of it as likely being sung as a way of honoring the troops coming home from victory.

There is a call to praise in v. 2.
There is a reminder of how God saves, as well as a reminder of God's faithfulness.
There is also a renewed call to praise God again.

Questions for reflection:

What do you think might be the differences in singing a song and praising God in a song?

Think of a time in your life when it seemed like you'd been very discouraged and God responded. How does this serve you well when you face current discouragements?

Prayer, Day 5

- If you are comfortable praying as a conversation with God, find some focused time to do so.
- Find a place where you can have silence and solitude and talk to God and be attentive to how He leads your thoughts and emotions.
- You may find it helpful to write down what you talked with God about and/or how He answered in a journal.
- If you are new to prayer, or struggle with focus, you may want to simply pray using a Psalm...they are really great prayers! Find one that you resonate with, and pray it aloud:
- Simply take a Psalm, such as Psalm 130
- Pray aloud, even if in a whisper, slowly and with concentration on the words.
- Try to be attentive to the thoughts that come to mind and discern if those may be something God is trying to tell you.

Women in the Bible: Deborah

Day 5, Judges 5: 12-22

Background:

In verses 12-18 we see a contrast of the faithful and the unfaithful when it comes to God. It may be difficult to understand the contrasts of the faithful and unfaithful here since the references are to tribes of Israel that were one or the other. Some of these positives were that they searched their hearts, actively pursued God and remained close to God.

In verses 19-22, we are reminded of God's defeat of the Canaanites.

- Questions for Reflection:
- How rich is your inner life? Are there ways that you can arrange your life to think more introspectively about loving God & neighbor?
- What does it mean to you to be actively pursuing God? How are you doing with that this week?

Prayer, Day 6: A Time for Reflection

Traditional time of Examen	A Few Thoughts on This Method
<p>This is a version of the five-step Daily Examen that St. Ignatius practiced.</p> <ol style="list-style-type: none">1. Become aware of God's presence.2. Review the day with gratitude.3. Pay attention to your emotions.4. Choose one feature of the day and pray from it.5. Look toward tomorrow.	<ol style="list-style-type: none">1. Breathe & slow down. Ask God to make you aware of His presence and to bring to mind moments of your day to focus on.2. Walk through your day and give thanks for areas where you saw God "show up" and for His blessings.3. The things you feel when you review often highlight areas where God wants you to focus and what he wants to teach you. Often this results in confession when you see your emotions out of line with walking in the Spirit.4. Ask God to show you moments where you loved others well (or, conversely, He may bring to mind an area you didn't). Give thanks or ask forgiveness as warranted.5. Think through your day tomorrow and ask God what He may be calling you to do or be in the upcoming day.

Women in the Bible: Deborah

Day 6, Judges 23-31

Background:

In verse 23-27, we see a contrast of those that God blesses and those that God curses...especially in the connection to Jael.

In verses 28-30, we see a bit of compassion from Deborah as she tries to put herself in the place of Sesera's mother: that of a mom who wanted her warrior son to come home victorious.

The final verse is quite clear.

- Questions for Reflection:
- Compare the best qualities of Deborah as well as Jael. What are some of the ways you can strive to emulate both of these women in your own walk with God this week?
- How can you be more compassionate in your day to day life?

Huddle Meeting: (suggested time = 30 mins)

General Check-In (10 minutes)

Describe your sleep habits this week.

Describe your dietary habits this week.

Describe your exercise habits this week.

Describe your development in intellectual curiosity this week (keeping up with current events, artistic endeavors, learning new skills, hobbies, etc)

Emotional Check-In (10 minutes)

Using the SACHET wheel, describe how you're doing emotionally right now. You may want to write down some of these to pray for your huddle during the week.



Rhythms Check-In (10 minutes)

Describe your experience with the individual rhythms this week.

Describe your experience with the corporate rhythms this week.

How can the huddle encourage you this week in these areas? Or...

...How can you encourage the huddle this week in these areas?

Huddle Meeting: Discussion for Growth

10 Minutes:

What is something you feel God truly taught you this week?

20 Minutes (based on Judges 4 & 5):

Deborah was a woman noted for her wisdom, her ability to listen to God and communicate His truth, and a unique, God-given compassion. That's what was seen...but there were unseen practices she engaged to become this kind of woman. What practices might you engage that would help you grow in those areas?

Are there any practices or unhealthy habits that you might consider eliminating in order to develop those traits?

Regardless of your faith level, if you were to make any changes in your life based on what we read this week, what would that look like?

Additional Helps & Resources:

<https://www.planobiblechapel.org/tcon/notes/html/ot/1samuel/1samuel.htm>

This is an excellent resource from a Dallas Seminary professor who taught all the books of the Bible in his career. They are Dr. Tom Constable's class notes. Very academic, but free & very insightful. Simply scroll the PDF until you get to 1 Samuel 25.

https://www.amazon.com/Leap-Over-Wall-Spirituality-Christians-ebook/dp/B08JM1SF3V/ref=sr_1_1?crid=1W9ID265QT9VB&dchild=1&keywords=leap+over+a+wall+eugene+peterson&qid=1632416135&srefix=leap+over+a+wall%2Caps%2C225&sr=8-1

This is an easy, enjoyable read about the life of David and how we can apply these lessons to everyday life. The chapter on Abigail is excellent, and Eugene Peterson was a beloved pastor and seminary professor.