

# The Old Testament Women - Study Guide

## **Diving Deeper:**

Today we heard the stories of Ruth, Sarah, Rachel, Esther, and Deborah. Which of these is your favorite or most resonates with you? Why? Which is the most surprising to you?

Have you thought of the women of the Bible as one-dimensional and straight-laced like the school mistress in the beginning of the video? Why do you think we often think of the "Bible" in this way? What is the danger in this way of thinking?

After watching the video, what do you think of the basic principles of Biblical womanhood - patience, overcoming tragedy, loyalty, strength, generosity, and faith? Which of these principles do you think God is calling you to focus on growing right now?

Compare what you know about these women of the Old Testament with the stories of the saints? How are they similar? What does this tell you about God's plan for your life?

## **Activity**

### ***Classroom Activity***

Divide the class into 4-6 groups. Give each group one passage from the Scriptures to look up. Have them read it aloud to their small group. Then have each group act out a brief sketch of the story and identify the principles of Biblical womanhood that are present in their text. Have the class make a list on the whiteboard of the virtues each woman possessed and reveals to us.

Passages:

Ruth -- The Book of Ruth

Sarah -- see Genesis 18:1-15

Rachel -- see Genesis 29: 1-30

Esther -- see Book of Esther

Deborah -- see Judges 4-5

### ***Activity for Home***

Make a collage of the principles of Biblical womanhood. Have each kid pick a story from the above passages and pick a virtue or principle of Biblical womanhood that they find the most inspiring. Write or cut out the letters of this virtue in the middle of a piece of cardstock. Then, using scissors and glue, gather images from online and/or magazines (check with the library) and have the students cut out images to illustrate this inspiring virtue from the Scriptures using modern-day images and words. This would be a great activity for the parents to do, too. Then, once dried, display the collages where each family member will be inspired.

## Resources

- Article “Ode to a Capable Wife”  
<https://www.catholicmom.com/articles/ode-to-a-capable-wife-proverbs-31>
- Video: “The Raw Reality of Your Favorite Bible Heroes”  
<https://www.youtube.com/watch?v=8d8HPVngZNY>
- Art and Architecture:  
<https://www.nationalshrine.org/blog/ruth-and-naomi-a-story-of-redemption/>
- Many of the women of the Old Testament are featured in the Sistine Chapel. TED Video with Elizabeth Lev:  
[https://www.ted.com/talks/elizabeth\\_lev\\_the\\_unheard\\_story\\_of\\_the\\_sistine\\_chapel?subtle=en](https://www.ted.com/talks/elizabeth_lev_the_unheard_story_of_the_sistine_chapel?subtle=en)