



MATRIARCHS

Ladies in The Lord

Sarah
Rebekah
Leah
Rachel



www.harvestministries.org



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ABOUT THIS CHARACTER STUDY

An overview about how to use this character study with your family/group.

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WEEK 1 - SARAH

A look into the life and faith journey of Matriarch #1: Sarah.

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WEEK 4 - RACHEL

A look into the life and faith journey of Matriarch #4: Rachel.

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WEEK 2 - REBEKAH

A look into the life and faith journey of Matriarch #2: Rebekah.

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FINAL REFLECTIONS

Take a moment to sit back and reflect on the journeys of the Matriarchs.

07 - 08

WEEK 3 - LEAH

A look into the life and faith journey of Matriarch #3: Leah.

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SPECIAL CHALLENGE

Take part in an opportunity to show appreciation to influential women in your life.

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APPENDIX

Learn more about impactful women in the Bible.

ABOUT THIS

Character Study

This 4-week character study will help deepen the appreciation of women in the Bible by studying Sarah, Rebekah, Leah, and Rachel, their faith journeys, struggles, and significance in God's redemptive plan.

Weekly Breakdown

- **Key Scripture:** Various Scriptures from the Book of Genesis.
- **Themes:** 1–3 key concepts to takeaway about these women and their stories in the Bible.
- **Background:** A brief statement(s) about this character in the Bible.
- **Challenges:** Struggles each of the women faced with people that affected their relationships with God.
- **Faith Journey:** The pathway each woman took with respect to their relationships with God.
- **Discussion Questions:** Reflection questions to discuss with family, friends, and small groups to encourage us to always trust in God.
- **Family/Group Challenge:** A quick, interactive activity or discussion to reinforce the themes with your family, friends or small group.

PROVERBS 31:30



*"Charm is deceitful and beauty is
vain, but a woman who fears the
Lord, she shall be praised."*

SARAH

Week One - Trusting God's Timing

Key Passage(s): Genesis 12:1-5, 15:1-6, 18:1-15, 21:1-7, Hebrews 11:11-12

Theme(s): Faith in God, Waiting on God's Promises, God's Faithfulness

Background: Sarah (Sarai) was Abraham's wife and the mother of Isaac. She experienced barrenness, doubt, and eventually, the fulfillment of God's promise.

Challenges: Struggled with impatience, Sarah took matters into her own hands by asking Abraham to have a child with her maid Hagar (Genesis 16) because she doubted God's timing.

Faith Journey: Despite her struggles, she is honored in Hebrews 11 for her faith in God's promise.

Discussion Questions:

1. How did Sarah struggle with waiting on God's promises?
2. How does Sarah's journey reflect our struggles with patience and faith?

SARAH

Week One - Trusting God's Timing

3. What can we learn from Sarah about both faith and impatience?

4. Have you ever felt like God was taking too long to answer a prayer? How did you handle it?

5. What can we learn from Sarah's mistakes and God's response?

6. How can we encourage one another to trust God's timing in difficult situations?

Family/Group Challenge: Write down a promise from God in Scripture that encourages you. GotQuestions.org has a great list of them. Place it somewhere visible to remind your family/group to trust in God's timing.

REBEKAH

Week Two - Choosing God's Plan

Key Passage(s): Genesis 24, 25:21-28, 27

Theme(s): God's Guidance, Free Will, Family Dynamics

Background: Rebekah was chosen to be Isaac's wife and played a key role in fulfilling God's covenant through Jacob.

Challenges: Rebekah played favorites with her children, Esau and Jacob, and manipulated events to ensure Jacob received the blessing.

Faith Journey: Initially, Rebekah displayed great faith by agreeing to marry Isaac without hesitation (Genesis 24:58) but later struggled with control and deception.

Discussion Questions:

1. How do we see God's hand in Rebekah's story?
2. What was good about Rebekah's faith when she left her home to marry Isaac?

REBEKAH

Week Two - Choosing God's Plan

3. How did her actions later show a lack of trust in God's plan?

4. Considering Rebekah's story, what are the dangers of trying to manipulate God's plans?

5. What are some ways we might try to control situations instead of trusting God?

6. How can we balance trusting in and waiting on God with taking action today?

Family/Group Challenge: Take time to pray as a family/group, surrendering something specific to God that you've been struggling to control.

LEAH

Week Three - Finding Our Worth in God

Key Passage(s): Genesis 29:15–35, 30:1–24, 49:31

Theme(s): Identity in God, Worth Beyond Human Approval

Background: Leah was given to Jacob in marriage through deception by her father, Laban, but was not loved by Jacob.

Challenges: Struggled with rejection and seeking validation from her husband.

Faith Journey: Over time, she shifted her focus from seeking Jacob's love to praising God (Genesis 29:35). She became the mother of Judah, the ancestor of Jesus.

Discussion Questions:

1. How does Leah's story speak to feelings of rejection and self-worth? How did she struggle with feeling unloved and unwanted?
2. What are some ways people today try to find their worth in others?

LEAH

Week Three - Finding Our Worth in God

3. What does it mean to find our identity in God rather than in human relationships?

4. How does God show His favor even in difficult situations?

5. How does God show Leah (and us) that our worth is found in Him?

6. How can we remind one another to seek our identity in Christ instead of human approval?

Family/Group Challenge: Each person writes down something about a family/group member that reflects their God-given identity (not just talents or skills). Share and encourage one another.

RACHEL

Week Four - Finding Contentment in God

Key Passage(s): Genesis 29:15–30, 30:1–24, 35:16–20

Theme(s): Favor, Contentment, Trusting God

Background: Rachel was Jacob's beloved wife but struggled with infertility and competition with Leah.

Challenges: Rachel expresses envy, impatience, and reliance on human solutions by giving her servant, Bilhah, to Jacob (Genesis 30:1–8) similar to Sarah, Abraham, and Hagar.

Faith Journey: She eventually bore Joseph and Benjamin, yet her life was marked by both blessings and sorrow.

Discussion Questions:

1. What was Rachel's biggest struggle, and how did it impact her life?
2. How does Rachel's story highlight the dangers of jealousy and comparison?

RACHEL

Week Four - Finding Contentment in God

3. Why do we sometimes compare our lives to others? How does trusting God help us overcome jealousy and discontentment?

4. What does it mean to trust God with unfulfilled desires?

5. How do we handle both blessings and hardships in life?

6. What are some ways we can practice gratitude and contentment?

Family/Group Challenge: Keep a Gratitude List this week. Each person writes 3 things they are grateful for every day. Share them at the end of the week.

FINAL REFLECTIONS

from this character study

1. What do these women teach us about faith, struggles, and God's plan?

2. How do their stories challenge or encourage our own faith journeys?

3. How can we honor and appreciate the role of women in the Bible and in our lives today?

SPECIAL CHALLENGE

for Women Appreciation

Key Passage(s): “Charm is deceitful and beauty is vain, but a woman who fears the Lord, she shall be praised.” – Proverbs 31:30 (NASB)

Discussion Questions:

1. Why is it important to honor women, whether they are mothers or not?
2. Who is a woman in your life (family, friend, mentor) who has influenced your faith?

Women Appreciation Challenge:

1. Write a letter, text, or card to a woman in your life (not just mothers) thanking her for her influence and faith.
2. As a group or family, find a way to serve or bless women in your community—volunteer, send gifts, or simply express appreciation.

APPENDIX

Influential Women in the Old Testament

Eve | “The Mother of All Living”: The first woman, created in God's image; experienced the consequences of sin but also received God's promise of redemption. (Genesis 1:26-28; 2:18-25; 3:1-24)

Miriam | “A Leader and Prophetess”: Helped save baby Moses; later became a prophetess and worship leader, but also faced consequences for pride. (Exodus 2:1-10; 15:20-21, Numbers 12:1-15)

Deborah | “The Judge and Warrior”: A judge and prophetess who led Israel to victory alongside Barak, showing that God empowers women for leadership. (Judges 4:4-10; 5:1-31)

Ruth | “A Faithful Foreigner”: A Moabite woman who displayed loyalty and faithfulness, becoming the great-grandmother of King David and part of Jesus' lineage. (Ruth)

Hannah | “A Mother of Prayer”: Prayed fervently for a child and dedicated Samuel to God, showing deep faith and surrender. (1 Samuel 1:9-28; 2:1-10)

Abigail | “A Wise Peacemaker”: Used wisdom to prevent bloodshed, later became King David's wife, demonstrating discernment and courage. (1 Samuel 25:2-42)

Esther | “A Queen Who Saved a Nation”: Risked her life to save the Jewish people, showing bravery and trust in God's timing. (Esther)

APPENDIX

Influential Women in the New Testament

Mary, the Mother of Jesus | “The Faithful Servant”: Chosen to bear the Messiah; exemplified humility and obedience. (Luke 1:26–38; 2:19; John 19:25–27)

Elizabeth | “A Mother of Promise”: The mother of John the Baptist, whose faith encouraged Mary. (Luke 1:5–25, 39–45, 57–66)

Mary Magdalene | “A Devoted Follower”: A faithful disciple of Jesus and the first to witness His resurrection. (Luke 8:1–3; John 20:1–18)

The Woman at the Well | “A Witness to Many”: A Samaritan woman transformed by Jesus, who became a bold evangelist. (John 4:1–42)

The Syrophenician Woman | “A Mother of Great Faith”: Demonstrated persistence and faith, leading to her daughter’s healing. (Mark 7:24–30)

Martha & Mary | “Disciples of Jesus”: Martha was a servant; Mary chose to sit at Jesus’ feet—both played key roles in Jesus’ ministry. Both were sisters to Lazarus who Jesus raised from the dead. (Luke 10:38–42; John 11:1–44)

Lydia | “A Businesswoman Who Advanced the Gospel”: A wealthy merchant who hosted the first church in Philippi. (Acts 16:13–15, 40)

Priscilla | “A Teacher and Ministry Partner”: Partnered with her husband Aquila to teach and disciple others, including Apollos. (Acts 18:1–3, 24–26; Romans 16:3–5)

Lois & Eunice | “Faithful Grandmother and Mother to Timothy”: Faithful women of God who raised Paul’s protege, Timothy, in the faith. (1 Timothy 1:5)



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