

Chapter 3 Resources
Power in my Powerlessness

Beauty
Rises
Again

From Brokenness to New Beginnings



Whitney Sparks

G.R.O.W.

Bible Reading Strategy

G Glance over the passage. Identify subheadings, unknown words, and repeated words. What do you think this passage will be about?

R Read the passage three times. What new information did you uncover each time you read?

O Observe what you read. Pray that God show you what He wants you to learn through this passage. Observe glimpses of Jesus.

W Write out your thoughts, repeated phrases or words, and how they relate to your situation.



*He gives strength
to the weary and
increases the power
of the weak.*

Isaiah 40:29

Judges 6:1-10

The Israelites did evil in the eyes of the LORD, and for seven years he gave them into the hands of the Midianites. ²Because the power of Midian was so oppressive, the Israelites prepared shelters for themselves in mountain clefts, caves and strongholds. ³Whenever the Israelites planted their crops, the Midianites, Amalekites and other eastern peoples invaded the country. ⁴They camped on the land and ruined the crops all the way to Gaza and did not spare a living thing for Israel, neither sheep nor cattle nor donkeys. ⁵They came up with their livestock and their tents like swarms of locusts. It was impossible to count them or their camels; they invaded the land to ravage it. ⁶Midian so impoverished the Israelites that they cried out to the Lord for help. ⁷When the Israelites cried out to the LORD because of Midian, ⁸he sent them a prophet, who said, “This is what the LORD, the God of Israel, says: I brought you up out of Egypt, out of the land of slavery. ⁹I rescued you from the hand of the Egyptians. And I delivered you from the hand of all your oppressors; I drove them out before you and gave you their land. ¹⁰I said to you, ‘I am the LORD your God; do not worship the gods of the Amorites, in whose land you live.’ But you have not listened to me.”

Genesis 16:11-16

¹¹The angel of the LORD came and sat down under the oak in Ophrah that belonged to Joash the Abiezrite, where his son Gideon was threshing wheat in a winepress to keep it from the Midianites. ¹²When the angel of the LORD appeared to Gideon, he said, “The LORD is with you, mighty warrior.” ¹³“Pardon me, my lord,” Gideon replied, “but if the LORD is with us, why has all this happened to us? Where are all his wonders that our ancestors told us about when they said, ‘Did not the LORD bring us up out of Egypt?’ But now the LORD has abandoned us and given us into the hand of Midian.” ¹⁴The LORD turned to him and said, “Go in the strength you have and save Israel out of Midian’s hand. Am I not sending you?” ¹⁵“Pardon me, my lord,” Gideon replied, “but how can I save Israel? My clan is the weakest in Manasseh, and I am the least in my family.” ¹⁶The LORD answered, “I will be with you, and you will strike down all the Midianites, leaving none alive.”

5-Day Study

Power in my Powerlessness

Day 1

Read: Judges 6:1-6

Key Verse: “And Israel was brought very low because of Midian. And the people of Israel cried out for help to the LORD.” (ESV)

Reflection: Israel wasn't just defeated, they were exhausted. Constant fear shaped how they lived, worked, and planned. God sees His people even when life feels like an endless cycle of stress and scarcity.

Questions:

1. What signs show that Israel was living in fear rather than freedom?

2. How does prolonged stress affect faith, joy, or hope?

Challenge: Identify one area where you feel depleted. This week, intentionally invite God into that space through prayer or rest.

Complete: _____

5-Day Study

Power in my Powerlessness

Day 2

Read: Judges 6:7-10

Key Verse: "I rescued you from the hand of the Egyptians. And I delivered you from the hand of all your oppressors; I drove them out before you and gave you their land."

Reflection: God responds to Israel's cry with truth before rescue. He reminds them of His faithfulness and gently confronts where trust has slipped. God's correction is never meant to shame-it is meant to restore relationship and direction.

Questions:

1. Why do you think God begins with remembrance instead of immediate deliverance?

2. How does remembering God's past faithfulness strengthen present faith?

Challenge: Write down three ways God has been faithful to you in past seasons. Share one with the group if you feel comfortable.

Complete: _____

5-Day Study

Power in my Powerlessness

Day 3

Read: Judges 6:11-12

Key Verse: “When the angel of the LORD appeared to Gideon, he said, “The LORD is with you, mighty warrior.”

Reflection: Gideon is hiding, yet God calls him a mighty warrior. God often speaks identity before behavior changes. Many women minimize themselves, focusing on weakness or insecurity; yet God sees strength, courage, and purpose long before we do.

Questions:

1. Why is Gideon’s hiding place significant?

2. How does knowing God is with you reshape how you see yourself?

Challenge: Write down one truth God says about you (loved, chosen, capable, seen). Place it somewhere you’ll see it daily.

Complete: _____

5-Day Study

Power in my Powerlessness

Day 4

Read: Judges 6:13-15

Key Verse: “Pardon me, my lord,” Gideon replied, “but how can I save Israel? My clan is the weakest in Manasseh, and I am the least in my family.”

Reflection: Gideon voices what many women quietly carry—questions, disappointment, and confusion. God does not reject him for his honesty. Faith grows when we bring our doubts to God instead of burying them.

Questions:

1. What fears or frustrations does Gideon express that feel familiar?

2. Why do women sometimes feel pressure to hide doubts in faith spaces?

Challenge: Pray an honest prayer this week with no polished words, just truth. Ask God to meet you in your questions.

Complete: _____

5-Day Study

Power in my Powerlessness

Day 5

Read: Judges 6:16

Key Verse: “The LORD answered, “I will be with you, and you will strike down all the Midianites, leaving none alive.”

Reflection: God doesn't tell Gideon to become stronger, but He does promise His presence. God often works through women who feel unqualified, overlooked, or unsure. His power is revealed most clearly when we depend on Him rather than ourselves.

Questions:

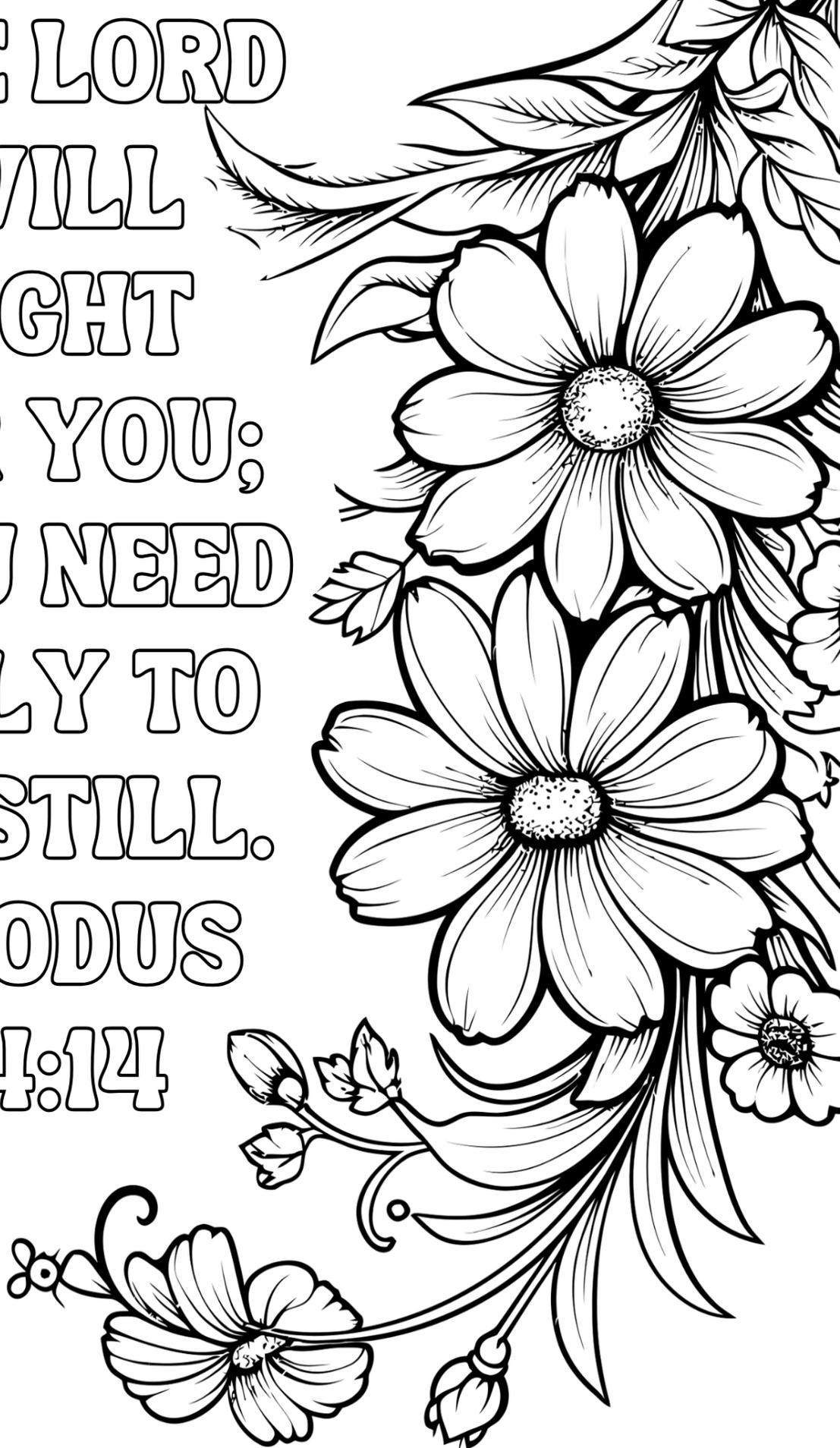
1. What does God promise Gideon instead of removing his weakness?

2. How does God's presence change what feels impossible?

Challenge: Take one small step of obedience this week: reach out, speak up, serve, or trust God in a new way.

Complete: _____

THE LORD
WILL
FIGHT
FOR YOU;
YOU NEED
ONLY TO
BE STILL.
EXODUS
14:14



Beauty Rises Again

Ladies Devotional Book

Every minute of the day, you attempt to survive in a world consumed with loss, heartache, natural disasters, war, abuse, trafficking, hopelessness, and fear. Depression and anxiety make it difficult for you to find the strength to climb out of bed each morning. You want to press on and move forward, but shame and regret keep you chained to your past.

But then, you meet a man named Jesus. Through Him, you discover joy unimaginable and your life is transformed. You realize your past does not define you; Jesus does. You glance in the mirror and notice a chain is gone. Jesus' unconditional love for you broke it. Another chain falls to the floor because He forgave you.

One by one, His strength slowly breaks the chains of bondage and heals you from the inside out. You begin to grow in your spiritual walk and others see Jesus living in you. Then beauty rises again as you heal from the inside out and your brokenness becomes an opportunity for a new beginning.

- Whit

