

SHE ABIDES

The Foundational Journey into Biblical Womanhood

WORKBOOK

*"Abide in Me, and I in you.
As the branch cannot bear fruit of itself
unless it abides in the vine, neither can you
unless you abide in Me."*

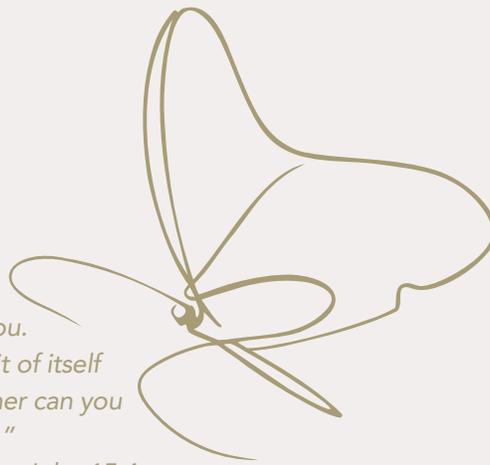
— John 15:4

by TARA TROGLER

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She Abides
The Foundational Journey into Biblical Womanhood
By
Tara Trogler

With Leader's Guide Available for Group Study

She Abides
The Foundational Journey into Biblical Womanhood
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A Journey into Biblical Womanhood



Welcome to She Abides

The Foundational Journey into Biblical Womanhood

Before we begin, take a breath.

This study is not about adding more to your schedule or giving you another list to complete. It is an invitation to slow down, draw near to Christ, and rediscover what it means to remain in Him.

In a world that constantly tells women to strive, prove, perform, and keep up, Scripture calls us to something different. Jesus does not ask us to impress Him. He invites us to abide.

To abide means to remain.

To stay.

To dwell.

To be rooted.

Biblical womanhood is not built through pressure or perfection—it is formed through relationship. It grows quietly as we sit with the Lord, trust Him in every season, and allow Him to shape our identity, our character, and our purpose.

Throughout these weeks, we will walk alongside women in Scripture who lived this kind of life. They were not flawless. They were not fearless. But they were faithful. They learned to remain with God through uncertainty, waiting, surrender, courage, and calling. Their stories remind us that strength is not found in controlling life, but in trusting the One who holds it.

This study is meant to help you:

- Deepen your relationship with Christ
- Understand your identity as God's daughter
- Grow in spiritual strength through abiding, not striving
- Live out biblical womanhood in everyday life

You do not need to have everything together to begin. Simply come willing to sit at His feet and let Him meet you here. She Abides is the foundation—and this is just the beginning.

More growth, more depth, and more steps are still to come as you continue this journey of walking with Christ.

“Abide in Me, and I in you... He who abides in Me, and I in him, bears much fruit.”

— John 15:4–5

Let's begin.

HI THERE,
NICE TO
MEET YOU!



A Journey into Biblical Womanhood

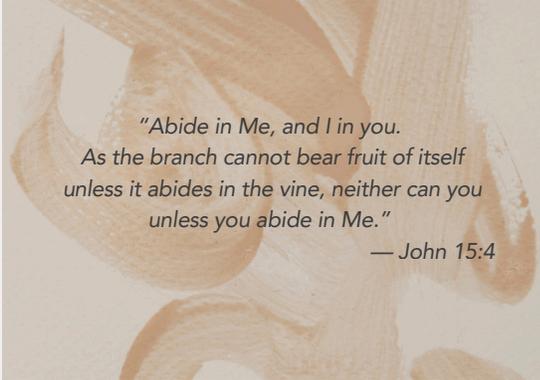
She Abides is a 12-week Bible study designed to equip women to walk in biblical womanhood—rooted in strength, wisdom, and grace. Through Scripture, reflection, and stories of women in the Bible, this journey invites every woman to learn what it means to abide—to remain, to endure, and to flourish in God’s presence.

Each week focuses on a different virtue of abiding, with lessons drawn from the Proverbs 31 woman and women warriors of faith who displayed courage, perseverance, and unwavering devotion to God.

By the end of this study, you will:

- Know what it means to abide in Christ daily
- Grow in identity, peace, and purpose
- Learn from biblical women who lived out their faith with strength and grace
- Develop rhythms of prayer, rest, and reflection that anchor you in His presence

When a woman abides in Christ, she becomes unshakable—steadfast in storms, fruitful in faith, and radiant with grace.



*“Abide in Me, and I in you.
As the branch cannot bear fruit of itself
unless it abides in the vine, neither can you
unless you abide in Me.”*

— John 15:4



SHE ABIDES

Introduction

She Abides is a Bible study designed to equip women to walk in biblical womanhood—rooted in strength, wisdom, and grace.

Together, we'll explore what it means to abide in Christ: to stay connected, endure with faith, and flourish in every season.

Each week we'll learn from the Proverbs 31 woman and from Women Warriors of the Bible who displayed courage, virtue, and faithfulness.

This journey will help us become the women God designed us to be—strong in spirit, steadfast in love, and grounded in truth.

Building the Foundation: Identity & Intimacy with Christ

This is the slow, rooting season. Women learn to:

- Abide in Christ
- Understand identity in Him
- Practice stillness and listening
- Develop wisdom and surrender
- Build spiritual rhythms instead of reacting to life

She Abides Journey Outcome: Rooted women who know how to be with Jesus before doing for Jesus.

Biblical Womanhood

What exactly is it anyway?



Biblical womanhood is the expression of a Christian woman's life, identity, and calling as defined by God's Word rather than by culture, trends, or personal preference. It is not about personality, appearance, or fitting into a stereotype—it is about living out a transformed heart that reflects Christ in every season of life.

At its core, biblical womanhood begins with identity. A woman's worth is rooted in being created in God's image (Genesis 1:27) and redeemed through Christ, not in what she does or how others perceive her. She lives from acceptance, not for it.

It is shaped by character before role. Passages like Proverbs 31:10–31 and Titus 2:3–5 emphasize qualities such as wisdom, faithfulness, humility, self-control, love, and diligence. These are not checklists of performance but fruit of a life surrendered to God.

Biblical womanhood is also marked by devotion to God first. A biblical woman fears the Lord (Proverbs 31:30), meaning she lives with reverence, trust, and obedience. Her strength flows from dependence on God, not independence from Him (John 15:5).

It values spiritual influence over worldly recognition. Whether she is single, married, working, raising children, serving in ministry, or walking through hidden seasons, she sees her life as a platform for discipleship—pointing others to Christ through how she lives (Matthew 5:16). Finally, biblical womanhood is about abiding, not striving. It is not an attempt to “have it all together,” but a daily walk of transformation—growing in grace, anchored in truth, and allowing the Holy Spirit to shape her into Christlikeness (Romans 12:1–2).

In short:

Biblical womanhood is a life rooted in identity in Christ, formed by Scripture, empowered by the Spirit, and expressed through faithful love, wisdom, and obedience in whatever season God ordains.



Scripture gives principles for how women—and all believers—are to live in relationship with God and others. These instructions focus first on the heart, then on how that faith is lived out in daily life.

Love God Above Everything

The greatest command is the same for women as for men:

- “Thou shalt love the Lord thy God with all thine heart...” (Matthew 22:37)

A woman’s primary calling is not a role, title, or relationship—it is devotion to God. Everything else flows from that relationship.

Walk in Godly Character

Scripture consistently emphasizes inner transformation over outward image.

- Titus 2:3–5 teaches women to live reverently, wisely, and lovingly.
- 1 Peter 3:3–4 points to “the hidden person of the heart” as what God values most.

God’s command is not about perfection but about a life shaped by humility, self-control, kindness, and faith.

Fear the Lord (Live in Reverence and Trust)

- “A woman that feareth the Lord, she shall be praised.” (Proverbs 31:30)

This “fear” means reverence—trusting, honoring, and submitting to God’s wisdom rather than relying on self.

Abide in Christ

Jesus’ instruction applies to every believer:

- “Abide in me... for without me ye can do nothing.” (John 15:4–5)

God’s design is not striving but staying connected to Christ so that spiritual fruit grows naturally.

Use Her Life to Influence Others for Good

Women in Scripture disciplined, served, taught, and strengthened others in faith.

- Matthew 5:16 — Let your light shine.
- Proverbs 31:26 — She speaks with wisdom and kindness.
- Acts 16:14–15 (Lydia) — Used her home and resources for ministry.

God calls women to be spiritual influences wherever He places them—family, church, workplace, or community.

Clothe Herself with Strength and Dignity

- Proverbs 31:25 — “She is clothed with strength and dignity.”

This strength comes from trusting God, not controlling circumstances.



God's Word does not command women to become a cultural ideal—it calls them to become women who belong to Him.

The biblical call to women is to:

- Love God first
- Grow in godly character
- Trust Him deeply
- Abide in Christ daily
- Influence others through faithful living
- Walk in strength rooted in surrender

Instructions for Women in the Book of Titus

The clearest teaching directed specifically to women is found in Titus 2:3–5, where Paul instructs older women to disciple younger women in how to live godly lives. This passage is about spiritual maturity, mentorship, and living in a way that reflects the gospel.

Titus 2:3–5 (KJV)

“The aged women, likewise, that they be in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things; That they may teach the young women to be sober, to love their husbands, to love their children, to be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed.”

Live Reverent, Godly Lives

Older women are to model holiness in how they live, speak, and conduct themselves. This means their lifestyle should reflect their faith, not contradict it.

Be Careful with Words and Influence

They are warned not to be slanderers or controlled by worldly habits. Their speech and behavior should build others up, not tear them down.

Teach and Mentor the Next Generation

Biblical discipleship among women is central in this passage. Older women are called to actively invest in younger women—not just through lessons, but through example.

Encourage Emotional and Spiritual Stability (“Be Sober”)

This refers to being self-controlled, thoughtful, and grounded rather than led by impulses or culture.

Cultivate Faithful Love in the Family

Younger women are taught to love their husbands and children intentionally. The word used implies committed, active care—not just emotion, but sacrificial love.

Practice Purity and Integrity (“Chaste”)

This includes moral faithfulness and a life marked by devotion to God.

Be “Keepers at Home” (Faithful Stewards of the Household)

This means managing, caring for, and nurturing the home as a place where faith is lived out. It emphasizes responsibility and influence, not restriction or isolation.

Live With Kindness and Cooperation (“Good... obedient”)

This reflects a spirit of humility and order within relationships, showing Christlike character.

The Purpose of These Instructions

Paul gives the reason at the end of verse 5: “That the word of God be not blasphemed.” In other words, the way Christian women lived was meant to make the gospel credible and visible to a watching world. Their lives were to reflect the transforming power of Christ.

Titus is not giving a narrow job description for women—it is describing:

- A life shaped by sound doctrine (Titus 2:1)
- Faith expressed through everyday relationships
- Women discipling women
- Character that adorns the gospel (Titus 2:10)

The instruction in Titus calls women to live with maturity, self-control, love, and spiritual influence—mentoring others and shaping their homes and relationships in a way that reflects Christ and supports the truth of God’s Word.

Women of The Bible



There are around 200 women who are mentioned by name across the Old and New Testaments. In addition to those, there are many more unnamed women (for example, “the widow,” “a servant girl,” “Lot’s wife,” “the Samaritan woman,” etc.), which means the actual number of women represented in Scripture is much higher.

Some women are known by more than one name (for example, Hebrew vs. Greek forms). Some passages mention women indirectly or by title, and scholars differ on whether to include them. Genealogies and repeated references can make it unclear whether a name refers to the same woman or a different one. What we do know is that the Bible includes hundreds of women whose lives and faith are part of God’s redemptive narrative—even when their names are not given.

These women appear in every type of role and season of life—wives, mothers, leaders, prophets, businesswomen, servants, queens, disciples, and faithful followers of God—showing that God’s redemptive story has always included and worked through women.

The Bible is not a book where women are background characters—it includes hundreds of women whose lives show faith, failure, courage, wisdom, repentance, leadership, and devotion. Their stories help us see how God works through ordinary people to accomplish His purposes.

Across Scripture, women served in many roles—leaders, nurturers, workers, worshipers, disciples, and witnesses. They came from different backgrounds and life stages, yet God used each of them to accomplish His purposes. The common thread is not their role but their faith and willingness to trust God where He placed them.

Women Who Were Matriarchs & Mothers of Faith

These women helped establish generations and trusted God with family, legacy, and promise.

- Sarah – Trusted God's promise despite barrenness (Genesis 12–21).
- Rebekah – Played a role in God's covenant line (Genesis 24).
- Leah & Rachel – Mothers of the tribes of Israel (Genesis 29–30).
- Hannah – Prayed faithfully and dedicated Samuel to the Lord (1 Samuel 1–2).

Women Who Led with Courage & Influence

God raised these women to lead, protect, and speak truth in critical moments.

- Deborah – Judge and prophet who led Israel (Judges 4–5).
- Esther – Risked her life to save her people (Book of Esther).
- Jael – Delivered Israel through bold action (Judges 4:17–22).
- Miriam – Prophetess and worship leader after the Exodus (Exodus 15:20).

Women Who Modeled Faithfulness in Ordinary Life

These stories show that everyday obedience is powerful in God's kingdom.

- Ruth – Loyalty, humility, and covenant faith (Book of Ruth).
- Abigail – Wisdom and peacemaking under pressure (1 Samuel 25).
- The Proverbs 31 Woman – A picture of godly character (Proverbs 31:10–31).
- Widow of Zarephath – Trusted God in scarcity (1 Kings 17).

Women Who Encountered Jesus Personally

Jesus consistently elevated, restored, and discipled women.

- The Samaritan Woman – From shame to witness (John 4).
- Mary Magdalene – Delivered and first witness of the resurrection (John 20).
- Woman with the Issue of Blood – Demonstrated bold faith (Mark 5:25–34).
- The Anointing Woman – Worshiped with costly devotion (Luke 7:36–50).

Women in the Early Church

Women were active participants in the spread of the Gospel.

- Priscilla – Teacher and ministry partner in the early church (Acts 18).
- Lydia – Businesswoman and host of a house church (Acts 16:14–15).
- Phoebe – A servant/leader commended by Paul (Romans 16:1–2).
- Dorcas (Tabitha) – Known for charity and service (Acts 9:36–42).

THE SHE ABIDES JOURNEY

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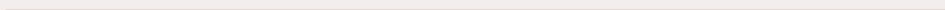
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ACKNOWLEDGEMENTS

Thank you to every woman who has chosen to walk this journey of abiding. Your presence, prayers, and persistence are the heartbeat of this study. May your faith continue to grow deep roots and bear fruit that remains.

"She is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither." — Psalm 1:3



HOW TO USE THIS STUDY

A GUIDE FOR WOMEN WHO WANT TO ABIDE DEEPLY

Welcome to the Abiding Journey!

This study isn't about rushing through Scripture—it's about resting in it. Each week of She Abides is designed to help you slow down, listen, and live out what God is teaching you.

Whether you're studying alone, with a small group, or leading a women's gathering, the goal is the same: to create space for God's presence to transform your heart.

You don't have to be perfect to start—just willing to stay.



WEEKLY FLOW

Each week follows a simple, consistent rhythm that will help you grow deeper:

Key Scripture — The foundation verse for the week. Read it slowly, reflect on it, and ask God what He wants to show you.

Teaching Summary — A short devotional overview of the week's theme. Let it challenge and comfort you as you apply it to your life.

Main Points (Fill in the Blank) — Engage with the truths being taught. As you fill in the blanks, personalize the message. These phrases are meant to stay with you throughout the week.

Proverbs 31 Connection — Each week, we reflect on how the Proverbs 31-woman models that week's principle. This isn't about perfection—it's about progression. Let her example inspire you, not intimidate you.

Women of the Bible Focus — You'll meet a different woman of Scripture each week—a warrior, a mother, a leader, a believer. Learn from her strength, her story, and her faith. Each one embodies an aspect of biblical womanhood we can all grow in.

Practice Abiding This Week — Simple, intentional practices that help you apply the lesson—moments of stillness, prayer, gratitude, or journaling that anchor truth in your daily rhythm.

Discussion & Connection Questions — Space to process what you've learned. Use these questions for group sharing or private reflection. They are designed to stir conversation, honesty, and connection.

Heart Reflection — A prayer to close your study time and help you internalize what God is saying. Speak it aloud or rewrite it in your own words.

Memory Verse — Hide God's Word in your heart. Recite it daily, write it somewhere visible, and let it guide your thoughts throughout the week.

Your One Word — Choose one word each week that captures what God is doing in your heart. It's your anchor—your takeaway—your abiding reminder.

WEEKLY RHYTHM

To get the most from *She Abides*, you can follow this simple rhythm:

Day 1 – Read & Reflect

Read the Key Scripture and Teaching Summary slowly. Journal your first thoughts or prayers.

Day 2 – Study & Fill In

Complete the “Main Points” and “Proverbs 31 Connection.”

Day 3 – Learn from Her Story

Study the “Women of the Bible” section. Look up her story in Scripture.

Day 4 – Practice Abiding

Apply one of the week’s action steps. Try a few minutes of prayer, worship, or quiet reflection.

Day 5 – Discuss & Connect

Review the discussion questions. Talk about them with a friend or your group or use them for journaling.

Day 6 – Reflect & Pray

Spend time with the “Heart Reflection” and “Memory Verse.” Let it settle in your spirit.

Day 7 – Rest & Record

Write your One Word for the week and thank God for His faithfulness.

BIBLE STUDY TIPS



Expectations

We will begin each session with a short time of prayer and worship. We encourage openness and confidentiality—create a safe space for real conversation. Don't rush discussion; allow silence for reflection. Celebrate small victories and answered prayers together. Each session ends with encouragement and prayer.

Remember: this study is not about teaching information but cultivating transformation.

As each woman abides in Christ, the entire community becomes stronger, more peaceful, and more fruitful.

PERSONAL JOURNAL IDEAS

Keep a She Abides Journal alongside this workbook for deeper reflection.

Use it to record:

- Prayers and answered prayers
- Scriptures that stand out each week
- "Abiding moments" when you sensed God's presence
- Lessons from group discussions
- Notes from what God whispers in stillness

You'll be amazed, looking back, at how much He's spoken and shaped your heart.



How We Study the Bible

Understanding Exegesis and Eisegesis

When we open God's Word, we are not just reading a book. We are reading truth that was breathed out by God and written for our instruction, growth, and transformation. Because of that, how we read Scripture matters.

In this study, we want to make sure we are learning what God actually said, not just what we feel or assume it means. Understanding the difference between exegesis and eisegesis helps us grow deeper in truth and protects us from misunderstanding Scripture.

WHAT IS EXEGESIS

Exegesis means drawing the meaning out of Scripture.

It is the process of discovering what God intended when the passage was originally written. Exegesis asks what the passage meant to the original audience before asking how it applies to us today.

Exegesis looks at history, culture, author intent, and the full message of the Bible. It helps us understand Scripture the way God intended it to be understood.

When we practice exegesis, we allow Scripture to speak for itself. We let God define truth instead of shaping truth around our feelings or culture.

Example: Philippians 4:13 says "I can do all things through Christ who strengthens me."

When we study this through exegesis, we learn that Paul wrote this while in prison. He was talking about learning contentment in hardship and depending on Christ for strength through suffering. This verse teaches endurance and reliance on Christ, not unlimited personal success.

WHAT IS EISEGESIS

Eisegesis means reading our own ideas into Scripture.

Instead of drawing meaning out of the Bible, we push our own meaning into it. This can happen when we approach Scripture looking for validation of our feelings, opinions, or cultural ideas.

Eisegesis often ignores context and focuses on one verse without looking at the full message of the passage or the Bible as a whole.

Example: Using Philippians 4:13 to mean I can achieve any dream or accomplish anything I want.

This places personal meaning into the verse instead of understanding what God originally intended.

EXEGESIS VS EISEGESIS

Exegesis = Pull Meaning OUT of the Text

Eisegesis = Push Meaning INTO the Text

Exegesis Definition:

Reading Scripture by asking:

- What did God mean when this was written?
- What did it mean to the original audience?
- What is the true context?

Think:

Historical context

Language

Culture

Whole Bible consistency

Example (Exegesis)

Reading Philippians 4:13

"I can do all things through Christ..."

Exegesis asks:

- Who wrote it? → Paul
- Where? → Prison
- About what? → Endurance, contentment, suffering + strength in Christ

NOT:

"I can win every football game."

Eisegesis Definition:

Reading Scripture by asking:

- What do I want this to mean?
- How does this fit my opinion or feeling?

Think:

Personal bias

Culture first, Bible second

Emotion first, context second

Example (Eisegesis)

Using Philippians 4:13 to mean:

"I can achieve any dream I want."

That's inserting meaning, not pulling it out.

To study Scripture correctly helps build a strong spiritual foundation that will last through every season of life.

EXEGESIS VS EISEGESIS

Exegesis

EXIT the meaning from the text

(Text → Meaning → Me)

Eisegesis

INSERT meaning into the text

(Me → Opinion → Force into text)

You are aiming for:

Exegesis first

Application second

Good Bible study flow:

- What did God say?
- What did it mean then?
- What does it mean now?

THE 5-QUESTION EXEGESIS FILTER

1. What Did This Mean To The Original Audience?

Ask:

- Who was this written to?
- What were they going through?
- Why was this written?

Keeps us from modernizing too fast.

2. What Is The Immediate Context?

Read:

- Verses before
- Verses after
- Whole chapter if possible

Prevents "verse grabbing."

3. What Does The Whole Bible Say About This Topic?

Ask:

- Does this agree with the rest of Scripture?
- Is this theme repeated elsewhere?

Scripture interprets Scripture.

4. What Does This Teach About God — Not Just Me?

Ask:

- What does this reveal about God's character?
- God's nature?
- God's heart?

Keeps teaching God-centered, not self-centered.

5. THEN — How Do We Apply This Today?

(Only after the first four.)

Ask:

- How do we live this out?
- What needs to change in me?
- What step of obedience is here?

Easy Memory Phrase

Context → Scripture → God → Then Me

Each week, walk through the Exegesis Filter:

- Original audience
- Context
- Whole Bible agreement
- What it reveals about God
- Then application

"Context → Scripture → God → Then Me."

Context

What was happening when this was written?

- Scripture

What does the WHOLE passage say — not just one verse?

- God

What does this show me about who God is?

- Then Me
- How do I live this out?

"Good Bible study asks what God said first — not what I feel first."

WHY THIS MATTERS FOR YOU

God's Word is meant to transform us. When we understand Scripture correctly, we grow stronger in faith, more rooted in truth, and more confident in who God is.

When we misunderstand Scripture, even unintentionally, it can lead us toward beliefs that are based on feelings or culture instead of truth. Learning to study Scripture correctly helps build a strong spiritual foundation that will last through every season of life.

HOW YOU CAN STUDY SCRIPTURE WELL

Read verses before and after the main passage. Ask what was happening when this was written. Ask what this passage teaches about God. Then ask how you should apply it to your life today. Be willing to let Scripture correct your thinking.

SIMPLE BIBLE STUDY ORDER

First understand what God said. Then understand what it meant to the original audience. Then understand what it teaches about God. Then apply it to your life today.

PERSONAL REFLECTION

Am I willing to let Scripture shape my thinking, even when it challenges me?
Do I tend to read Scripture for truth or for validation?
What is one step I can take to study God's Word more deeply this week?

As you move through this study, remember that God's Word is living and active. When we approach Scripture with humility and a desire to truly understand what God has spoken, we create space for the Holy Spirit to grow us, transform us, and lead us into deeper relationship with Him.

An Introduction to The Proverbs 31 Woman

THE PROVERBS 31 WOMAN — A PORTRAIT OF ABIDING STRENGTH

The Proverbs 31 woman is not an unreachable ideal. She is a picture of what happens when faith and wisdom intertwine—when a woman learns to abide in God.

She is not just busy; she is balanced. Not driven by anxiety; she is anchored in faith. Not perfect; she is persistent.

Her strength doesn't come from what she does, but from Who she dwells in.

"She is clothed with strength and dignity; she can laugh at the days to come." — Proverbs 31:25

Her confidence doesn't come from comfort but from connection. She endures hardship without losing hope because she's rooted in God's presence. She's patient, wise, and compassionate because she draws daily from the Source of life.

The Proverbs 31 woman abides by remaining steady when others give up, tolerating trials with grace, and enduring challenges with faith. She walks closely with God—fruitful in every season because she stays connected to the Vine.

As we walk through these twelve chapters, we'll see her reflection in women like:

- Mary of Bethany's stillness
- Ruth's loyalty
- Hannah's prayer
- Esther's courage
- Deborah's strength
- Elizabeth's faithfulness

Each one lived out a piece of her heart—abiding, enduring, and overcoming.

This study is not about perfection, but transformation—about letting the Spirit shape us into her, one act of abiding at a time.

She Abides
is just the beginning...



Before we step into this first chapter, it's important to understand that this study is not the finish line—it's the starting point.

She Abides is the beginning of a journey into biblical womanhood, not a complete map of it. Over the next several weeks, we are laying the foundation—learning to slow down, remain in Christ, listen for His voice, and root our identity in Him. You cannot build a strong life of faith without first being grounded, and that is what this season is about.

Our goal is not to rush into doing more, but to learn how to be with Jesus. From that place of abiding, everything else—how we live, grow, serve, and stand firm—will develop in time.

And this is only the beginning. There is more to come. In future studies, we will continue building on this foundation as we learn how to live out what God is forming in us and how to influence others with the truth we are learning now.

So come into this study with open hearts, not pressure. You are not expected to have it all figured out. You are simply invited to abide—and trust that God will continue the work He has begun.

Encouragement as you begin the journey...



Dear Sister,
You are stepping into something sacred.

This study is not about perfection—it's about presence. God isn't looking for flawless women; He's calling for faithful ones—women who will stay, who will listen, who will abide.

Take your time. Let Him speak. Let Him heal.
And as you walk through this study and these pages, remember: You are seen, loved, and chosen to abide.

"Those who trust in the Lord are like Mount Zion, which cannot be shaken but endures forever." — Psalm 125:1

She Abides Teaching Summary



To abide means to stay, remain, and dwell. It also means to endure—to tolerate waiting while trusting God’s timing.

Abiding isn’t striving—it’s resting.

It’s staying steady when relationships get hard or prayers seem unanswered.

Abiding women don’t run from discomfort; they stay rooted in His Word, Presence, and Truth.

When we abide, His life flows into ours. His peace replaces our panic, His patience softens our edges, and His strength fills our weakness.

YOUR “HOPE” WORD



My Hope
Word:

Write one word that describes what you
hope to receive during this Abiding Journey
(examples: peace, renewal, clarity, friendship, direction).

CHAPTER 1

Abiding In His Presence

Learning To Stay, Rest & Endure In Christ



She Abides

Connection & Dependence

Abiding Focus:

Learn to dwell in Christ daily instead of striving

Key Scripture:

John 15:4-5

"Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing."

Key Scripture Study

Key Scripture



John 15:4-5

“Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.”

Book of John

The Gospel of John was written by John the Apostle, one of Jesus’ twelve disciples. John was part of Jesus’ inner circle (along with Peter and James), witnessed many key moments of Jesus’ ministry, and is often called “the disciple whom Jesus loved” (John 13:23). He was a fisherman by trade, the brother of James, and later became a leader in the early church.

John wrote this Gospel to clearly show that Jesus is the Son of God and the source of eternal life, so that people would believe in Him (John 20:31).

The Gospel of John is geographically centered in:

- Galilee → The revelation of who Jesus is
- Samaria → Salvation offered to all people
- Jerusalem → Confrontation, sacrifice, and victory

John intentionally structures the story around Jewish feast journeys to Jerusalem, showing Jesus as the fulfillment of everything those feasts pointed to.

Unlike the other Gospels, John focuses less on chronology and more on revealing who Jesus is through:

- Personal encounters (Nicodemus, the Samaritan woman, Mary & Martha)
- Miracles called “signs”
- Jesus’ own teachings about abiding, love, and relationship with the Father

A central theme of John is abiding — staying connected to Christ as the true Vine (John 15).

Believe in Jesus → Abide in Him → Experience transformed, eternal life.

Key Verse in Context

read John 15:1-8



- Jesus is teaching that He is the vine, believers are the branches, and the Father is the gardener.
- Spiritual life, growth, and fruit only happens when we stay connected to Him.
- You can't produce real spiritual fruit on your own — it only comes from staying close to Jesus.

Connection to Christ → Produces spiritual fruit → Proves real discipleship.

Key Verse Insight

John 15:4–5

“Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.”

In this passage, Jesus uses the picture of a vine and branches to explain our relationship with Him. A branch does not struggle to produce fruit—it simply stays connected to the vine. Its life, strength, and nourishment all come from that connection. In the same way, our spiritual life is not sustained by effort alone, but by remaining close to Christ.

The word abide means to remain, stay, dwell, or continue in relationship. Jesus is showing us that fruitfulness is not the result of striving, but of staying. When we live connected to Him—through prayer, obedience, and trust—His life flows through us and produces what we could never produce on our own.

This teaching shifts our mindset from self-reliance to dependence. We do not create spiritual growth by trying harder; we grow by staying rooted in Jesus. Apart from Him, we may be busy, but we are not truly fruitful. With Him, even ordinary obedience becomes spiritually meaningful.

John 15:4–5 reminds us that biblical womanhood—and all Christian living—is not about proving our strength, but about staying connected to the One who is our strength. As we abide in Christ daily, He produces the character, wisdom, and purpose that reflect His life through ours.

Proverbs 31 Woman Connection

The Abiding Truth

Performance says:

"I must prove I'm worthy."

Presence says:

"I am already loved, so I can rest and obey."

Biblical Womanhood

What The Proverbs 31 Woman Teaches Us About Biblical Womanhood

Living a life of faithful stewardship that flows from reverence for God

Reverence Before Responsibility

She shows that biblical womanhood begins with fearing the Lord—character is formed in worship before it is seen in work

Diligence With Purpose

Her activity is not frantic busyness but intentional care, serving her household and community as an act of devotion to God

Strength Shaped by Trust

Her strength is not self-made; it is rooted in confidence that God is guiding and sustaining her

Identity Rooted in Character, Not Achievement

She is not praised for perfection or productivity alone, but for a life anchored in wisdom, kindness, and faithfulness to the Lord

Living The Proverbs 31 Woman's Example

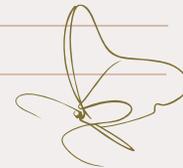
Abiding faithfully in reverence, wisdom, and steady trust in God

- Remaining steady in every season
Strength is formed through patience in the waiting, working, and wondering
- Letting reverence for God guide your choices
Honor Him above feelings, culture, or pressure
- Choosing obedience over personal control
Trust grows when you surrender outcomes to God
- Persevering faithfully in the roles God gives you
Fruitfulness comes from consistency, not perfection
- Enduring with grace when life feels imperfect
Purpose remains even when circumstances are hard
- Drawing strength from God, not yourself
True strength is Spirit-fed, not self-made

The Proverbs 31 Woman – She Abides in Biblical Womanhood

“She works with willing hands,”(v. 13) “laughs at the days to come,”(v. 25) and “watches over the ways of her household.”(v. 27) She abides in every season—strong, patient, and steady. She endures with grace and tolerates imperfection without losing purpose.

Actions to follow her example: _____



Women of the Bible

Mary of Bethany's Abiding Journey



Mary did not become spiritually sensitive overnight. Her life shows us the quiet patterns of abiding. She chose listening before leading, chose presence before productivity. She tolerated misunderstanding from others and remained close to Jesus in grief and in worship. She valued intimacy over image.

God formed Mary in private moments of sitting at His feet. God often forms you in quiet places before He uses you in visible ones. You may feel unproductive. You may feel unseen. You may feel like you are "just sitting with God."

But abiding women trust that stillness is not wasted, presence is not weakness, and time with Jesus always produces fruit.

Biblical Womanhood



What Mary of Bethany Teaches Us About Biblical Womanhood

Choosing nearness to Jesus as the foundation for every act of love and service

Intimacy Before Activity

Mary shows that biblical womanhood is not measured by how busy you are — it is measured by how connected you are to Christ.

Presence Is Not Passivity

Sitting with Jesus is not laziness — it is spiritual strength and formation.

Spiritual Sensitivity Comes from Stillness

Mary recognized moments others missed because she lived close to Jesus.

Identity Rooted in Relationship, Not Performance

Mary was not trying to prove her worth. She was living from being loved.

Living Mary of Bethany's Example

Rooting your life in intimacy with Christ above all else

- Choosing time with Jesus before tasks and responsibilities
Let presence shape productivity
- Listening to God before reacting or deciding
Wisdom grows in the pause before action
- Being willing to be misunderstood to stay close to Jesus
Approval matters less than obedience
- Valuing spiritual growth over public approval
Depth with God is worth more than recognition from others
- Bringing emotions honestly to Jesus instead of hiding them
Vulnerability in His presence leads to transformation
- Prioritizing relationship with Christ over religious performance
Love for Jesus fuels true devotion, not outward display

Women of the Bible – Mary of Bethany Chose Intimacy Over Activity

Mary shows us that abiding is choosing presence over performance. She tolerated misunderstanding and chose stillness at Jesus' feet. Jesus said she had chosen the better part.

Actions to follow her example: _____



Discussion & Connection Questions

Mark which statements most describe your answer. You can choose more than one, all or none of them.
Write your response if it is different from the list or anything else you would like to note.



WHAT DOES ABIDING LOOK LIKE FOR YOU RIGHT NOW?

- *Staying faithful in daily responsibilities*
- *Seeking God consistently in prayer and Scripture*
- *Trusting His timing instead of forcing outcomes*
- *Choosing obedience in ordinary or uncertain seasons*

WHEN HAS GOD ASKED YOU TO TOLERATE OR ENDURE SOMETHING WITH GRACE?

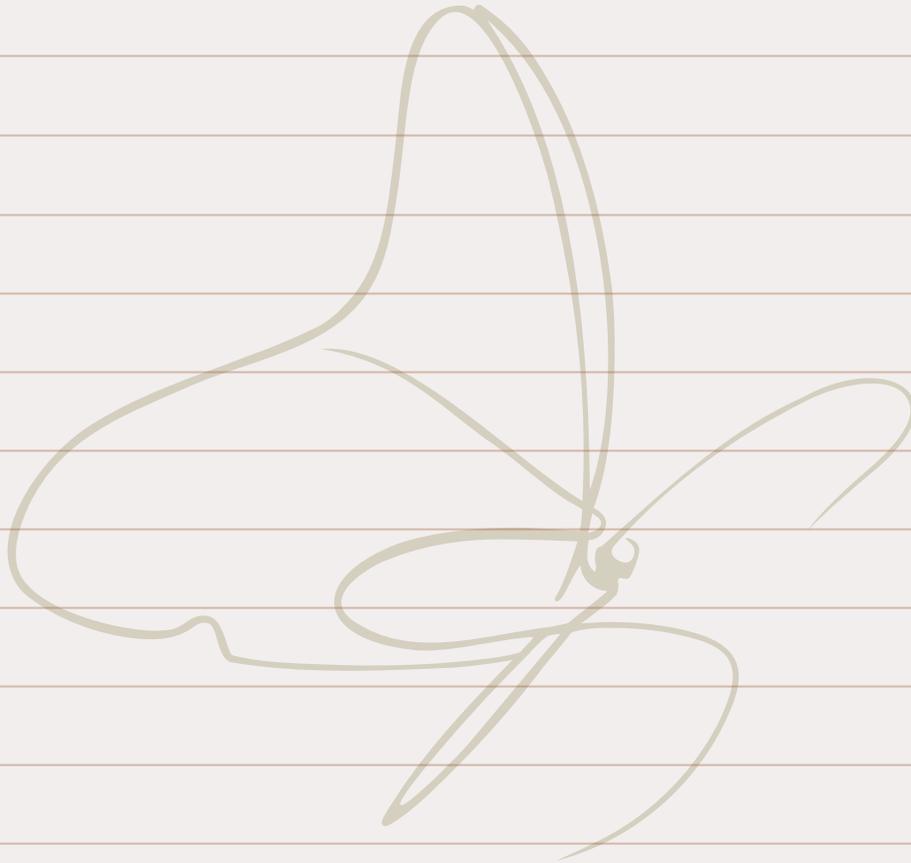
- *During seasons of waiting or delay*
- *In difficult relationships or misunderstandings*
- *When growth required patience instead of reaction*
- *When trusting God's work mattered more than comfort*

HOW CAN YOU STAY CONNECTED TO HIM WHEN YOU FEEL DRAINED OR MISUNDERSTOOD?

- *Returning to prayer, even when it feels simple*
- *Spending quiet time in God's Word*
- *Practicing stillness and listening instead of striving*
- *Remembering His truth rather than relying on emotions*

ABIDING REFLECTIONS

This is your personal space to process, reflect, and record what God is forming in you as you learn to abide daily. Write prayers, notes, encouragement, or anything God is revealing to you during this journey of biblical womanhood.



HEART REFLECTION



Lord, teach me to rest, to endure, and to stay connected to You even in the difficult places. Help me abide in Your presence, in Your patience, and in Your peace.

Teaching Summary

To abide means to stay, remain, and dwell. It also means to endure—to tolerate waiting while trusting God’s timing. Abiding isn’t striving—it’s resting.

It’s staying steady when relationships get hard or prayers seem unanswered.

Abiding women don’t run from discomfort; they stay rooted in His Word, Presence, and Truth. When we abide, His life flows into ours. His peace replaces our panic, His patience softens our edges, and His strength fills our weakness.

MAIN POINTS

Abiding means _____

Stay rooted in: _____

When we abide, _____ ,
His Peace: _____

PRACTICE ABIDING THIS WEEK



Each morning before checking your phone or starting your day, whisper:
“Lord, I choose to abide in You today. Be my source, my peace, and my strength.”

Set aside a 10-minute “abiding time” each morning. Sit quietly. Read one verse.
Ask, “Lord, what do You want to show me today?”

Watch how your day changes when you start it in His presence
instead of your pressure.

The Daily Life of an Abiding Woman



Morning

Sit with Jesus before starting the day.

During the Day

Pause when stressed → Return to presence → Then act.

Evening

Ask: Did I live from presence or pressure today?

Where did I feel rushed instead of rooted?

Mentor Moment



Abiding isn't about perfection—it's about presence.
Create moments each day to simply be with God,
even in the middle of the routine of life. Faith grows in the quiet moments.

MEMORY VERSE

JOHN 15:4-5

“Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.”

YOUR WORD



My
“Feeling”
Word:

Write one word or phrase that describes how you feel after tonight’s message (examples: “peaceful,” “hopeful,” “convicted,” “rested”).