

Unshakable Women's Bible Study

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4 Part Series — Seen & Strengthened: Becoming A Woman Established in God

Part 4 — The Woman Who Rejoices

Main Scriptures: Proverbs 31:25–31; 1 Samuel 2:1; Philippians 4:4–7

Main Truth: A woman who knows who she is in Christ doesn't have to wait for everything around her to be perfect before she rejoices. Her joy is rooted in the Lord, not in her circumstances.

Joy is not the reward for a trouble-free life. (James 1:2) Joy is the strength of a woman whose confidence is in God.

RECAP:

Part 1 — The Woman God Sees (Hagar)

Declare: I know who I am and God sees me.

Our value isn't established by the recognition of people. God sees our hearts, our faithfulness, and even the things nobody else knows about.

Part 2 — The Woman God Strengthens (Hannah)

Declare: I know where my strength comes from.

Being strong doesn't mean you never hurt. Hannah experienced anguish, but she took her pain to the Lord. She found peace before her circumstances changed.

Part 3 — The Woman God Builds (Proverbs 31)

Declare: I use the strength and wisdom God has given me to build what He's entrusted to me.

Godly women build intentionally. We build with our words, actions, faithfulness, wisdom, and consistency.

Part 4 — The Woman Who Rejoices

Declare: I rejoice in the Lord because my confidence is in Him, and I know my faithfulness is not wasted.

Your progression:

God sees me → God strengthens me → God equips me to build → I rejoice in Him.

You don't have to wait to rejoice. The Bible says **Psalm 118:24 AMP**—**This [day in which God has saved me] is the day** which the Lord has made; Let us rejoice and be glad **in it**.

A question you've probably thought of before: "I'll be happy when...?"

I'll be happy when this situation changes. I'll have peace when everything settles down. I'll rejoice when my prayers are answered. I'll enjoy life when I finally get through this season.

But what happens when you continually attach your joy to the next thing you're waiting for?

Don't constantly postpone the joy God has made available to you today!

1 Samuel 2:1 (NLT) "Then Hannah prayed: 'My heart rejoices in the LORD! The LORD has made me strong. Now I have an answer for my enemies; I rejoice because you rescued me.'"

NOTICE: Hannah said, "My heart rejoices **IN THE LORD!**" Her praise pointed to the One who answered.

FOOD FOR THOUGHT: If my joy depends on everything going my way, how often will I actually experience it?

Key 1: My Joy is Rooted in the Lord, Not My Circumstances

Philippians 4:4 (NLT) "Always be full of joy in the Lord. I say it again—rejoice!"

Paul doesn't tell believers to rejoice only when life is easy.

Paul says *always*. Paul wrote Philippians while imprisoned. His circumstances were restricted, but his relationship with the Lord remained the source of his joy.

**There is a difference between happiness and Biblical joy.

Happiness is often connected to what's happening around us.

Biblical joy is rooted in our relationship with God.

Happiness can change with circumstances.

Our confidence in God gives us a reason to rejoice even when circumstances are difficult.

You can acknowledge what you're going through without allowing it to become the ruler of your joy. (Part 2 Hannah)

Nehemiah 8:10 (NLT) "Don't be dejected and sad, for the joy of the LORD is your strength!"

Don't get things switched around. Don't think joy comes after strength. The Word of God teaches us that the joy of the Lord is our strength. Joy isn't just the celebration after the battle. It can strengthen you while you're still in the battle!

Proverbs 31:30 reminds us that the woman who fears the Lord is worthy of praise.
Her greatest attribute wasn't her productivity. It was her relationship with God.

****This is important because we can become so busy doing things for God that we neglect our relationship with Him.**

Let's look at Mary and Martha in Luke 10:38–42. Martha was busy serving, but she became distracted and frustrated. Mary chose to sit at Jesus' feet.

The problem wasn't that Martha was serving. The problem was that serving had distracted her from the One she was serving.

Don't become so busy building a beautiful life that you forget to enjoy your relationship with the Lord. **Be intentional!**

FOOD FOR THOUGHT: Is my joy rooted in who God is, or in how well my life is going?

Key 2: Rejoicing is a Choice That Protects Your Peace

Habakkuk 3:17–18 (NLT) “Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!”

Describes a time when the crops failed, and the fields produced nothing.

“Yet I will rejoice in the LORD! I will be joyful in the God of my salvation!”

NOTICE— “YET I WILL.”

Not because everything looked good. Not because everything had been restored. Not because the natural evidence was encouraging. It wasn't! BUT, yet I will rejoice! That's a decision. Be intentional...again!

We cannot always choose what happens around us.

We cannot control every person.

We cannot control the timing of every answer. But we can choose how we respond.

Rejoicing doesn't mean pretending difficult situations don't exist.

It means refusing to let those situations become greater in our thinking than the God we serve.

Back to Hannah: **1 Samuel 1:18 (NLT)** “Then she went back and began to eat again, and she was no longer sad.”

Her circumstances hadn't changed yet! But something had changed on the inside.
She had poured out her heart to the Lord and left with renewed peace.

FOOD FOR THOUGHT: Are you waiting for your circumstances to give you permission to rejoice?

Proverbs 31:25 “She is clothed with strength and dignity, and she laughs without fear of the future.”

◆ Her confidence is in the Lord

Philippians 4:6–7— “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

Gives us a practical response to worry:
There’s a difference between preparation and worry.

Preparation says: "I'm going to use wisdom with what God has given me."
Worry says: "I have to figure out and control everything that could happen."

A woman of faith can prepare for tomorrow without being afraid of tomorrow. You don't have to wait until everything is right around you to have peace within you.

Jesus gave you peace as a gift. He also used His words to command peace to a storm. So receive what is yours to live daily in as well as command it in a moment of need.

Don't allow tomorrow's uncertainties to steal today's joy.

Key 3: Rejoicing Requires Remembering

Psalms 103:1–2 (NLT) “Let all that I am praise the LORD; with my whole heart, I will praise his holy name. Let all that I am praise the LORD; may I never forget the good things he does for me.”

Last line: "May I never forget the good things he does for me."

Sometimes we become so focused on what we're still believing God for that we forget what He's already done.

We are also good at remembering the disappointments. We remember the things that hurt us. We remember the unanswered questions. *But are you intentionally remembering the faithfulness of God?*

Psalms 78:10–12 (NLT) “They did not keep God’s covenant and refused to live by his instructions. They forgot what he had done— the great wonders he had shown them, the miracles he did for their ancestors on the plain of Zoan in the land of Egypt.”

WARNING: Don't be this!! They forgot what He had done—the great wonders He had shown them...

Think about the Israelites...God delivered them from Egypt. He parted the Red Sea. He provided food in the wilderness. BUT when new challenges arose, they often responded as though God had never helped them before.

Forgetting God's faithfulness can weaken our expectation for the future.

Thanksgiving is a set reminder for us.

1 Thessalonians 5:16-18 AMP —“Rejoice always *and* delight in your faith; be unceasing *and* persistent in prayer; in every situation [no matter what the circumstances] be thankful *and* continually give thanks *to God*; for this is the will of God for you in Christ Jesus.”

Think about your own life:

What has God brought you through?

What prayers has He answered?

What provision has He made?

What wisdom has He given you?

What strength has He supplied?

FOOD FOR THOUGHT: If I asked you to write down ten things God has done for you, could you do it as quickly as you could write down ten things you're still waiting for?

◆Don't become so consumed with what you're waiting for that you stop rejoicing over what God has already done!

Gratitude keeps yesterday's victories from being forgotten in today's battles.

Key 4: Rejoice in the Fruit of Faithfulness

Proverbs 31:28–29 (NLT) “Her children stand and bless her. Her husband praises her: ‘There are many virtuous and capable women in the world, but you surpass them all!’”

You learned in Part 3 (A Woman God Builds) that the Proverbs 31 woman was a builder.

She was diligent. She was wise. She was generous. She was consistent. She took care of what God entrusted to her. And now, at the end of the chapter, we see the fruit of her faithfulness being recognized.

Back to Part 1 (A Woman God Sees) The Proverbs 31 woman didn't build her life chasing applause. She built her life through faithfulness.

Galatians 6:9 (AMP) —“Let us not grow weary or become discouraged in doing good, for at the proper time we will reap, if we do not give in.”

There is a harvest connected to faithfulness! Sometimes you don't see the full impact of your obedience immediately. Like a seed planted, there is time for the growth.

Proverbs 31:31 (NLT) “Reward her for all she has done. Let her deeds publicly declare her praise.”

NOTICE: What is speaking in that verse? Her deeds speak!

She doesn't have to manipulate people into recognizing her. She doesn't have to constantly announce everything she's doing.

Her character and faithfulness produce a testimony.

FOOD FOR THOUGHT: Am I so focused on what I'm still building that I'm failing to rejoice over the fruit God has already produced?

Don't spend your life trying to convince people you're fruitful. Stay faithful, and let the fruit speak. The greatest reward isn't the applause of people. *It's knowing you've been faithful to the Lord.*

RECAP:

Hagar taught: **I AM SEEN.**

I don't need everyone's recognition to establish my worth.

Hannah taught: **I AM STRENGTHENED.**

My circumstances don't have the final word over my life.

Proverbs 31 taught: **I AM BUILDING.**

I will use wisdom, consistency, and faithfulness to build what God has placed in my hands.

And now: **I AM REJOICING.**

You don't have to wait for a perfect life to rejoice in a faithful God.

God sees you. He strengthens you. He gives you wisdom to build. And He gives you a reason to rejoice!

FINAL DISCUSSION QUESTIONS:

1. Have I been postponing my joy until a certain situation changes?
2. What is something God has already done that I need to remember and thank Him for?
3. Have I allowed worry about tomorrow to steal today's peace?
4. Looking back over all four parts, which truth has challenged me the most: being seen, being strengthened, building intentionally, or choosing to rejoice?

FINAL WEEKLY CHALLENGE:

1. Daily intentional rejoicing
2. Each day this week, I want you to do three things:

Remember: Write down one thing God has already done for you.

Rejoice: Praise Him for who He is before focusing on what you need Him to do.

Respond: When pressure comes, choose to respond according to God's Word instead of allowing emotions to control you.

FINAL DECLARATION:

I am a woman God sees! My value is established in Christ, not in the approval or recognition of people.

I am a woman God strengthens! My circumstances do not have the final word over my life. The Lord is my strength.

I am a woman who builds! I will build with wisdom, speak with kindness, and remain faithful to what God has entrusted to me.

I am a woman who rejoices! I will not surrender my joy to fear, worry, disappointment, or uncertainty.

I will remember God's faithfulness, continue doing good, and rejoice in the Lord! My heart is established in Him. I will keep my heart right so I can be open to everything God has for me.

I am seen. I am strengthened. I am building. And I have a reason to rejoice!

◆**November Bible Study Dates: November 3rd and 17th @ 6:30p ET**