

## HOLY ESTROGEN!

### Lesson 2

II Samuel 17: 1 & 2 – “I will come upon him while he is **weary** and **exhausted** and **terrify** him so that all the people who are with him will flee. Then I will strike down the king **alone**.”

#### 1 – **Weariness** ... exhaustion ...

To be faint ... to wear out or be worn out ...

Tired, sick, fatigued, exhausted and out of patience

“He will speak out against the Most High and wear down the saints of the Highest One ...” – Daniel 7:25

“Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you unless you abide in Me.” – John 15:4

#### 2 – **Fear and Worry**

“God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but He has give us a spirit of power and of love and of calm and well-balanced mind and discipline and self-control.” – II Timothy 1:7

Genesis 15:1

Deuteronomy 1:21

Joshua 8:1

Luke 2: 10 & 11

Matthew 10:31

**“Fear not”** means “don’t run away”!

I use my words as strategic weapons of warfare that display my faith  
In an all-powerful God!

I use my mind as a strong vault that carries all the Words that are in the  
Bible not the lies of Satan!

I use my emotions to be an effective demonstration that I am a woman  
who

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Abides in Christ and loves the life that He has planned for me!

3 - Loneliness -

Ecclesiastes 4: 9 - 12

Matthew 18: 19 & 20

Mark 6:7

"I will never desert you or forsake you" – Deuteronomy 31:6 & Hebrews 13:5

"Then I will strike down the king **alone**." – II Samuel 17:2b

Don't see yourself as a needy woman –  
See yourself as a woman who is able to meet someone else's need

If you can't do great things ... do little things with great love –  
Mother Theresa

### **GOING DEEPER QUESTIONS**

**DAY ONE:** Read II Samuel 17: 1 & 2; Daniel 7:25 and John Chapter 15. Why do you believe that "abiding" is an answer to weariness? What wears you out the most? What does it mean to "abide in Christ"?

**DAY TWO:** Read John Chapter 15 again. Underline 5 verses that speak to your soul today. Do you know someone who is weary? Pray for that person today. Ask God what you can do to lighten their load ... then do it!

**DAY THREE:** Read II Timothy 1:7; Genesis 15:1; Deuteronomy 1:21; Joshua 8:1; Luke 2: 10 & 11; and Matthew 10:31. What causes you to worry the most? How can you trust God in this situation? Why does the Bible say "Fear not!" so many times? How can you make this command personal?

**DAY FOUR:** Read Matthew 6: 19 – 34. What is the theme of these verses? Underline 3–5 verses that especially speak to your soul. Do you have a friend who struggles with worry? What can you do to help her trust and not worry?

**DAY FIVE:** Read Ecclesiastes 4: 9 – 12; Matthew 18: 19 & 20 and Mark 6:7. Have you ever gone through a period of loneliness in your life? How do these verses address times of loneliness? List 5 helpful habits that will help you next time you are lonely.

**DAY SIX:** Read II Samuel 17: 1 & 2 again. Read Deuteronomy 31:6 and Hebrews 13:5. Is it possible to be comforted by God in times of loneliness even though you can't physically see Him or feel Him? Who has been "Jesus with skin on" in your life? Write that person a thank you note today.

**DAY SEVEN:** Read Psalm 73. How do verses 23 – 28 address loneliness? Choose one of these verses to memorize.