

H O P E

W I T H

F E A T H E R S

A BIBLE
STUDY

For any woman who
feels defined by her
her prickles

“FOR I HAVE THE DESIRE TO DO
WHAT IS RIGHT, BUT NOT THE
ABILITY TO CARRY IT OUT. FOR I DO
NOT DO THE GOOD I WANT, BUT THE
EVIL I DO NOT WANT IS WHAT I
KEEP ON DOING.”

ROMANS 7:18-19

Sometimes I feel like the apostle Paul wrote this verse just for me. Whether it is my attitude, my self-discipline, or my need to cast off unhealthy ideas and learn how to live in light of God's truth, I find I am a slow learner. I want for my whole heart and whole life to belong to God, but I struggle. And I sometimes fear that if I can't get things right, when all my prickles poke out consistently, God may eventually retreat—that perhaps when I'm weak, he's inching away from me in tiny steps. The reality that I need to remember, is actually quite the opposite. God never retreats...in fact, he advances. He initiates. He delights. he draws close. We all live in a fallen world, and the effects of sin run deep.

I don't want you to believe for one minute that you are alone in what you face today. We're in this together. But most importantly, God is with us. In this short study, my prayer is that you will see how God is reaching out to you and covering your prickles with soft feathers. Inside you'll find areas to reflect, questions to ponder and promises to tuck into your heart. As God's love invades your life more and more, may you experience true freedom, true change and know how God delights in you. He is faithful to meet us as we journey toward him. Let's embrace him together.

With great Hope,
Kristen

WHEN WE FEEL STUCK, WE CAN TALK ABOUT IT, DENY IT, OR EXPERIENCE A GUILT THAT CHURNS ON OUR INSIDES. WE'VE ALL BEEN THERE. WE CAN KEEP TALKING, KEEP CIRCLING BEHAVIORS THAT CONTINUE TO HURT OUR RELATIONSHIPS WITH OTHER PEOPLE AND PREVENT US FROM COMMUNION WITH GOD...

Or, we can look to Scripture to see what God has to say about who we are, who He is, and how His love transforms us. Let's choose to come as we are right now, raw and pleading, and ask God to meet us. Let's move forward in in faith and the belief that He desires nothing more than to renew our hearts and be with us. Before we dive in, let's have a little heart check. Take a moment in the space below to tell God why you are here. This is the place to get real, and be messy about the areas you desperate for him to transform. What burdens are you carrying today? What do you hope to gain from this study? Bring your heart to Jesus right here.

A photograph of a cactus in a terracotta pot with a rope net pattern, set against a rusty metal background. The cactus has several green, ribbed stems with small brown spots. The pot is decorated with a white rope net pattern. The background is a rusty, textured metal surface.

H E D E A L S

G E N T L Y

HEBREWS

5:1-10

“For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is obligated to offer sacrifice for his own sins just as he does for those of the people. And no one takes this honor for himself, but only when called by God, just as Aaron was. So also, Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, “You are my son, today I have begotten you”; as he says also in another place, “You are a priest forever, after the order of Melchizedek.” In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to him who was able to save him from death, and he was heard because of his reverence. Although he was a son, he learned obedience through what he suffered. And being made perfect, he became the source of eternal salvation to all who obey him, being designated by God a high priest after the order of Melchizedek.”

DO YOU BELIEVE IT?

JESUS IS GENTLE WITH YOU.

WHILE WE AREN'T SURE WHO WROTE THE BOOK OF HEBREWS,
WE CAN ASSUME IT WAS WRITTEN TO JEWISH CHRISTIANS
WHO WOULD HAVE BEEN FAMILIAR WITH THE PRACTICE OF A
PRIEST MAKING SACRIFICES FOR SINS BEFORE GOD, ON
BEHALF OF THE PEOPLE, IN THE TIME BEFORE CHRIST'S
PERFECT SACRIFICE AND RESURECTION THE CROSS.

HOW WERE THE HIGH PRIESTS CHOSEN?

**HOW WERE THEY TO DEAL WITH THOSE
WHO STRUGGLED?**

WHAT ENABLED THEM TO DO THIS?

**THIS PASSAGE TELLS US THAT THEY DID NOT
CHOOSE TO TAKE ON THE HONOR OF BEING A
PRIEST THEMSELVES, SO HOW WERE THEY
CHOSEN?**

**WHO ELSE WAS CHOSEN IN THIS
WAY?**

THESE VERSES TELL US THAT THE PATTERN OF THE LIVES OF THESE PRIESTS IN THE ORDER OF THE MELCHIZEDEK ARE USED TO HELP US UNDERSTAND THE LIFE OF JESUS. THESE NEXT QUESTIONS ARE ALL ABOUT *him.*

WHO GAVE THE GLORY OF HIGH PRIEST TO JESUS?

WHAT DID JESUS OFFER UP DURING HIS LIFE ON EARTH?

WHY WAS JESUS HEARD?

JESUS PRAYED WITH LOUD CRIES AND TEARS TO THE ONE WHO WAS ABLE TO *save*

HE WENT FIRST. CAN WE FOLLOW HIM IN CRYING OUT TO GOD FROM OUR OWN HOLLOW PLACES? THERE ARE SPOTS WHERE MY OWN HEART IS THIN AND WORN WITH FEAR, AREAS I'D RATHER KEEP HIDDEN, BUT THAT CRAVE GOD'S LIGHT. LET'S CONFESS HERE. LET'S CRY OUT. POUR OUT THE AREAS YOU DESIRE TO INVITE GOD INTO.

Jesus we invite you in...



WHAT DO THE VERSES IN HEBREWS 5 TELL US JESUS LEARNED BY SUFFERING?

BECAUSE HE WAS PERFECT, WHAT HAS JESUS BECOME THE SOURCE OF, AND FOR WHOM?

READ HEBREWS 4:14-15

"SINCE THEN WE HAVE A GREAT HIGH PRIEST WHO HAS PASSED THROUGH THE HEAVENS, JESUS, THE SON OF GOD, LET US HOLD FAST OUR CONFESSION. FOR WE DO NOT HAVE A HIGH PRIEST WHO IS UNABLE TO SYMPATHIZE WITH OUR WEAKNESSES, BUT ONE WHO IN EVERY RESPECT HAS BEEN TEMPTED AS WE ARE, YET WITHOUT SIN."

WHO DOES THIS PASSAGES SAY, UNDERSTANDS YOU?

HOW HAS JESUS BECOME A SACRIFICE FOR YOUR SIN AND SUFFERING?

THE ORDER, OR PATTERN, OF THE MELCHIZEDEK PRIESTS WAS TO DEAL GENTLY WITH THOSE WHO STRUGGLED AND WITH THOSE WHO WERE WAYWARD. CHRIST, AS HIGH PRIEST FOREVER, SYMPATHIZING WITH YOUR WEAKNESS, DEALS WITH YOU IN THIS SAME WAY. READ THE FOLLOWING VERSE ABOUT HOW THIS KNOWLEDGE CHANGES THE WAY WE CAN APPROACH GOD.



LET US THEN WITH
CONFIDENCE DRAW
NEAR TO

THE THRONE OF
GRACE, THAT WE
MAY RECEIVE

MERCY AND FIND
HELP IN TIME OF
NEED.

HEBREWS 4 : 16

LET THESE VERSES SINK DEEP BY
WRITING THEM OUT RIGHT *here*

write out Hebrews 4:14-16

**BEFORE GOD DELIVERED HIS PEOPLE
FROM BONDAGE...
HE TOLD THEM HIS *name***

SO FAR, WE'VE SPENT OUR TIME READING
ABOUT HOW GOD SYMPATHIZES WITH OUR
WEAKNESS AND HOW HE PROVIDES IN HIMSELF
A WAY FOR US TO APPROACH HIS THRONE WITH
CONFIDENCE. NOW WE ARE GOING TO LOOK AT
THE WAY GOD INVITES US TO KNOW HIM.

READ EXODUS 3:1-15

WHO DOES GOD TELL MOSES HE IS?

WHAT DOES GOD SAY HE HAS SEEN AND HEARD?

WHAT DOES HE SAY HE HAS COME DOWN TO DO?

BUT MOSES SAID TO GOD, "WHO AM I THAT I SHOULD
GO TO PHARAOH AND BRING THE CHILDREN OF
ISRAEL OUT OF EGYPT?" EXODUS 3:11

HOW DOES GOD ANSWER MOSES IN VERSE 12?

DO YOU WONDER WHO YOU ARE LIKE MOSES DID? TAKE
HEART! OUR IDENTITY RESTS IN THE ONE WHO IS WITH US!
D O Y O U K N O W H E I S W I T H Y O U ?



I A M

W H O I A M

If you are in Christ, who are you?
(see 2 Corinthians 5:17-21)

"I am the LORD. I appeared to Abraham, to Isaac, and to Jacob, as God Almighty, but by my name the LORD I did not make myself known to them."-
Exodus 6:2

Why do you think God spoke his name to Moses?

THE NAME OF GOD

When have you shared something vulnerable with another person?

In Exodus 6:2 God reveals that Moses is the first one to ever know his name. It is translated in English as LORD in all caps, and was something similar to "Yahweh" in Hebrew. God chose the moment when he was about to free his people from bondage to reveal who he was- personally and completely. And when Moses questions his identity and ability to lead his people- God answers Him only with the assurance that he is with him. God draws close as he brings freedom.

How did it affect your relationship?

What are the areas of your life holding on to you with a bondage grip?

*Take some time to thank God for being
with you and for his heart for
freedom in your life. Share your
burdens with him.*



"LIKE AN EAGLE THAT
STIRS UP ITS NEST, THAT
FLUTTERS OVER ITS
YOUNG,
SPREADING OUT ITS
WINGS, CATCHING THEM,
BEARING THEM ON ITS
PINIONS, THE LORD
ALONE GUIDED HIM"
DEUTERONOMY 32:11-12A

ALL THAT IS TENDER REQUIRES PROTECTION

This is one of my favorite images of God in all of scripture. Can you see the baby birds, fussed over by their mother fluttering about them? Oh that I might always see God in this way, that I would know he covers me with his feathered wing, and believe that he is my save haven. He is clear about how he receives and responds to us. He shelters us, He is our Hope with Feathers.

*"He who dwells in the shadow of
the most high will rest in the
shadow of the almighty. I will
say of the Lord, he is my refuge
and my fortress, my God in whom
I trust."*

*"He will cover you with his
feathers, and under his wings you
will find refuge, his faithfulness
will be your shield and rampart."*

*"Because he loves me," says the
Lord, "I will rescue him, for he
acknowledges my name. He will
call upon me and I will answer
him, I will protect him, for he
acknowledges my name. I will be
with him in trouble, I will
deliver him and honor him. With
long life will I satisfy him and
show him my salvation."*

Psalm 91

REFLECTION

JESUS, YOU SEE US. YOU SEE OUR SHARP AND PRICKLY HEARTS AND YOU DON'T TURN AWAY. YOU DEAL WITH US GENTLY. YOU DRAW CLOSE IN OUR WEAKNESS AND GIVE US YOURSELF. AS WE EMBARK ON FREEDOM, YOU SPEAK YOUR NAME. YOU ARE WITH US. YOU COVER US. YOU SOFTEN US. HELP US TO TRUST YOU. HELP US TO FIND OUR WHOLE LIVES IN YOUR RICH LOVE.

