

## *Study Testimonials*

*"I have known many of these Scriptures most of my life, and I didn't understand the level of love God placed within His Word to protect His daughters until I completed this study."*

*Deborah*

*"This study taught me that a woman's voice is powerful, and she can stand up, speak up, and show up for righteousness in God's Truth and HE will have her back!!"*

*Susan*

*"This transformative Bible study unpacks the lives of women and helped me understand the meaning behind God creating us and saying it was a good thing. It will open your eyes to see that God has given women purpose; He has given us a voice that matters and is most powerful when we use it; and that He has given us grace and mercy to stay in alignment and in unity with Him to experience blessings and favor."*

*Dr. Natalie Mayes Woods*

*"How good and amazing God is with us women. How good God has been with me."*

*Karen*

*"I matter as a woman. This study reminded me that I am valued, seen, and heard all the time by the Almighty."*

*Sabrina*

*"I learned through this study that God created my voice for me to use it to agree with His plans and purposes for my life."*

*Evelyn*

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Bite-Size Bible Studies for Women.

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# *Eve*


The Importance of  
a Woman and Her Voice



CATINA HARRIS



*To my heavenly Father and  
His darling Son, Jesus Christ,  
my Savior and Redeemer—without  
whom my life was withered, worn,  
and weakened as a woman*



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# Introduction

**E***ve: The Importance of a Woman and Her Voice* Bible study is a refreshing and affirming reminder to women of their importance to God, themselves, and others. It educates and enlightens women that their voices encompass what they speak, do, and believe. This study was designed to challenge women to use their God-given voice to speak up and create the good they want to see in the world.

This study engages women in a real and authentic way. It ministers to their core being and reveals truth about feminine strength that empowers and feminine struggles that have haunted women since the beginning of time. This study challenges and requires women to understand that, for them to be totally free, their voice is the key that God has given them to be used as a divine weapon that allows God's light and love to stand against the enemy.

The biggest battle any woman will ever face in life is the battle to rest in her God-given voice and authority, which is the authentic calling on her life. A woman's voice is more than what she says, it is also what she does and believes. A woman's voice is most powerful when what she says, what she believes, and what she does, agree. When a woman's words match her actions it fosters and births integrity. God desires every woman to use her voice to bring light, laughter, and liberty into her life.

Each Bible study session consists of a weekly thought that you can reflect on for the entire week. Daily reflections are also provided to help you retain the weekly thought by laying a deeper foundation of its present relevance and applicability. You will be challenged with summary questions that will help you reflect on and improve your life.

As you complete this study, you will have a better understanding of why God made woman, her divine purpose, and her worth in the earth. You will strengthen your brand, increase your stock, and experience a substantial rate of return on your life. The principles that await you as you delve deeper into the unsearchable riches of God's Word concerning woman in the study of Eve will reward you with priceless treasure that will continually bring you increase.

## ENCOURAGEMENT TO ALL WOMEN

Every woman who completes this study will have inevitably made mistakes relating to her worth, value, rest, actions, deeds, and beliefs, just as Eve did. This study is written to encourage you that your mistakes are your markers in life to help re-route you in the direction God wants you to travel. Your mistakes don't disqualify you, limit you, or diminish you, but they make you stronger, wiser, and more sensitive to making right decisions.

When you read this study be encouraged, comforted, and hopeful that God gives women daily opportunities to make course corrections in life. If you have lived empty, fullness awaits you. If you have lived fearful, faith awaits you, and if you have lived insignificant, significance awaits you. All you must do is choose to use your voice to agree with God's purposes, plans, and promises for your life.

Be encouraged that God's grace and truth provide new opportunities each day to correct past wrongs. God has an abundance of love, forgiveness, and blessings for His daughters when we do the necessary work to atone. This study lays out foundational feminine truth that rest is a weapon that brings well-being to every woman. Goodness resides within every woman's heart, and a woman's voice is one of the most important powers on earth if she chooses to use it to align with the divine purposes that God has for her.

When you finish this study, you will have learned and understood the following:

- ☞ A woman was created by God's own hand, not a man's plan
- ☞ A woman deserves her husband's undivided loyalty; she must take priority
- ☞ A woman requires rest for complete and healthy growth
- ☞ A woman should never settle for less than a God-anointed and God-appointed man
- ☞ A woman's voice is most powerful when what she does, speaks, and believes agrees with God's Word.

## WHAT MATERIALS DO I NEED?



**Bible** Any translation of the Bible may be used with this study. It will help to provide context and greater clarity.



**Notebook, Journal, Electronic Tablet** Having a paper or electronic journal will be helpful to record your answers to questions and to take extra notes that you may refer to later.



**Pen or pencil** Thoughts are fleeting and having a pencil or pen available to capture insights and revelations will be extremely beneficial as you go through this study.

















## JOURNEY DEEPER INTO WOMANHOOD

How we see ourselves as women is very important, because how we see ourselves is how we will treat ourselves and how we will allow ourselves to be treated. The exercise below is a simple and quick way for you to get a clear picture of how you see yourself based on genuine facts and feelings you experience in life.

**EXERCISE 1:** Before you jump into week one, please take a moment to complete the simple exercise below. Review the chart and circle one word from each row that best describes how you see yourself today. Think about every area of your life and select the word that best describes you most of the time. Be honest, transparent, and authentic with each answer.

**Example:** Select **strong** if you feel strong in your family, career, and spiritual life. Select **weak** if you feel weak in your family, career, and spiritual life. You should select **strong** if you are balanced, respected, and honored in these areas, and you should select **weak** if you are anxious or stressed in these areas.

*How do you currently think of yourself as a woman?*

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| <input type="checkbox"/> Strong         | <input type="checkbox"/> Weak        | <input type="checkbox"/> Connected      | <input type="checkbox"/> Disconnected |
| <input type="checkbox"/> Independent    | <input type="checkbox"/> Dependent   | <input type="checkbox"/> Authentic      | <input type="checkbox"/> Conforming   |
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| <input type="checkbox"/> Content        | <input type="checkbox"/> Discontent  | <input type="checkbox"/> Restful        | <input type="checkbox"/> Worried      |
| <input type="checkbox"/> Bold           | <input type="checkbox"/> Fearful     | <input type="checkbox"/> Respected      | <input type="checkbox"/> Disrespected |



**Isaiah 54:4-7**

*4 Fear not; for thou shalt not be ashamed: neither be thou confounded; for thou shalt not be put to shame: for thou shalt forget the shame of thy youth, and shalt not remember the reproach of thy widowhood any more.*

*5 For thy Maker is thine husband; the Lord of hosts is his name; and thy Redeemer the Holy One of Israel; The God of the whole earth shall he be called.*

*6 For the Lord hath called thee as a woman forsaken and grieved in spirit, and a wife of youth, when thou wast refused, saith thy God.*

*7 For a small moment have I forsaken thee; but with great mercies will I gather thee.*



A decorative graphic of a branch with leaves, rendered in shades of gray, is positioned in the upper left corner of the page.

*Week One*

# **A Woman Was Created for Good, to Do Good, and to Be Good**

**W**elcome to exploring the reasons why you were created as a woman and how God designed you to use your voice for His glory and tell His story of love in the earth. This Bible study takes you on a journey of the essential principles that every woman should understand about her existence so that she can thrive and live her best life.

All women need to understand that God loves them unconditionally, unequivocally, and irrevocably. He has provided blessings for their lives that are exceedingly, abundantly, above all that they could ask, think, or imagine according to God's power at work within them (Ephesians 3:20).

To understand your existence as a woman, you must first reflect on why God created the first woman and when, where, and how she came into existence. The answers to these questions are essential to finding truth and understanding God's purposes, plans, and promises for women today. Studying the geographical, cultural, and spiritual contexts of woman's creation will reveal insightful revelation about God's perfect will for women.

Many women believe lies about God and about life. They base their lives on lies that are prevalent in society. This study will introduce you to new truths about your role as a woman in the kingdom of God.

You will be joyfully surprised to learn that as a woman you are meant to be seen and heard. You are meant to use your voice to agree with God and courageously speak His truth over all lies that surface in your heart. Once you identify some common lies, you can embrace truth, admit truth, and live truth so you can have genuine authenticity in life.

The truth is, God made you equal to man in intelligence, in worth, and in value. Because woman was created from man, she is no less than man, and she is no more than man. She is equal to man and deserves to be treated with equity accordingly. God's Word clearly states that in Christ there is neither male nor female (Galatians 3:28), which really means in Christ God reconciles and unites all differences and uses them as strengths for the cause of advancing His kingdom. This study will help you lean into your womanhood and tap into God's goodness and glory for your life.

## **BACKGROUND AND BIBLICAL HISTORY OF THE FIRST WOMAN**

*And God saw the light, that it was good: and God divided the light from the darkness. . . . And God called the dry land Earth; and the gathering together of the waters called he Seas: and God saw that it was good. . . . And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit, whose seed was in itself, after his kind: and God saw that it was good. . . . And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their kind, and every winged fowl after his kind: and God saw that it was good. . . . And God saw everything that he had made, and, behold, it was very good (Genesis 1:4, 10, 12, 21, 31).*

*And the Lord God said, it is not good that the man should be alone; I will make him an help meet for him. . . . And the Lord God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof; And the rib, which the Lord God had taken from man, made he a woman, and brought her unto the man. And Adam said, this is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man. Therefore shall a man leave his father and his*

*mother, and shall cleave unto his wife: and they shall be one flesh. And they were both naked, the man and his wife, and were not ashamed (Genesis 2:18, 21–25).*

## **A WOMAN WAS CREATED FOR GOOD, TO DO GOOD, AND TO BE GOOD**

Genesis chapter 1 reveals how God looked at everything He created as very good. The light was good, the earth and the gathering of the seas were good, the earth bringing forth harvest was good, the dividing of day and night was good, and the living creatures were good. For the first time, we see something that wasn't good, and it was found in Genesis 2:18. God perceived it was not good that man should be alone. Interestingly, as soon as God determined and decided it was not good for man to be alone, He immediately focused on bringing a solution to fix the "not good" situation of man being alone.



***What does this immediate response by God reveal about His character?***

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As we unpack the Scripture that states "it is not good that man should be alone," in Genesis 2:18, we can deduce that *woman was created for good, to do good, and to be good*, because it was not good for man on earth without her. Additionally, the Bible confirms this in Proverbs 18:22 where it tells us the man that finds a wife finds a good thing and obtains favor



# Week One

## Thought of the Week

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*A woman was created for good, to do good, and be good,  
because it was not good on earth without her*

---

God created woman because it was not good for man to be alone without her. A woman brings good to situations that are not good in life when she is walking in her God-given purposes, plans, and promises.

### DAILY REFLECTIONS

#### DAY 1

Everything God made was very good until He realized it wasn't good that Adam was alone. This teaches that God reflected on His work and evaluated it, and His reflection allowed Him to observe opportunities for greater growth.

*Two are better than one; because they have a good reward for their labour. —Ecclesiastes 4:9*

**Daily Takeaway: Reflection is good**

#### DAY 2

God saw that it was not good that Adam was alone, and He quickly worked to solve it.

**Daily Takeaway: Evaluation is necessary for growth**



## *Week One*

# Summary and Reflection Questions

1. Do you believe that woman was created for good, to do good, and be good in the earth? Why or why not?

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2. As a woman, what good are you bringing to life in your family and in your own personal life?

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3. Can you think of biblical or historical women who have brought good to their lives? If so, list these women and their good deeds.

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## JOURNEY DEEPER INTO WOMANHOOD

How we see other women is very important, because how we see other women is how we will treat other women. If we fail to see every woman's worth and value, we will fail to treat every woman with worth and value. The exercise below is a simple and quick way for you to get a clear picture of how you see other women based on genuine facts and feelings you experience in life.

**EXERCISE 2:** Before you jump into week two, please take a moment to complete the simple exercise below. Review the chart and circle one word from each row that best describes how you see other women. Think about the women in your life and select one word that best describes how you see the totality of women in society today. Be honest, transparent, and authentic with each answer.

**Example:** Select **strong** if you feel women are looked upon as strong in their families, careers, and spiritual lives. If you feel women are looked upon as **weak** in their families, careers, and spiritual lives, select weak.

### *How do you think of other women?*

- |  |                                      |  |                                       |
|--|--------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Strong         | <input type="checkbox"/> Weak        | <input type="checkbox"/> Connected      | <input type="checkbox"/> Disconnected |
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# Final thoughts and an invitation to journey deeper into womanhood

God uses His Word to provide us with unsearchable life riches and treasures, and when we study His Word about women, He unlocks priceless wealth that helps women thrive and become better women.

Eve's story ends, but her impact doesn't. It is still felt among women today. If you have enjoyed this study, and want to learn more about the power of a woman and her voice, please secure your copy of *Sarah & Hagar: The Power of a Woman and Her Voice*. In part 2 of the Bite-Size Bible Studies for Women series, we will learn more about how Eve's mistake haunted the next generation of biblical women, but how God had a plan and has always been the champion, the deliverer, and the protector of women. Part 2 unveils hidden principles that educate, empower, and enlighten women to help mitigate the struggles and stresses they suffer in dating relationships, marriages, and motherhood.



## About the Author



**Catina Harris** is the women's pastor at Capital Christian Center in Sacramento, CA, where she ministers to thousands of women through prayer, Bible studies, and sisterhood circles. She is passionate about God's Word and sharing it with women in a way that allows them to see themselves as whole, healed, filled, and sealed by God's Spirit.

Catina works in full-time ministry, and she also works in corporate leadership in the healthcare industry. She has been married to her husband, Benjamin Harris, for over 18 years, and they have three beautiful teenage children. She homeschooled their children for six years, and she understands the weight and pressure that a woman faces and feels both inside and outside the home. Catina connects with women in real and practical ways. She champions women to stay in touch with their God-given dreams and passions and not to lose themselves regardless of the transitions they face.

Catina has a unique gift of highlighting the stories of God's daughters in the Bible that allow women to see the unseen and experience the wealth of God's wisdom for them. Women are liberated from faulty beliefs, self-sabotaging behavior, and untrue cultural standards that limit them. *Eve: The Importance of a Woman and Her Voice* will reveal why you are a **Wonderful, Open, Meaningful, Actuality (of God) Needed (WOMAN)** in the earth.