



## GOALS

1. To understand the power of a covenant relationship with the Lord from a women's perspective.
2. To understand the promises of God in your life .
3. To look for blessings and find the laughter in your life.
4. To identify the 5's of covenant in your life.

## INTRODUCTION & ICEBREAKERS

- Introduce yourself to a new person.
- Discuss your reason for attending this bible study. What intrigued you about this topic? What do you know about the covenant of God in the bible?
- List something you are believing God for in your life now. What are the promises of God that you are standing on? Where is your faith?

## FOUNDATION SCRIPTURE

### GENESIS 15:1-21

15 Sometime later, the Lord spoke to Abram in a vision and said to him, “Do not be afraid, Abram, for I will protect you, and your reward will be great.”

2 But Abram replied, “O Sovereign Lord, what good are all your blessings when I don’t even have a son? Since you’ve given me no children, Eliezer of Damascus, a servant in my household, will inherit all my wealth. 3 You have given me no descendants of my own, so one of my servants will be my heir.”

4 Then the Lord said to him, “No, your servant will not be your heir, for you will have a son of your own who will be your heir.” 5 Then the Lord took Abram outside and said to him, “Look up into the sky and count the stars if you can. That’s how many descendants you will have!”

6 And Abram believed in the Lord, and the Lord counted him as righteous because of his faith.

7 Then the Lord told him, “I am the Lord who brought you out of Ur of the Chaldeans to give you this land as your possession.”

8 But Abram replied, “O Sovereign Lord, how can I be sure that I will actually possess it?”

9 The Lord told him, “Bring me a three-year-old heifer, a three-year-old female goat, a three-year-old ram, a turtledove, and a young pigeon.” 10 So Abram presented all these to him and killed them. Then he cut each animal down the middle and laid the halves side by side; he did not, however, cut the birds in half. 11 Some vultures swooped down to eat the carcasses, but Abram chased them away.

12 As the sun was going down, Abram fell into a deep sleep, and a terrifying darkness came down over him. 13 Then the Lord said to Abram, “You can be sure that your descendants will be strangers in a foreign land, where they will be oppressed as slaves for 400 years. 14 But I will punish the nation that enslaves them, and in the end, they will come away with great wealth. 15 (As for you, you will die in peace and be buried at a ripe old age.) 16 After four generations your descendants will return here to this land, for the sins of the Amorites do not yet warrant their destruction.”

17 After the sun went down and darkness fell, Abram saw a smoking firepot and a flaming torch pass between the halves of the carcasses. 18 *So the Lord made a covenant with Abram that day* and said, “I have given this land to your descendants, all the way from the border of Egypt[a] to the great Euphrates River— 19 the land now occupied by the Kenites, Kenizzites, Kadmonites, 20 Hittites, Perizzites, Rephaites, 21 Amorites, Canaanites, Girgashites, and Jebusites.”

## WHAT IS A COVENANT?

## DEFINITION:

**It is a sacred agreement or promise that is based on a mutual relationship between two parties. A covenant is granted with blessings when obedience occurs and curses when disobedience happens. Covenants are usually confirmed with an oath, ceremony, celebration, or a rite of passage.**

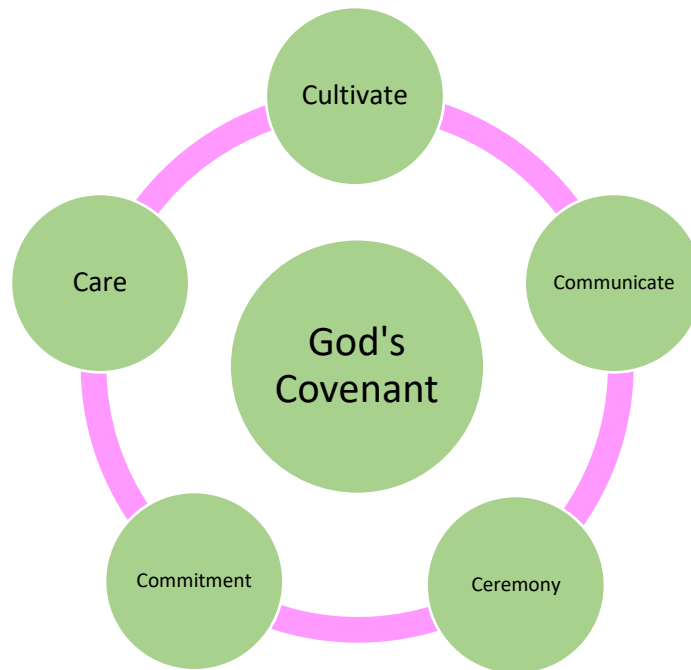
## QUESTIONS FROM GENESIS 15:1-21

1. The Lord appeared to Abram in a vision . Abram was worried about his future due to being childless. The Lord told him that he would have an heir and it would not be Eliezer. In your group describe a time when the Lord spoke to your heart about a vision for your life. What did he want it to be? How did it come to fruition? Were there any problems or complaints about how it was going to happen?
2. “Abram believed the Lord and the Lord counted him as righteous because of his faith”. What is significant about this statement?
3. The Lord told Abram that he was going to give him the land as a possession in addition to his child. Have you ever had an experience where the Lord gave you a blessing you did not expect? Abram asked the question “*How can I be sure I will actually possess it*”? Do you think this was a valid question to ask the Lord? Have you ever asked the Lord for one thing, but he blessed you with more than you asked for? Discuss with your group.
4. The Lord asked him to bring him five animals as a sacrifice? What was significant about these animals? What was significant about Abram swooping the vultures away from the sacrifice?
5. What was important about the smoking firepot and the flaming torch pass?
6. Who made the covenant?

## COVENANT FACTORS:

Here are some key factors of the covenant that signifies the relational connection between the Lord and Abram. Read the definition and identify how these terms are evident in your life as you pursue a relationship with Christ.

1. **CULTIVATE:** *To prepare for use. To seek the society of and to make friends with.*  
*Genesis 15:1*
2. **COMMUNICATE:** *To convey knowledge of or information about, make known, to reveal by clear signs, to cause to pass from one to another.*  
*Genesis 15:2-4*
3. **CARE:** *Giving watchful attention to, to supervise, to release from suffering of mind or grief*  
*Genesis 15:4*
4. **CEREMONY:** *It's a formal act or series of acts prescribed by ritual, protocol, or convention*  
*Genesis 15:9*
5. **COMMITMENT:** *To review your views on this. To carry into action deliberately.*  
*Genesis 15:18*



## CULTIVATING SARAH'S HEART: GROUP WORK

### GENESIS 16:1-3

16 Now Sarai, Abram's wife, had not been able to bear children for him. But she had an Egyptian servant named Hagar. 2 So Sarai said to Abram, "The Lord has prevented me from having children. Go and sleep with my servant. Perhaps I can have children through her." And Abram agreed with Sarai's proposal. 3 So Sarai, Abram's wife, took Hagar the Egyptian servant and gave her to Abram as a wife. (This happened ten years after Abram had settled in the land of Canaan.

#### QUESTIONS:

1. What was the difference between Abram's vision from the Lord and Sarai's personal experience? If Abram was a "covenant" man, how did they agree to this conclusion in their relationship as a married couple?
2. Does it appear that Sarai had a sense of belief or righteousness?
3. What do you think happened in Sarai's heart regarding her point of view? How did she view the Lord? How did she view relationships with others? What are some significant themes in her life that would cause her to have this view?

## SARAI'S HISTORY:

Imagine Sarai's history living with Abram. As you look at the roles of her life as a wife, mother, sister-in-law how did these roles support or hinder her beliefs around accepting the covenant? List the specific events in her life.

### ***#1 GENESIS 11:27-32 TERAH MOVED ABRAM & SARAI***

27 This is the account of Terah's family. Terah was the father of Abram, Nahor, and Haran; and Haran was the father of Lot. 28 But Haran died in Ur of the Chaldeans, the land of his birth, while his father, Terah, was still living. 29 Meanwhile, Abram and Nahor both married. The name of Abram's wife was Sarai, and the name of Nahor's wife was Milcah. (Milcah and her sister Iscah were daughters of Nahor's brother Haran.) 30 But Sarai was unable to become pregnant and had no children. 31 One day Terah took his son Abram, his daughter-in-law Sarai (his son Abram's wife), and his grandson Lot (his son Haran's child) and moved away from Ur of the Chaldeans. He was headed for the land of Canaan, but they stopped at Haran and settled there. 32 Terah lived for 205 years and died while still in Haran.

QUESTION: Terah, the father of Abram chose to move Abram, Sarai and Lot and take them to Haran. He settled in Haran. What impact do you think this had upon her life?

WRITE YOUR NOTES:

### ***#2 GENESIS 12:1-5 ABRAM MOVED SARAI & LOT***

12 The Lord had said to Abram, "Leave your native country, your relatives, and your father's family, and go to the land that I will show you. 2 I will make you into a great nation. I will bless you and make you famous, and you will be a blessing to others. 3 I will bless those who bless you and curse those who treat you with contempt. All the families on earth will be blessed through you." 4 So Abram departed as the Lord had instructed, and Lot went with him. Abram was seventy-five years old when he left Haran. 5 He took his wife, Sarai, his nephew Lot, and all his wealth—his livestock and all the people he had taken into his household at Haran—and headed for the land of Canaan.

QUESTION: At the age of 75, Abram packed up and left his father's family on a word from the Lord. Imagine what impact this had upon Sarai?

WRITE YOUR NOTES:

### ***#3 GENESIS 12: 10-18 ABRAM AND SARAI IN EGYPT***

10 At that time a severe famine struck the land of Canaan, forcing Abram to go down to Egypt, where he lived as a foreigner. 11 As he was approaching the border of Egypt, Abram said to his wife, Sarai, "Look, you are a very beautiful woman. 12 When the Egyptians see you, they will say, 'This is his wife. Let's kill him; then we can have her!' 13 So please tell them you are my sister. Then they will spare my life and treat me well because of their interest in you." 14 And sure enough, when Abram arrived in Egypt, everyone noticed Sarai's beauty. 15 When the palace officials saw her, they sang her praises to Pharaoh, their king, and Sarai was taken into his palace. 16 Then Pharaoh gave Abram many gifts because of her—sheep, goats, cattle, male and female donkeys, male and female servants, and camels. 17 But the Lord sent terrible plagues upon Pharaoh and his household because of Sarai, Abram's wife. 18 So Pharaoh summoned Abram and accused him sharply. "What have you done to me?" he demanded. "Why didn't you tell me she was your wife? 19 Why did you say, 'She is my sister,' and allow me to take her as my wife? Now then, here is your wife. Take her and get out of here!" 20 Pharaoh ordered some of his men to escort them, and he sent Abram out of the country, along with his wife and all his possessions.

QUESTION: It appears there was a famine which caused them to move. They were forced to live in Egypt as a foreigner. Sarai was beautiful and Abram told her to tell the Egyptians she was his sister instead of his wife. Sarai was taken into the palace and Abram received many gifts. Pharaoh was plagued by the Lord and they were sent away. What impact does this have on Sarai?

WRITE YOUR NOTES:

### ***#4 GENESIS 17:1-2, 15 SARAI'S NAME CHANGES TO SARAH***

17 When Abram was ninety-nine years old, the Lord appeared to him and said, "I am El-Shaddai—'God Almighty.' Serve me faithfully and live a blameless life. 2 I will make a covenant with you,

by which I will guarantee to give you countless descendants [...] 15 Then God said to Abraham, "Regarding Sarai, your wife—her name will no longer be Sarai. From now on her name will be Sarah.[c] 16 And I will bless her and give you a son from her! Yes, I will bless her richly, and she will become the mother of many nations. Kings of nations will be among her descendants."

QUESTION: At age 99 the Lord appears to Abram. Sarai's name changes to Sarah. Imagine how she felt when she received the news that her name would change but the promise remains unfulfilled.

WRITE YOUR NOTES:

### ***#5 GENESIS 18:1-15 SARAH LAUGHS***

18 The Lord appeared again to Abraham near the oak grove belonging to Mamre. One day Abraham was sitting at the entrance to his tent during the hottest part of the day. 2 He looked up and noticed three men standing nearby. When he saw them, he ran to meet them and welcomed them, bowing low to the ground.

3 "My lord," he said, "if it pleases you, stop here for a while. 4 Rest in the shade of this tree while water is brought to wash your feet. 5 And since you've honored your servant with this visit, let me prepare some food to refresh you before you continue your journey."

"All right," they said. "Do as you have said."

6 So Abraham ran back to the tent and said to Sarah, "Hurry! Get three large measures[a] of your best flour, knead it into dough, and bake some bread." 7 Then Abraham ran out to the herd and chose a tender calf and gave it to his servant, who quickly prepared it. 8 When the food was ready, Abraham took some yogurt and milk and the roasted meat, and he served it to the men. As they ate, Abraham waited on them in the shade of the trees.

9 "Where is Sarah, your wife?" the visitors asked.

"She's inside the tent," Abraham replied.

10 Then one of them said, "I will return to you about this time next year, and your wife, Sarah, will have a son!"

Sarah was listening to this conversation from the tent. 11 Abraham and Sarah were both very old by this time, and Sarah was long past the age of having children. 12 So she laughed silently to herself and said, "How could a worn-out woman like me enjoy such pleasure, especially when my master—my husband—is also so old?"

13 Then the Lord said to Abraham, "Why did Sarah laugh? Why did she say, 'Can an old woman like me have a baby?' 14 Is anything too hard for the Lord? I will return about this time next year, and Sarah will have a son."



15 Sarah was afraid, so she denied it, saying, "I didn't laugh." But the Lord said, "No, you did laugh."

QUESTION: Sarah was confronted about her reason for laughing. She denied it. Have you ever laughed at something and then the Lord confronted you about it?

WRITE YOUR NOTES:

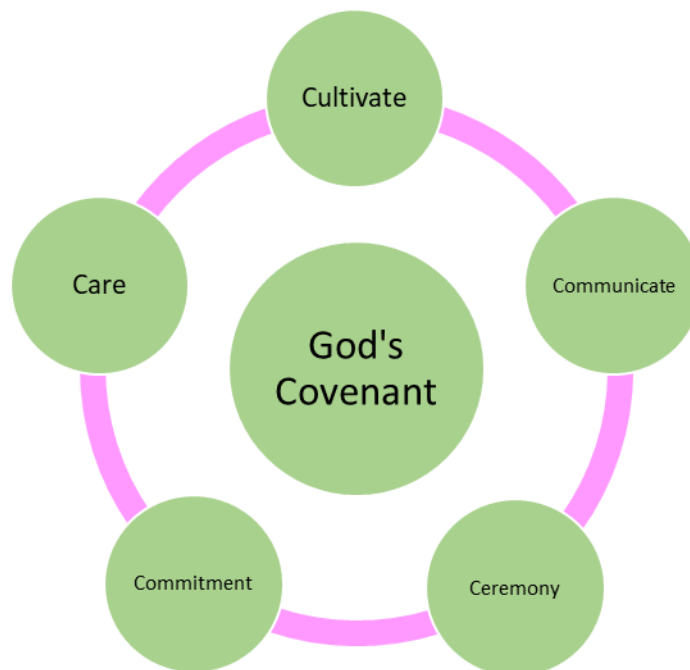
## **#6 GENESIS 21:1-5 GOD HAS BROUGHT ME LAUGHTER**

21 The Lord kept his word and did for Sarah exactly what he had promised. 2 She became pregnant, and she gave birth to a son for Abraham in his old age. This happened at just the time God had said it would. 3 And Abraham named their son Isaac. 4 Eight days after Isaac was born, Abraham circumcised him as God had commanded. 5 Abraham was 100 years old when Isaac was born.

6 And Sarah declared, "God has brought me laughter.[a] All who hear about this will laugh with me. 7 Who would have said to Abraham that Sarah would nurse a baby? Yet I have given Abraham a son in his old age!"

QUESTION: What do you need to laugh about in your life? What blessings are overtaking you?

WRITE YOUR NOTES:



Write in the details of how the 5'C's of Covenant fit into Sarah's life although the Lord did not speak to her through a vision directly.

1) Sarah's Cultivation:

2) Sarah's Care:

3) Sarah's Ceremony:

4) Sarah's Commitment:

What areas of your life do you need to cultivate your heart to be aware and accepting of God's covenant? Are there some promises where you laughed at yourself but you truly needed the Lord to bring you, his laughter?

1) My Cultivation:

2) My Care:

3) My Ceremony:

4) My Commitment:

## THE NEW COVENANT:

### HEBREWS 8:1-2,7

1 Here is the main point: We have a High Priest who sat down in the place of honor beside the throne of the majestic God in heaven. 2 There he ministers in the heavenly Tabernacle,[a] the true place of worship that was built by the Lord and not by human hands [...] 6 But now Jesus, our High Priest, has been given a ministry that is far superior to the old priesthood, for he is the one who mediates for us a far better covenant with God, based on better promises. [...] 13 When God speaks of a “new” covenant, it means he has made the first one obsolete. It is now out of date and will soon disappear.

### HEBREWS 9:11-15

11 So Christ has now become the High Priest over all the good things that have come.[e] He has entered that greater, more perfect Tabernacle in heaven, which was not made by human hands and is not part of this created world. 12 With his own blood—not the blood of goats and calves—he entered the Most Holy Place once for all time and secured our redemption forever. 13 Under the old system, the blood of goats and bulls and the ashes of a heifer could cleanse people's bodies from ceremonial impurity. 14 Just think how much more the blood of Christ will purify our consciences from sinful deeds[f] so that we can worship the living God. For by the power of the eternal Spirit, Christ offered himself to God as a perfect sacrifice for our sins. 15 That is why he is the one who mediates a new covenant between God and people, so that all who are called can receive the eternal inheritance God has promised them. For Christ died to set them free from the penalty of the sins they had committed under that first covenant.

#### Questions:

How has Christ reflected in your walk of faith? How does this scripture apply to your life today? We have a new covenant in Christ!

THE END