

Our  
**GOD**  
Who is...

*Abba,  
Father*



The Women's Ministry at Grace exists to cultivate opportunities for women to make authentic connections and experience sound biblical teaching to become equipped to love well and live for Christ.

For the 2022-2023 ministry year, our three events will explore who God is through studying what Scripture reveals to us about Father, Son and Spirit. On December 3rd, we will gather together with a focus on Jesus and his Incarnation, and March 24th-25th our in-house retreat will offer an opportunity to learn and reflect on the role of the Holy Spirit in our lives. Mark your calendars to save the dates--we will look forward to seeing you then!

## Isaiah 40

Comfort, comfort my people,  
says your God.

<sup>2</sup> Speak tenderly to Jerusalem,  
and proclaim to her  
that her hard service has been completed,  
that her sin has been paid for,  
that she has received from the LORD's hand  
double for all her sins.

<sup>3</sup> A voice of one calling:

“In the wilderness prepare  
the way for the LORD<sup>[a]</sup>;  
make straight in the desert  
a highway for our God.<sup>[b]</sup>”

<sup>4</sup> Every valley shall be raised up,  
every mountain and hill made low;  
the rough ground shall become level,  
the rugged places a plain.

<sup>5</sup> And the glory of the **LORD** will be revealed,  
and all people will see it together.  
For the mouth of the LORD has spoken.”

<sup>6</sup> A voice says, "Cry out."  
And I said, "What shall I cry?"  
"All people are like grass,  
and all their faithfulness is like the flowers of the field.

<sup>7</sup> The grass withers and the flowers fall,  
because the breath of the LORD blows on them.

Surely the people are grass.

<sup>8</sup> The grass withers and the flowers fall,  
but the word of our God endures forever."

<sup>9</sup> You who bring good news to Zion,  
go up on a high mountain.  
You who bring good news to Jerusalem,<sup>[c]</sup>  
lift up your voice with a shout,  
lift it up, do not be afraid;  
say to the towns of Judah,  
"Here is your God!"

<sup>10</sup> See, the Sovereign **LORD** comes with power,  
and he rules with a mighty arm.

See, his reward is with him,  
and his recompense accompanies him.

<sup>11</sup> He tends his flock like a shepherd:  
He gathers the lambs in his arms  
and carries them close to his heart;  
he gently leads those that have young.

<sup>12</sup> Who has measured the waters  
in the hollow of his hand,  
or with the breadth of his hand m  
arked off the heavens?

Who has held the dust of the earth in a basket,  
or weighed the mountains on the scales  
and the hills in a balance?

<sup>13</sup> Who can fathom the Spirit<sup>[d]</sup> of the **LORD**,  
or instruct the **LORD** as his counselor?

<sup>14</sup> Whom did the **LORD** consult to enlighten him,  
and who taught him the right way?  
Who was it that taught him knowledge,  
or showed him the path of understanding?

<sup>15</sup> Surely the nations are like a drop in a bucket;  
they are regarded as dust on the scales;  
he weighs the islands as though they were fine dust.

<sup>16</sup> Lebanon is not sufficient for altar fires,  
nor its animals enough for burnt offerings.

<sup>17</sup> Before him all the nations are as nothing;  
they are regarded by him as worthless  
and less than nothing.

<sup>18</sup> With whom, then, will you compare God?  
To what image will you liken him?

<sup>19</sup> As for an idol, a metalworker casts it,  
and a goldsmith overlays it with gold  
and fashions silver chains for it.

<sup>20</sup> A person too poor to present such an offering  
selects wood that will not rot;  
they look for a skilled worker  
to set up an idol that will not topple.

<sup>21</sup> Do you not know? Have you not heard?  
Has it not been told you from the beginning?  
Have you not understood  
since the earth was founded?

<sup>22</sup> He sits enthroned above the circle of the earth,  
and its people are like grasshoppers.  
He stretches out the heavens like a canopy,  
and spreads them out like a tent to live in.

<sup>23</sup> He brings princes to naught  
and reduces the rulers of this world to nothing.

<sup>24</sup> No sooner are they planted,  
no sooner are they sown,  
no sooner do they take root in the ground,  
than he blows on them and they wither,  
and a whirlwind sweeps them away like chaff.

<sup>25</sup> “To whom will you compare me?  
Or who is my equal?”  
says the Holy One.

<sup>26</sup> Lift up your eyes

and look to the heavens:  
Who created all these?

He who brings out the starry host one by one  
and calls forth each of them by name.

Because of his great power  
and mighty strength,  
not one of them is missing.

<sup>27</sup> Why do you complain, Jacob?  
Why do you say, Israel,

“My way is hidden from the LORD;  
my cause is disregarded by my God”?

<sup>28</sup> Do you not know?

Have you not heard?

The LORD is the everlasting God,  
the Creator of the ends of the earth.

He will not grow tired or weary,  
and his understanding no one can fathom.

<sup>29</sup> He gives strength to the weary  
and increases the power of the weak.

<sup>30</sup> Even youths grow tired and weary,  
and young men stumble and fall;

<sup>31</sup> but those who hope in the LORD  
will renew their strength.

They will soar on wings like eagles;  
they will run and not grow weary,  
they will walk and not be faint.

## **Teaching Notes:**

**Comfort because of Abba Father's Deliverance**

**Comfort because of Abba Father's Character**



## **6 ways Abba Father Comforts**

**Pre-Comfort**

**Shared Comfort**

**Wrestled Comfort**

◇ **Learning to Ask Questions**

◇ **Learning to Lament**

**Practical Comfort**

**Comfort of Forgiveness**

**Comfort of a Stilled Heart**

*Reflection:*

Praise to the God of All Comfort

<sup>3</sup> Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, <sup>4</sup> who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. <sup>5</sup> For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ. <sup>6</sup> If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer. <sup>7</sup> And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort.” 2 Corinthians 1:3-7

**Which Characteristic — revealing the type of Father our Abba is— brings you the most comfort today?**

**Which of the 6 ways of comfort have you experienced and how did this impart strength for your sorrow?**

## For your continued pursuit:

### Books:

- A Sacred Sorrow by Michael Card
- My Father's House by Corrie Ten Boom
- Abandoned to God by David McCasland (Biddy Chamber's story)
- Rose from Briar by Amy Carmichael
- Green Leaf in Drought by Isobel Kuhn

### Playlist:

- Always Good by Andrew Peterson
- The Love of God hymn by Frederick Lehman
- Be Still my Soul hymn by Katharina von Schlegel
- Worn by Tenth Avenue North
- Your Hands by JJ Heller
- Never Let Go by David Crowder Band
- Turn your Eyes upon Jesus hymn by Helen Lemmel
- Hills and Valleys by Tauren Wells
- How Emptiness Sings by Christa Wells

### Scripture references:

- Blessed are those who Mourn: Matthew 5:4
- John the Baptist quotes Isaiah: Matthew 3:1-6
- Elijah is cared for: 1 Kings 19:1-18
- Man born blind: John 9:1-3
- Approach Abba with confidence: Hebrews 4:15-16
- God's care of Jacob/Israel: Deuteronomy 29
- Power to Grasp God's great love: Ephesians 3:14-21
- More valuable than sparrows: Matthew 6:25-27
- Jesus Took our Punishment 1 Peter 2:24, Galatians 3:13, Isaiah 53:5
- Jesus' reply to John in prison: Matthew 11:1-6
- Closing verses on comfort: 2 Thessalonians 2:15-16

