

House Rules

The Queen – Strength in Submission

Pastor Jeff Atherton



Hebrews 11:11 NLT

It was by faith that even Sarah was able to have a child, though she was barren and was too old. She believed that God would keep his promise.

Godly Women Demonstrate:

TRUE STRENGTH by SURRENDER

Never mistake the WISDOM OF SILENCE with fear or timidity...

She has REAL FAITH

She's not PASSIVE,

She is the most POWERFUL influence because of TRUST in God

Ephesians 5:22-24 NLT

For wives, this means submit to your husbands as to the Lord. For a husband is the head of his wife as Christ is the head of the church. He is the Savior of his body, the church. As the church submits to Christ, so you wives should submit to your husbands in everything.

Proverbs 31:10-12, 25-27, 30-31 NLT

Who can find a virtuous and capable wife? She is more precious than rubies. Her husband can trust her, and she will greatly enrich his life. She brings him good, not harm, all the days of her life... She is clothed with strength and dignity, and she laughs without fear of the future. When she speaks, her words are wise, and she gives instructions with kindness. She carefully watches everything in her household and suffers nothing from laziness... Charm is deceptive, and beauty does not last; but a woman who fears the Lord will be greatly praised. Reward her for all she has done. Let her deeds publicly declare her praise...

1. Submission is STRENGTH, not WEAKNESS
 - Submission is not LOSING POWER — it's CHOOSING where to place it
 2. Godly Women shape FAMILIES and FUTURES
 - INFLUENCE is the CROWN of a godly woman
 3. STRENGTH is measured by SURRENDER
 - Real FREEDOM is found in SURRENDER to Christ
 4. The Gospel EMPOWERS women to CHANGE the world
 - When women live surrendered to Christ, the whole HOUSEHOLD PROSPERS
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Talk About It: *Small Group*

Students

1. What do you learn about God from Sarah's laughter-to-faith story?
2. The Bible calls a woman of faith "strong and dignified". What do you think this means? Why?
3. What does it mean for you, at this point in your life, to submit to Christ?
4. How can you encourage the women in your life and family?
5. Why is surrender a strength, and not a weakness?

Adults

1. Why does Sarah's laughter and later faith capture the heart of submission?
2. How do Proverbs 31 and Ephesians 5 work together to define strength?

3. Who has been a woman of (gospel empowered) influence in your life?
 4. How do men and women together reflect the picture of Christ and the church?
 5. What does “strength is measured by surrender” look like in your household?
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GOING DEEPER - Bible Study

Primary Texts: *Genesis 18:1-15; Hebrews 11:11; Ephesians 5:22-24; Proverbs 31:10-31*

Observation

- What is Sarah doing in Genesis 18?
- What shifts in her story between Genesis and Hebrews?
- What traits stand out in Proverbs 31?

Interpretation

- Why does Paul root submission in Christ, not culture?
- How does Proverbs 31 redefine strength?
- How does Sarah’s story connect to the church as the bride of Christ?

Application

- Wives: Where do you need to trust God more fully?
- Husbands: How do you celebrate your wife’s influence and strength?
- Families: How do we practice surrender and trust in our homes?

Prayer

Lord, help me see strength not as control, but as surrender to You. Give us homes where women thrive in faith, and families flourish in Christ.

REMEMBER:

The gospel is the GOOD NEWS of Jesus Christ... That he died on the cross for our sins and rose again on the 3rd day to defeat sin and death!

Read - Think - Pray - write down your thoughts... then do something -
GO BE THE CHURCH!

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