



VOLUME 10
ISSUE THREE
2026

Be Ye IMITATORS

WWW.WOMENBUILDINGGODLYLIVES.COM

Editor's Note

AMANDA STEPHANUS
Editor-in-Chief



A little girl wearing her mother's dress. A little boy walking through the house in his father's shoes. A younger sibling closely following an older one, determined to do everything they do. These are familiar scenes that bring a smile to our faces because we've all witnessed them, or perhaps even experienced them. More than simply bringing a smile to our faces, these scenes remind us that we will imitate someone; the question is who. As children of God, we face an important choice. Will we imitate our Heavenly Father (Ephesians 5:1), or will we be like His adversary, the Devil (John 8:44)? Through Holy Writ, God has given us numerous examples worthy of imitation. These faithful individuals are worthy of our study because, like the Apostle Paul, they chose to follow God (1 Corinthians 11:1). My prayer is that each of us will be inspired by these godly women whose lives God has preserved in Scripture so that we may study them, learn from them, and imitate their faith and obedience.

We invite you to share our website with other women who would be interested in subscribing to our newsletter.

HANNAH

BY: ELIZABETH TURNER BEALL

Hannah battled depression. Many other women will also face this challenge. Depression is not a bad word, and there are many reasons for it. The problem with depression is more in how we handle it when it happens. Do we look to others, to self-help books, perhaps go to drugs or alcohol, to overspending, or to overeating? Going to others who have been there and going to self-help books are not bad options, but they are not the first and best place to look for help. Let's see how Hannah worked through her sorrow.



First, Hannah knew the reason for her depression—she had no children (1 Samuel 1:2), and this caused her bitterness of soul. . . and she wept in anguish (1 Samuel 1:10). It also did not help that her husband's other wife, Peninnah, had sons and daughters and provoked her severely (1 Samuel 1:4-6). Cruelty in any form, intentional or not, never helps the depressed person.

Motherhood is an important status, and (in many cultures) being barren is viewed as taking away a woman's value and purpose. Women all over the world strive with it. Even this writer has walked the road of depression for a time for the same reason. Whatever the reason for the depression, self-value and life's purpose are greatly diminished.

Second, it appears that Hannah did not try to hide her grief or cover up her sadness in any way. Elkanah, her husband, loved Hannah, knew the problem, and tried to console her and make it up to her when he asked, "Am I not better than 10 sons?" (1 Samuel 1:8) and gave her double portions when they went up to the house of the LORD to sacrifice and pray (1 Samuel 1:5). What Elkanah did not seem to understand was that Hannah's longing for a child left an ache in her heart that even his devoted love could not fully ease. Regardless of what people may say or do to help, barrenness is a heavy grief to bear.

Third, Hannah knew to Whom she should take her problem and did so every year when they went to worship the LORD. Peninnah would provoke her, and Elkanah would give her a double portion, but verse seven says Hannah "wept and did not eat." In verses 9 and 10, we see that "Hannah arose after they had finished eating and drinking...she was in bitterness of soul and prayed to the LORD and wept in anguish." She prayed to God. She begged for a male child. She went to the only One who could help her or console her. This writer also knew that God our Father was the only One who could give her strength to bear that grief that was so heavy. She also questioned how people in the world make it through trials without God.

Fourth, Hannah made a vow. What was she willing to do with the blessing of a child, if God granted her prayer? She would give him back to God (1 Samuel 1:11). How many times, in our despair and anguish, do we make vows to God (this writer calls them “bargains with God”) and then forget what has been promised when the blessing arrives and the depression is over? Hopefully, we are very thankful to the Father for His answer in our favor, but we should also remember what we have promised as well. How can we expect more from God if we do not hold up what we have promised?

Hannah remembered her vow, and when Hannah returned to the house of the LORD with Samuel, after he was weaned, to leave him there to serve God all his life, we see her prayer of thanksgiving. Notice how she praises God in the opening two verses of her prayer in 1 Samuel 2:

*“My heart rejoices in the LORD;
My horn is exalted in the LORD.
I smile at my enemies,
Because I rejoice in Your salvation.
No one is holy like the LORD,
For there is none besides You,
Nor is there any rock like our God.”*

Every year after she left Samuel at the house of the LORD, she provided him with a new robe when they went up to worship (1 Samuel 2:19). Hannah kept her promise to God, and God blessed Hannah with three sons and two daughters (1 Samuel 2:21).

In conclusion, let’s look at how Hannah handled her depression. First, she acknowledged her depression, her anguish. Second, she did not try to hide it or deny it or put on an act that everything was okay. Third, she knew to go to God and seek His help with her problem. She did not try to make it on her own, and she poured out her soul to God. Fourth, she made a vow, a promise, to God if He would bless her. Fifth, she gave thanks to God for answering her prayer, and (if this writer may add) getting her through her depression. And finally, she kept her promise to God when He did bless her, and God blessed her in return.

It is this writer’s prayer that, when trials come your way, especially a depression that breaks you down to where you question your worth, your purpose in life, even your will to live, that you will follow Hannah’s example. Immediately acknowledge it and go to God at the earliest time. No, it will not be easy. Many days will be lived from one hour to the next, but with God’s help and strength, you will pull through. God created you. He loves you. He WILL help you. ♦

Imagine being a foreigner in a strange land. You have been raised in this place, and seeing your true home is out of the question. You never fully belong, but it is the only home you have known. You have adapted to your environment. In fact, you have adapted so well that your true heritage isn't known. If it were discovered, it might be detrimental to your survival. Not only are you a foreigner, but you are also an orphan. You must rely on the kindness of others to survive. You are not desolate. Family has taken you in and raised you, treating you as if you were their own child. Then, you are entered into the world's greatest beauty pageant. The prize for first place is to be crowned queen of the most powerful empire on earth! However, if you lose this pageant, there is a greater chance of being housed in a harem for the rest of your life, forgotten by your husband, with no chance of having children. No worries. You win the beauty pageant! So far, so good. Things that could have been horrible have been overcome. If that weren't enough to handle, you and your entire people are going to be slaughtered throughout the empire because your husband decreed it. This is your life, and through all the difficulties and celebrations, your true character will be revealed. Will it shine like a light upon a hill, impossible to hide, bringing glory to God as you walk with Him (Matthew 5:14-16; 1 John 1:7)? Or will it be the opposite, in which you will be in darkness and without hope (1 John 1:6)? Practically speaking, will you be wise? As wise as the maiden called Esther?

ESTHER

BY: ROBYNNE ASHBY



We are introduced to Esther at a time in her life when she faced many challenges. These challenges were not because of her own actions, but the actions of others. The king at the time, Ahasuerus, was very wroth because Queen Vashti rightly refused to entertain his drunken demands (Esther 1:10-12). Ahasuerus removed her as queen. Time goes by, and when his wrath was appeased (Esther 2:1), Ahasuerus decided it was time to find a new queen. The king appoints "...officers in all the provinces of his kingdom, that they may gather together all the fair young virgins unto Shushan the palace..." (Esther 2:3). Esther and countless others are brought to Shushan to prepare themselves as candidates (Esther 2:3). Persia had over 127 provinces that stretched from India to Ethiopia (Esther 1:1). The number of women brought to Shushan could have numbered in the hundreds. All of them are beautiful and the most desired in their provinces. How can Esther set herself above these women and be chosen queen?

The answer is preparation, and preparation requires wisdom. Remember the ant in Proverbs 6:6-8 and Proverbs 30:25? The ant prepared food for the coming of winter and was considered wise. An event, the winter, was coming, and actions needed to be taken for a positive outcome. Preparing is wise, and Esther did just that. She realized that her preparation would determine her success.

Not only did she realize that preparation was essential, but she also knew she couldn't properly prepare on her own. She knew she had limitations concerning the king's preferences, so she followed the counsel of someone who knew them. Proverbs 19:20 states, "Hear counsel, and receive instruction, that thou mayest be wise in thy latter end." Hegai, the keeper of the women, knew exactly what Esther would need to please the king and provided those articles to her (Esther 2:15). Without this preparation on Esther's part, the chances of being chosen would have been drastically reduced, if not outright impossible.

The application for us as Christians is very appropriate. What are we doing in our daily lives to prepare ourselves for God? Preparation doesn't magically happen. It takes effort and sacrifice. Have we prepared our hearts to receive the Word of God so that, when we hear it, it will bring forth fruit (Ezra 7:10; Matthew 13:23)? Have we prepared our intellect to spread and defend the Gospel as soldiers of Christ (2 Timothy 2:15; Eph 6:13-17)? Have we prepared our minds and bodies for the persecution that this life will bring to us as faithful children of God (James 1:12)? If not, we must start immediately, before it's too late. On the day of Judgement, we will want to hear the words, "...enter thou into the joy of thy lord" (Matthew 25:21,23). Through preparation, it will be possible.

Another aspect of wisdom is courage, and Esther is a fine example of how it is displayed. Haman has convinced the king, Ahasuerus, that the Jews throughout the Persian Empire must be eliminated, destroyed (Esther 3:8-11). Mordecai, Esther's adopted father, learns of the plot and informs Esther. He tells her to make supplication to the king, her husband, on behalf of her people (Esther 4:8), but there is a problem. If Esther goes before the king without permission, she could forfeit her life (Esther 4:11). She is afraid for her life and tells Mordecai as much, but he responded, "...and who knoweth whether thou art come to the kingdom for such a time as this?" (Esther 4:14). In other words, "You may be scared, and the fear is not unfounded, but have courage. This may be the very reason you were made Queen." Esther gathers her courage and agrees to go before the king for the aid of her people.

Psalm 27:14 states, "Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the Lord." Courage is only possible through God. How many times did God tell Joshua to "Be strong and of a good courage..." (Joshua 1:6, 7, 9)? It was with the understanding that Joshua would gain this courage while seeking, obeying, and meditating on God and His law (Joshua 1:7-9). Proverbs 1:7 states, "The fear of the Lord is the beginning of knowledge: but fools despise wisdom and instruction." Courage comes from knowing God, and knowing God is wise. We will be courageous and brave because our trust is in God and not men (Acts 5:29; Galatians 1:10). Courage will only come when we study God's Word, and studying God's word for courage is wise.

Esther was determined to do what was right regardless of the outcome of her difficult situation. The wisdom Esther demonstrated during this time in her life is something all of us should emulate, regardless of our age or circumstances. Esther's wisdom, preparation, and courage saved not only herself but also her people and, ultimately, the lineage through which Christ came. May we all be like Esther and seek wisdom through the study and application of God's Word. ♦



ABIGAIL

BY: DARCIE HUBBARD

When I think about the issues facing the church today, one of the first things I think of is the issue of unbelieving spouses. I am constantly astounded by the steadfastness it takes for some of our brethren to remain faithful in a relationship where one half does not believe in God's gospel message. One of the greatest examples of this in the Bible is Abigail the Carmelite. Even though Abigail lived thousands of years ago under the law of Moses, modern Christian women can learn from her example. Despite her situation as the wife of a literal fool and "man of Belial" (1 Samuel 25:25), Abigail recognized God's authority and made peace with David, whom Nabal had greatly offended.

There is not much known about Abigail in the Bible. Most of the information we know about her comes from 1 Samuel 25, and there are other mentions of her scattered throughout the Old Testament as Abigail, David's wife. She was from Carmel (1 Samuel 27:3), which was in southern Judah, near Hebron. Abigail "was a woman of good understanding and of a beautiful countenance" (1 Samuel 25:3). Her husband's name was Nabal, the meaning of which in Hebrew literally means "foolish." Nabal's name also matched his actions, because (according to 1 Samuel 25:3) he was "churlish and evil in all his ways." Even Abigail, Nabal's own wife, referenced this fact to David: "for as his name is, so is he" (1 Samuel 25:25). Nabal was extremely wealthy and had a huge herd of sheep and goats (1 Samuel 25:2). Abigail was a beautiful, wise woman, married to a wealthy, wicked man named Nabal. What can we learn from her story?



It's clear from scripture that Abigail was a wise woman. She is called a woman of "good understanding," and David accepted her "advice" regarding her husband's trespass (1 Samuel 25:3, 33). By virtue of her wisdom, Abigail saved the lives of those in her household from the swords of David and his men. Even Nabal's life was spared from David's wrath because of Abigail's actions. Her wisdom led to peace. Jesus tells his followers in Matthew 5:9 that peacemakers will be called the "children of God." The writer of Proverbs describes the personification of wisdom and states that "Her ways are ways of pleasantness, and all her paths are peace" (Proverbs 3:17).



Abigail also remained faithful to God and recognized His authority in her life, even when her husband did not. Abigail and Nabal's differences in faith and wisdom can be directly compared to Proverbs 1:7: "The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction." David praised Abigail for her wise advice and was grateful that he had been spared from bloodshed because of her peacemaking efforts (1 Samuel 25:32-35). I cannot help thinking of the Proverbs 31 woman in this instance, specifically in verse 30, where

it says "...a woman who fears the Lord, she shall be praised." Christian wives with unbelieving husbands are also called to be good examples in "conversation" or personal conduct so that their spouses might be influenced for good (1 Peter 3:1-2). While Abigail was unable to influence Nabal's soul to choose spiritual life, she did save Nabal's physical life from the wrath of David by her faithful conduct.

*The fear of the LORD
is the beginning of
knowledge: but
fools despise
wisdom and
instruction.
- Proverbs 1:7*

In conclusion, Abigail's example shows that a godly woman can walk in wisdom and peace even when married to an unbelieving husband. By fearing the Lord above all, she became a peacemaker. Christian women today are called to follow her example: remain faithful to God, act with understanding, and trust Him. ♦



LOIS AND EUNICE

BY: ATHENA SCHERFFIUS

We live in a world where our children are bombarded with all kinds of worldly celebrities, singers, and actors. They are elevated in the media, and their sinful lifestyles are glorified and even celebrated. So many unholy people are influencing our young people and encouraging them to live the opposite of what God wants.

Throughout God's Word, we see many examples of women who lived real lives and left examples for us to follow. These are the women whose character traits we need to teach our children to look to as examples and apply to their own lives. Lois and Eunice were a pair of godly women who made an eternal impact not only on their son and grandson but also on future generations.

Paul wrote, "When I call to remembrance the unfeigned faith that is in thee, which dwelt first in thy grandmother Lois, and thy mother Eunice; and I am persuaded that in thee also" (2 Timothy 1:5). This is the only time in the Scriptures that these two women are mentioned by name, but it speaks volumes of the lives they lived and how they raised Timothy. The apostle Paul commends these ladies for their sincere, genuine faith. He points out how it was passed down to his faithful traveling companion, Timothy.

It is evident that these two women took raising Timothy in the love and admonition of the Lord seriously (cf. Ephesians 6:4). Even though we are told almost nothing about them personally, we can look at the result of the years of teaching Timothy and know what kind of women they were. They were diligent in planting the seed in his young and impressionable heart. They realized the importance of starting while Timothy was very young and living the example before him. Through the years, Timothy had the blessing not only of a godly mother but also of a godly grandmother. We need to remember that, as mothers, we never stop teaching and influencing our children. When they are little, we teach them, and then, when they have children of their own, we can teach God's Word to our grandchildren and encourage our grown children to continue teaching them, too.

As mothers, we have been given the privilege and responsibility of laying a firm foundation of God's Word in the hearts of our children. As grandmothers, we have been given another opportunity to affect future generations and countless other souls we may never know.

Timothy was known throughout the brotherhood as a faithful, godly man who furthered the cause of Christ. He was the travel companion of Paul, who went about teaching and preaching the Word of God. Paul, the inspired apostle, thought so much of Timothy that he called him his "dearly beloved son" (1 Timothy 1:2, 18; 2 Timothy 1:2). This young man did not just wake up one day knowledgeable of the Scriptures. He was raised, guided, taught, and trained by faithful women. They sacrificed years of their lives to make sure that this young man was grounded in the truth. They did not let the cares of this world hinder them in doing what truly mattered most. How many souls did this young man influence? How many more will he continue to reach as long as this earth stands?

Lois and Eunice prepared this young man to carry out the great commission. They taught him to love God first and foremost and to love people enough to teach them the Word of God so they, too, could have that hope found only in Jesus Christ. They taught him the importance of having a good reputation and serving God faithfully.

It all started with one verse: "When I call to remembrance the unfeigned faith that is in thee, which dwelt first in thy grandmother Lois, and thy mother Eunice; and I am persuaded that in thee also" (2 Timothy 1:5). Two godly women who refused to let this precious soul given by God grow up without the knowledge of the Scriptures. A beautiful testament to these women who lived so many years ago. These are the kind of women we should be. These are the kind of women we need to teach our children about. The kind of women we need to teach our daughters to imitate and our sons to look for in their future mates. Women who love the Lord and will not waver in making sure the Word of God is sown in the hearts of their children. ♦



"And Hannah prayed, and said, My heart rejoiceth in the LORD, mine horn is exalted in the LORD: my mouth is enlarged over mine enemies; because I rejoice in thy salvation."

- 1 Samuel 2:1

WRITE THE VERSE:

.....

.....

.....

.....

.....

PERSONAL REFLECTIONS:

.....

.....

.....

.....

.....

.....

***"...and so will I go in unto the king, which is not according to the law: and if I perish, I perish."
- Esther 4:16***

WRITE THE VERSE:

.....

.....

.....

.....

.....

PERSONAL REFLECTIONS:

.....

.....

.....

.....

.....

.....

***"... a woman of good understanding, and of a
beautiful countenance: ..."***

- 1 Samuel 25:3

WRITE THE VERSE:

.....

.....

.....

.....

.....

PERSONAL REFLECTIONS:

.....

.....

.....

.....

.....

.....

"When I call to remembrance the unfeigned faith that is in thee, which dwelt first in thy grandmother Lois, and thy mother Eunice; and I am persuaded that in thee also."

- 2 Timothy 1:5

WRITE THE VERSE:

.....

.....

.....

.....

.....

PERSONAL REFLECTIONS:

.....

.....

.....

.....

.....

.....

QUESTIONS FOR PERSONAL REFLECTION OR GROUP DISCUSSION:

1. Abigail chose to honor God and make peace rather than follow her husband's foolish decision. When is it appropriate for a wife to act independently of her husband's wishes?
2. In what ways does Abigail's story encourage women who have an unbelieving spouse?
3. How can we be courageous like Esther in our day-to-day lives?
4. What can we do to be prepared for Heaven?
5. Seeking God amid trials, depression, and other hardships is essential for enduring them. What habits can you develop now that will help you remain faithful when trials come?
6. Although Elkanah could not remove Hannah's pain, he sought to comfort her in the midst of her grief. What are some ways we can come alongside and encourage those who are facing difficult circumstances?
7. The faith of Lois and Eunice produced an eternal legacy through Timothy and his service to God. What are some ways we can intentionally invest in the spiritual lives of the next generation, whether as parents, grandparents, mentors, teachers, or friends?
8. Paul commended Lois and Eunice for their sincere, genuine faith. How can we develop this type of faith in our own lives?



WHEN YOU PRAY:

1. Pray for wisdom to identify godly women whose lives reflect Christ and whose example you can follow.
2. Thank God for the faithful women of Scripture and the lasting examples they have given us.
3. Pray for strength to live in a way that points others to Christ, both within your family and in your daily interactions with others.



Be Ye Imitators

C X O Z B Q T B H T H A N K F U L F A
V F T V A Z A E Z A N U H C R Q N B X
N D W L F E G R U B N V B A S N P E U
O I N W V K M O X N K N X G I R N S K
I C I T U I G D G P I T A D N N M T T
T F C S L I E S O W E C D H C O A H F
A I K P M S N S G X P Q E Z E J Q E G
R A O E U W U B J B T F P L R R G R E
A K N P E M I Y N O H X N W E P X J E
P X W Z U B N S G U H H L B J Q S F N
E R W O M G E C O U R A G E P G E E U
R U P R Q R Y U W M H G Y W C Q M T G
P G U Z M V R P R A Y E R J K R F A W
J S W S W D T T D W I S D O M C H T Z
D J J E W U X O W K D A M M Y O T I K
Q I N F L U E N C E T V T N S R I M U
M P A B I G A I L Z P O R F G U A I P
H L I D X C M K Z L O I S R U M F P N
H Q I I Y C Z N T Q W J V X X S R P W

1. Hannah 2. Imitate 3. Sincere 4. Influence 5. Faith 6. Prayer 7. Esther
8. Preparation 9. Wisdom 10. Courage 11. Genuine 12. Lois 13. Eunice
14. Abigail 15. Thankful