



Breathe

Session 2

with guest speaker, Lina AbuJamra

To view the accompanying video,
go to <http://ariseministries.net/breathe>

Where do you turn when the money runs out, the job ends, or you feel alone and afraid? The uncertainties of life plant seeds of fear, and when allowed to grow, they produce a harvest of anxiety and panic. This week, we find Hagar on the run, years after her initial attempt to leave Abraham and Sarah. She is plagued with fear and irrational thoughts. It's in the desert that Hagar once again encounters God. This time, it's the "God who provides" making Himself known. Are you desperate for your needs to be met? Are you tired of being tethered to fear? Discover the life-changing power of a God who cares.

1. What causes you fear? How do you respond when you are afraid?
2. (If you missed Session 1, read **Genesis 16** for the story background.)

Read **Genesis 21**. Record the highlights as you read.

In Genesis 16, we read about the Egyptian maidservant, Hagar, who was a surrogate mother for the barren wife of Abraham. We first see Hagar on the run after being mistreated by her mistress, Sarah. At least fourteen years later, in Genesis 21, Hagar is mentioned again. This time, she is leaving for good.

Abraham was caught in the middle of an ugly web of emotions. His wife, Sarah, had just borne to him the promised son, while the maidservant was raising his first son, now a teenager. The decision he faced wasn't as simple as choosing between his wife and another woman; it involved his two children. Can you imagine the heartache and fear Abraham experienced? To say yes to one son felt as if he was saying no to another. Rather than letting the women fight it out, Abraham listened to God's instruction and received His promise. His fears were calmed by the God who provides.

3. Read **Genesis 21:11-13**. What promise did God give Abraham regarding Ishmael? How could that have calmed Abraham's fears of sending Hagar and Ishmael away?

4. Read **Genesis 21:14**. Describe what happened the next morning.

We sympathize with Hagar, don't we? There had to be so much tension in that home, so much jealousy and bitterness for all of them. Abraham sends her away with a bit of food and water. That hardly seems like an adequate consolation prize, considering all the heartache and trouble she had endured for many years. History appears to be repeating itself for her. Scripture doesn't record the conversation between Hagar and Abraham when he prepares to send her away. Did she beg him to let her stay? Did she tell him how afraid she was to be a single mother? Do you think she was overwhelmed with the fear of raising a teenage son alone? She was forced to leave to wander in the desert and later found herself in the same predicament. Alone, discarded, and afraid.

5. What fears do you think Hagar may have had when she was sent away with Ishmael?

6. When did Hagar become so desperate she considered giving up? (**Genesis 21:15-16**) Describe her response to fearful desperation.

God then asks her a rhetorical question, “What is the matter, Hagar?” What kind of question is that? Isn’t it obvious? Thrown out, hungry, and lost. That’s “what’s the matter.” Of course, God knew her problem even as he questioned her. His inquisition exposed the real issue at hand. Fear – of the unknown, of a forgotten promise, and fear of being without.

Consider this teaching point from the video.

❖ ***When what I need is greater than what I have, fear will always magnify all I need.***

Desperation can produce a deep fear that prevents us from recognizing the presence of God. As with Hagar, the pattern of fear in our lives can bring about self-pity, blindness to God’s truth, and despair. When we don’t see how a situation will resolve or when we don’t perceive a way to move forward, fear overtakes our senses and paralyzes us with hopelessness. Yet, we serve a God of provision, who calms our fears when we face arduous circumstances.

7. Read the following scriptures. What does the Bible say about God’s provision of his presence when we experience fear? How do these verses encourage you?

Isaiah 41:10

Deuteronomy 31:6

Psalms 34:4

Consider the second teaching point.

❖ ***When what I need is greater than what I have, God’s power will provide what I need.***

Think about our basic human needs. At the top of the list is water. Scripture says God opened her eyes to see a well of water. It was an invitation to life for a woman wandering in the desert, who had given up all hope of even seeing the next day. This may have been a provision of her physical need, but the spiritual eyes of Hagar’s heart were opened as well, to see the Giver of

Living Water. He was the one who saw her in the desert as a lonely, pregnant girl, and now He is present again, providing for her needs. God is powerful and He is able to provide what we lack in the darkest of situations.

8. Read the following scriptures. What does the Bible say about God's ability to provide for our needs? How do these verses encourage you?

Philippians 4:19

Matthew 6:25-32

9. Hagar, having experienced God's provision, was then able to offer it to her son. She filled the skin with water and gave the boy a drink. He escaped death because Hagar had encountered God and accepted His provision. How does this illustrate the importance of a mother who looks to the Lord for her source of life? In what way does that strengthen you to seek God so that you can share the living water of Jesus with your children?

Consider the third teaching point.

❖ ***When what I need is greater than what I have, God's presence is the greatest provision.***

In John 16:33, Jesus tells us we will have trouble in this world, and He follows it with a reminder that He has overcome all the concerns we will face. We are tempted to believe more money, more time, and more opportunities will settle our unrest. He alone is the answer to our wandering. His presence changes everything. In the life of Hagar, scripture says God was with the boy as he grew up. What more could we want for our children than for them to experience the presence of God as they grow? The provision of His presence is far-reaching beyond what we can see in the present.

10. Read the following scriptures. What does the Bible say about the blessing of God's presence? How do these verses encourage you?

Psalm 16:11

Exodus 33:14

John 1:14

11. How can you apply what you've learned about God's provision to your life? How can you teach these truths to your children?

***God's provision always follows the acceptance of His plan.
Breathe, and find rest in the God Who Provides.***

Notes for Small Group Discussion:

1. Briefly share your thoughts on the video.
2. Briefly talk about spiritual concepts you learned.
3. Share with your group a choice you need to make that will honor God.
4. Consider practical ways to find accountability with these truths.

To share your thoughts regarding this study, contact us at info@ariseministries.net.

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LINA ABUJAMRA

Arise Ministries is excited to partner with Lina AbuJamra to bring you *Breathe: Finding Rest in the God Who Cares*. Lina is a Pediatric ER doctor and founder of [Living with Power Ministries](#). Her vision is to bring hope to the world by connecting biblical answers to everyday life.



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Kim serves as the Director of Operations with Arise Ministries and coordinates the online Bible study content. As a former single mom she's been encouraging women using her life experiences in parenting, growing in the Word of God and everything in between. Kim writes for www.AriseMinistries.net and for her personal website [The Mom Experiment](#).