

Sister's Mantra

There's NOTHING too hard for God!

I am a daughter of the King.

God sees me!

He has great plans for me!

I will strive to live as a Christian should.

I will inspire and encourage my sisters
to do the same.



Rachel's Story: “When Having It All, Isn't Enough”

Genesis 29:1 – 35:20

Women of the Bible Speak: FWCOC Sisters' Class

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Genesis 29:4-18

⁴ Jacob went over to the shepherds and asked, “Where are you from, my friends?” “We are from Haran,” they answered. ⁵ “Do you know a man there named Laban, the grandson of Nahor?” he asked. “Yes, we do,” they replied. ⁶ “Is he doing well?” Jacob asked. “Yes, he’s well,” they answered. “Look, here comes his daughter Rachel with the flock now.” ⁹ Jacob was still talking with them when Rachel arrived with her father’s flock, for she was a shepherd. ¹⁰ And because Rachel was his cousin—the daughter of Laban, his mother’s brother—and because the sheep and goats belonged to his uncle Laban, Jacob went over to the well and moved the stone from its mouth and watered his uncle’s flock. ¹¹ Then Jacob kissed Rachel, and he wept aloud. ¹² He explained to Rachel that he was her cousin on her father’s side—the son of her aunt Rebekah. So Rachel quickly ran and told her father, Laban. ¹⁶ Now Laban had two daughters. The older daughter was named Leah, and the younger one was Rachel. ¹⁷ There was no sparkle in Leah’s eyes, but Rachel had a beautiful figure and a lovely face. ¹⁸ Since Jacob was in love with Rachel, he told her father, “I’ll work for you for seven years if you’ll give me Rachel, your younger daughter, as my wife.”

Genesis 29:16-31

²⁰ So Jacob worked seven years to pay for Rachel. But his love for her was so strong that it seemed to him but a few days. ²¹ Finally, the time came for him to marry her. “I have fulfilled my agreement,” Jacob said to Laban. “Now give me my wife so I can sleep with her.” ²³ But that night, when it was dark, Laban took Leah to Jacob, and he slept with her. ²⁵ But when Jacob woke up in the morning—it was Leah! “What have you done to me?” Jacob raged at Laban. “I worked seven years for Rachel! Why have you tricked me?” ²⁷ “But wait until the bridal week is over; then we’ll give you Rachel, too—provided you promise to work another seven years for me.” ²⁸ So Jacob agreed to work seven more years. A week after Jacob had married Leah, Laban gave him Rachel, too. ²⁹ (Laban gave Rachel a servant, Bilhah, to be her maid.) ³⁰ So Jacob slept with Rachel, too, and he loved her much more than Leah. He then stayed and worked for Laban the additional seven years. ³¹ When the Lord saw that Leah was unloved, he enabled her to have children, but Rachel could not conceive.

Let's review some facts...

Rachel

The younger daughter of Laban Genesis 29:6, 26

A capable, responsible, working woman Genesis 29:9

Beautiful figure & lovely face Genesis 29:17

Wife of Jacob Genesis 29:6

Loved, desired, & favored by husband Genesis 29:28-30

More About Rachel...

Solution focused Genesis 30:3

Seen by God Genesis 30:22

Mother of Joseph and Benjamin Genesis 30:23,35:17

Thief, cursed, deceiver Genesis 31:19, 32, 33-35

Died giving birth Genesis 35:16-19



Did you know?

Rachel means “ewe”. Ewe (female sheep) are known to bond closely with their young, yet it seems that in her determination to have more, she died giving birth and left Benjamin to grow up not knowing her.

Genesis 35:16-19



Points to Cover...



Self

**Imposter
Syndrome**

**Facing
Challenges**

**Recognizing
Trauma**

“**ALL** of us, like sheep, have strayed away.
We have left God’s paths to follow our own...”

Isaiah 53:6



Sense of Self

Self-esteem - the thoughts, beliefs, feelings, and confidence in your own ability and value. (Philippians 4:13)

Self-discipline - the ability to regulate, control, and motivate yourself to stay on track and do the right thing (1 Corinthians 9:27)

Self-doubt - feelings of uncertainty about certain situations, circumstances, and aspects of life (2 Timothy 1:7)

Self-esteem



Rachel seemed to attach her worth and value on something she had no control over (Genesis 30:1-8)

Self-discipline

Rachel stole from her father and lied to him
(Genesis 31:19; 33-35)

Set realistic goals

Think about the consequences

Own your impact

Prepare for the possibilities

Self-doubt Imposter Syndrome

Feelings of inadequacy or incompetence despite evidence to the contrary. Individuals with imposter syndrome may think they are not good enough. These feelings tend to manifest themselves in high-pressure situations and can have roots in someone's personal history. Although anyone can experience imposter syndrome, women of color are more likely to develop it.

**Rachel had a job, was beautiful, had a committed husband who loved, desired, and favored her, yet she displayed feelings of inadequacy due to infertility
(Genesis 29:9-28)**



Facing Challenges

Without paying attention, it can be easy to slip into feelings of jealousy, envy, hatred, rivalry, discontentment, bitterness, discouragement, and messiness (Job 14:1)

Rachel & Leah (Genesis 29:14-35; 30:1-24)



Recognizing Trauma



WARNING

LET HIM WHO
THINKS HE
STANDS

TAKE HEED
LEST HE
FALL.



1 CORINTHIANS 10:12

What is Trauma?



Events or incidents that can cause trauma:



The result of a deeply distressing or disturbing experience that often overwhelms an individual by exceeding the amount of stress one can deal with or integrate the emotions involved in the encounter.

Trauma can cause you to think, say, and do things that are uncharacteristic

Genesis 30:1

Types of Trauma

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graph LR; A((Types of Trauma)) --- B((Acute)); A --- C((Chronic)); A --- D((Complex)); B --- B1[• A single stressful or dangerous event]; C --- C1[• Repeated and prolonged exposure to extremely stressful events]; D --- D1[• Exposure to multiple traumatic events];
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Acute

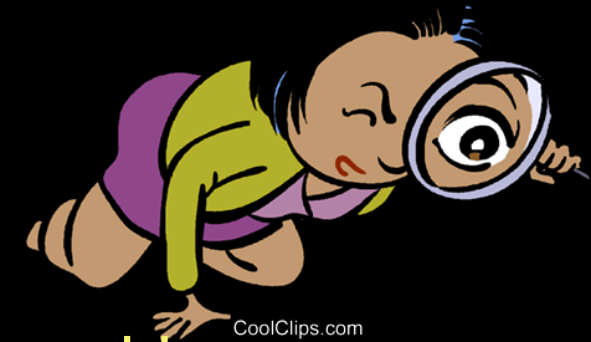
- A single stressful or dangerous event

Chronic

- Repeated and prolonged exposure to extremely stressful events

Complex

- Exposure to multiple traumatic events



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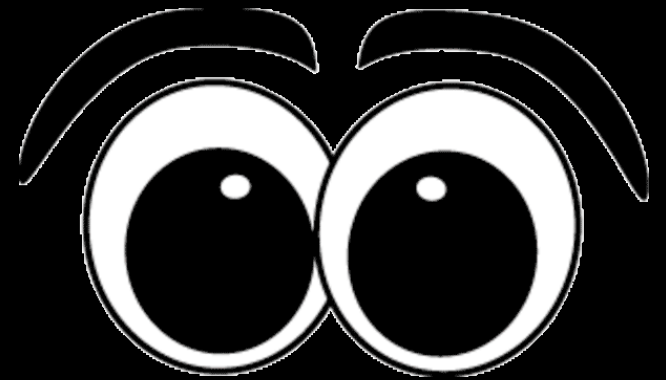
Know what to look for...

How can one understand unless someone guides them?

(New International Version, 1978/2011, Acts 8:31)

I AM MY
SISTERS KEEPER

The question should **NOT**
be what's wrong with you,
but what happened to you?



Self Reflection



- When was the last time you were happy, full of joy, and hope?
- If that's not currently how you're feeling – what happened?

What Happened to You?

Listening to the wrong people can cause trauma-inducing stress, stifle your growth, and fill you with thoughts of:

- Discouragement
- Doubt
- Imposter syndrome
- Misplaced priorities

"Are you sure you're experienced enough?"

"I don't know about that..."

"That sounds kind of dangerous"

"What are you going to do when that's finished?"

"Some of us live in the real world."

"That seems very difficult"

"It's fine if you want to do that as a hobby."

Example of Trauma Interfering



**YOU SHOULD COME
WITH A WARNING SIGN.**

Lessons from Rachel

Things do not always work out how **WE** want
Romans 8:28

God remembers
Genesis 30:22

Avoid revenge seeking
Romans 12:19

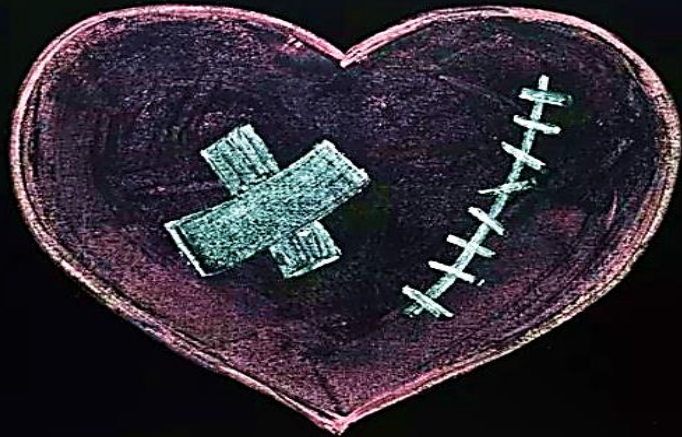


God's grace is sufficient
2 Corinthians 12:9

Look to God, not man
Genesis 30:1-2

Need help?

I couldn't
heal because I kept
pretending I wasn't
hurt.



There's Power in Prayer



Psalm 18:6

Psalm 116:1-2

Psalm 120:1

Devotional Prayer (Psalm 139:14) and
Prayer Expectancies (Daniel 3:17-18) are
associated with lower anxiety (Upenieks, 2022)

Do not
put out
your fire
because
someone else
doesn't
understand
your flame.

Genesis 50:20; Esther 4:14

God's Piggy Bank



Ephesians 2:10

Got Questions?

