

De-Centering Men & Reclaiming Your Power:

A Bible Study with the Queen of Sheba

📖 Introduction

This Bible study explores how the Queen of Sheba models what it means to engage men without centering them, and how to root yourself in God and your own worth. Through scripture, Hebrew insights, womanist wisdom, and real-life applications, you'll walk away with a deeper sense of confidence, discernment, and spiritual power.

Engage with Curiosity, Not Codependence (1 Kings 10:1)

She came to test Solomon—not to impress him.

🧠 Hebrew Insight: 'Test' = nacah (נָסָה) – to prove, examine, or investigate

Black women are often discouraged from asking questions. Sheba shows us that curiosity is not combative—it's powerful.

Application: Ask with clarity, not to be chosen. Curiosity asks, "What are your values?" Codependence asks, "Would you choose someone like me?"

Give from Power, Not Performance (1 Kings 10:2,10)

She brought gifts from overflow, not to win him over.

She didn't perform to prove her value. She knew she was the treasure.

💡 Application: Give time, attention, and energy only when you feel centered, not from fear or scarcity. Ask yourself: "If I give this and never hear from him again, would I still feel aligned?"

Center Presence Over Perception (1 Kings 10:4-5)

She was overwhelmed—in the best way. Fully present, fully alive.

🧠 Hebrew Insight: 'Saw' = ra'ah (רָאָה) – to deeply perceive, to take in

We're conditioned to be looked at. Sheba didn't just show up—she saw.

💡 Application: Don't tone down your presence to manage someone else's gaze. Feel freely. Laugh loudly. Own your space.

Leave Without Needing to Be Chosen (1 Kings 10:13)

She came with power and left with peace. No attachment to approval.

🧠 Hebrew Insight: 'Left' = vayelekh (וַיֵּלֶךְ) – to walk forward with intention.

You don't need a man's yes to validate your call.

💡 Application: Don't linger for a title. If it ends, let it. Wholeness doesn't beg to be crowned.

Center God, Not the Gaze (1 Kings 10:9)

She gave credit to God—not just Solomon's glow.

🧠 Hebrew Insight: 'Praise' = barukh (בָּרוּךְ) – to bless or recognize divine favor.

💜 Womanist Insight: She admired Solomon, but she centered the God behind his gift.

💡 Application: Don't confuse charisma with character. Let God stay at the center—before the man, the job, or the opportunity.

✨ Final Encouragement

You can engage men. You can enjoy men. You can even admire men. But you don't have to center them. Center God. Center you. That's how you reclaim your power.

📝 Journaling Prompts:

- When I ask questions in relationships, am I seeking clarity or validation?
- What would it look like to ask bold, honest questions without fear of being rejected?
- What have I given recently out of fear or insecurity instead of confidence?
- How do I feel when I give something and don't get a response or recognition?

- Where in my life have I dimmed my presence to avoid judgment or rejection?
- What would it feel like to show up fully alive, unfiltered, and unapologetically me?
- When have I stayed in a situation too long, waiting to be chosen?
- How can I begin walking away with peace and purpose when something no longer serves me?
- Have I ever mistaken a man's gifting or status for godly character?
- Where do I need to re-center my gaze on God instead of seeking approval from others?

✨ NEXT STEPS

Ready for more?

🎓 Join the **House of Women Membership** — a space for smart, spiritual women like you who are done second-guessing their worth. JOIN HERE
💎 Grab my book *The Sisters Stay Dropping Gems* for more truths from powerful women in Scripture.
📺 Subscribe to House of Women on YouTube. We're on the road to 1,000 subscribers and every single one matters.

📣 **Don't keep this to yourself! Share this study with a woman who needs to remember that she's still worthy.**