

House of Women Live Study Guide

Sarah's Story: Waiting on God's Promise When You're Over It

Theme: Trusting God in seasons of delay, disappointment, and divine surprise

By Pastor Kim Bulgin

Sarah Wasn't Delusional. She Was Just Tired

Sarah didn't doubt God because she was wicked. She doubted Him because she was weary. She'd heard the promises, waited for decades, and still had no child to show for it. Her story isn't just about motherhood. It's about learning to trust again when the waiting has worn you out.

She waited. She laughed. She got mad. She tried to help God out. She snapped at other women. And she still gave birth to the promise.

This guide is for every woman who is still believing *and* still breaking down, often at the same time.

Key Gems

- Delay is not denial. It's divine layering.
- Your body is not broken. It's blessed.
- You are still worthy of joy, pleasure, and laughter.
- Jealousy is grief in disguise. Don't ignore it—explore it.
- The system may demand your silence. Don't confuse survival with surrender.
- The wait should not cost you your sisterhood.

Prayer for the Weary Woman

God, I confess I'm tired of waiting. My faith is frayed, and my hope is hanging on by a thread. But I still believe You are good. Remind me that You're still writing my story. Help me not to make fear-based decisions. Reignite my trust, restore my joy, and teach me to laugh again—not in doubt, but in delight. In Jesus' name, amen.

God's Receipts (Because We Love Proof)

- Genesis 18:12 – Sarah laughed at the promise.
- Genesis 21:1–2 – The Lord did for Sarah what He promised.
- Hebrews 11:11 – Sarah conceived by faith.
- 1 Peter 3:6 – Sarah is honored as a woman of faith.
- Isaiah 40:31 – Those who wait on the Lord will renew their strength.

🔹 Word Study Highlights

Hebrew: צחק (tzachaq) – *Laughed*

- Genesis 18:12
- Sarah's laugh was sarcastic and disbelieving, but it became the name of her promise: Isaac, meaning "he laughs."

Insight:
Even your doubt can be used in the destiny. God named her promise after her laugh—the very thing that once symbolized disbelief became her legacy.

Let's Reflect: Real Talk for Real Women

1. Don't Confuse God's Silence with His Absence

- 🖋️ What promise are you still waiting on?
- 🖋️ How do you talk to yourself when the wait feels never-ending?

2. Your Body is Still Holy

- 🖋️ What have you spoken over your body that needs to be reversed?
- 🖋️ What dream have you delayed because you thought it was "too late"?

3. You Deserve Joy and Pleasure

- 🖋️ What does divine pleasure look like for you right now?
- 🖋️ When's the last time you let yourself *enjoy* something without guilt?

4. Jealousy is a Messenger, Not a Monster

- 🖋️ Who triggered envy in you recently—and why?

- 🖋️ What unmet desire is that envy pointing to?

5. Don’t Shrink to Survive Systems

- 🖋️ Where are you staying silent to keep the peace?
- 🖋️ What part of you is settling when God is calling you higher?

6. Sisterhood Over Scarcity

- 🖋️ Who are you silently competing with?
- 🖋️ What would it look like to pray for her *and* your own breakthrough?

📰 One-Day Devotional

Laugh Again

Scripture: *Genesis 21:6* — "God has brought me laughter, and everyone who hears about this will laugh with me."

Reflection: Sarah went from laughing at God to laughing with God. Your mourning will turn to dancing. Your sarcasm will turn to celebration.

Meditate:
God didn’t rebuke her laugh. He redeemed it.

Speak Life, Queen

- ✅ I am not behind. I am becoming.
- ✅ My waiting is not wasted.
- ✅ I can be holy and still desire pleasure.
- ✅ My body is a vessel of miracles.
- ✅ I choose sisterhood over comparison.
- ✅ I trust God, even here.

Journal Prompt

Write a letter to your future self. Tell her what you hope she sees, feels, and knows about God, herself, and the promise she’s holding.

Discussion Questions for Small Groups or DMs

- What’s the hardest part of waiting on God for you?
- How has your relationship with your body changed with age or disappointment?
- How do you navigate jealousy without shame?
- What does it look like to stay soft, open, and faithful in the wait?

Final Word:

You are not forgotten. You are not too late. You are not disqualified.
Like Sarah, your laugh will turn into labor. And your labor into legacy.

✨ 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.**