

The 5-Minute

**BIBLE**

**STUDY**

for  
Women

© 2018 by Barbour Publishing, Inc.

ISBN 978-1-68322-656-7

All rights reserved. No part of this publication may be reproduced or transmitted for commercial purposes, except for brief quotations in printed reviews, without written permission of the publisher.

Churches and other noncommercial interests may reproduce portions of this book without the express written permission of Barbour Publishing, provided that the text does not exceed 500 words or 5 percent of the entire book, whichever is less, and that the text is not material quoted from another publisher. When reproducing text from this book, include the following credit line: "From *The 5-Minute Bible Study for Women*, published by Barbour Publishing, Inc. Used by permission."

Scripture quotations marked NIV are taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®. NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission. All rights reserved worldwide.

Scripture quotations marked NLT are taken from the *Holy Bible*. New Living Translation copyright© 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc. Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked NKJV are taken from the New King James Version®. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

Scripture quotations marked NASB are taken from the New American Standard Bible, © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission.

Scripture quotations marked NCV are taken from the New Century Version of the Bible, copyright © 2005 by Thomas Nelson, Inc. Used by permission. All rights reserved.

Scripture quotations marked CEV are from the Contemporary English Version, Copyright © 1995 by American Bible Society. Used by permission.

Published by Barbour Books, an imprint of Barbour Publishing, Inc., 1810 Barbour Drive, Uhrichsville, Ohio 44683, [www.barbourbooks.com](http://www.barbourbooks.com)

*Our mission is to inspire the world with the life-changing message of the Bible.*



Printed in the United States of America.

The 5-Minute  
**BIBLE**  
**STUDY**  
for  
Women

**EMILY BIGGERS**

**BARBOUR BOOKS**  
An Imprint of Barbour Publishing, Inc.



# INTRODUCTION

Do you find it hard to make time for Bible study? You intend to do it, but the hours turn into days and before you know it, another week has passed and you have not picked up God's Word. This book provides an avenue for you to open the Bible regularly and dig into a passage—even if you only have five minutes!

Minutes 1–2: **Read** carefully the scripture passage for each day's Bible study.

Minute 3: **Understand**. Ponder a couple of prompts designed to help you apply the verses from the Bible to your own life. Consider these throughout your day as well.

Minute 4: **Apply**. Read a brief devotion based on the day's scripture. Think about what you are learning and how to apply the scriptural truths to your own life.

Minute 5: **Pray**. A prayer starter will help you to begin a time of conversation with God. Remember to allow time for Him to speak into your life as well.

May *The 5-Minute Bible Study for Women* help you to establish the discipline of studying God's Word. Pour yourself a cup of coffee and make that first five minutes of your day count! You will find that even a few minutes focused on scripture and prayer has the power to make a huge difference. Soon you will want to spend even more time in God's Word!

# A CREATIVE CREATOR

Read Genesis 1:1–31



## Key Verse:

*God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.*

GENESIS 1:31 NIV

## Understand:

- *Consider the intricate details seen in nature. The petals of a flower that are arranged in a set pattern. The perfect curve of a nautilus shell. The instincts of a lion. Think of three examples of your own.*
- *If the world came about after a “Big Bang,” as some scientists say, how could the detail seen in nature be explained?*

## Apply:

The book of Genesis begins with the words “In the beginning God created. . . .” If God was already creating *in the beginning*, then that means He was not Himself created, but rather, He is the great Creator of all things.

God separated day from night. He made the stars, moon, and sun. He created the many varieties of trees and flowers, each one intricate in its design!

God made all of the animals—the unique hippo and giraffe, the enormous elephant and whale, the majestic lion. . . . God is a creative Creator!

God's greatest creations were made in His image. Men, women, and children are special to God. We bear some of His traits. We are His masterpieces.

Remember to notice the details of God's glorious creation as you go about your day. Take care of the earth. It was designed by your Father. Respect all other people. They, like you, bear the image of God.

*Pray:*

*Heavenly Father, You have made all things. You are the Creator who sustains life. You knit me together in my mother's womb. May I treat with great respect all of Your creation, even that which others may devalue. In Jesus' name I pray. Amen.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

# TEMPTATION

Read Genesis 3:1–24



## Key Verse:

*Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden?’”*

GENESIS 3:1 NIV

## Understand:

- *Have you ever tried to rationalize a sin that you know you are committing against God?*
- *What will you do the next time Satan tempts you to disobey God?*

## Apply:

Satan appears as a serpent in Genesis 3. He tempts the first people, as he tempts believers today, in a sneaky manner.

Adam and Eve had heard God clearly. He had given them free rein in the garden. They could eat of any tree *except* one. He had not restricted them in a harsh way. They had great freedom. They were given one rule, one tree to avoid, one guideline to obey.

Satan was crafty in his approach, wasn't he? He uses this technique with believers today as well. Use caution if you begin to think to yourself: *Does God*



*really have such a guideline for my life? Would He really limit me in this way? Is this really a sin? Is it really so bad?*

God's standards and His rules are for our good. He has drawn boundary lines for us in pleasant places (see Psalm 16:6). Don't let Satan tempt you to believe otherwise.

*Pray:*

*God, I am sorry for rationalizing sin. I try to find a way to make sin okay, but sin is never to be swept under the rug. Help me to walk in Your ways and to recognize sin as sin. Please give me strength to withstand temptation. In Jesus' name I pray. Amen.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

# NEVER LOOK BACK

Read Genesis 19:1–26



## Key Verse:

*But Lot's wife looked back, and she became a pillar of salt.*

GENESIS 19:26 NIV

## Understand:

- *After becoming a believer, have you ever been tempted to “look back” at something Jesus called you to lay down? What was it? How did you respond to the temptation?*
- *Why do you think God imposed such a harsh punishment on Lot's wife just for looking back as she was leaving Sodom?*

## Apply:

Not unlike the call to evacuate before a hurricane (although much stronger!), Lot's family received a warning from angels to get out of Sodom before God destroyed the entire city.

Lot's wife, a Sodomite, looked back as they were leaving. On her way out of the city, the memory of sinful pleasures she had enjoyed there cost her everything. Like the lure of a county fair's music and the scrumptious scent of delicious foods, Sodom beckoned her. Just one glance back was all she took.

But it was enough for our holy God to turn her instantly into a pillar of salt.

Don't spend time looking back. Whether it's past sin that calls your name or a past relationship or status, resist the urge to dwell in the past. A wise man once said, "If you live in the past, you will miss the present, and therefore you will have no future."

God provided an escape route from sin. His name is Jesus. Follow Him, and never look back.

*Pray:*

*Heavenly Father, I pray that You will keep me from the snares of temptation. May my eyes be so focused on Your will and Your ways for my life that I might never look back. You have promised me hope and a future (see Jeremiah 29:11). Please never let my heart stray from Your best for me. Amen.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

# FEAR GOD ABOVE MAN

Read Exodus 1:1–22



## Key Verse:

*But the nurses feared God, so they did not do as the king told them; they let all the boy babies live.*

EXODUS 1:17 NCV

## Understand:

- *When is it right to disobey civil leaders?*
- *What did God do for the two midwives of Exodus 1 because they feared Him?*

## Apply:

Shiphrah and Puah. They are not names mentioned at the average family's dinner table! Have you heard of them? As we read Exodus 1, we find that these two midwives are the heroines of the story! They were told to kill the Israelites' baby boys as soon as they were born. They feared God more than they feared the possibility of being caught disobeying the law of the land. They knew that God created and valued the life of each baby—Egyptian or Israelite. They had a holy reverence for life. After all, their job was to help women deliver their babies.

God does not want us to disobey the leaders of our government; however, there are times when this

is the right choice. Pray that you would be as wise as Shiprah and Puah to know the difference between times when you should submit to authority and times when you should not. As a believer, if something goes against God, you are not to do it even if your leader calls you to.

*Pray:*

*Lord, thank You for the boldness of the two midwives who knew what the king ordered was wrong. They chose life! Thank You for the opportunities I have to do what is right even when it may be hard or frightening. May I be as bold as Shiprah and Puah if following You becomes as dangerous for me as it was for them. Amen.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

# I AM

Read Exodus 3:1–22



## Key Verses:

*Moses said to God, “Suppose I go to the Israelites and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, ‘What is his name?’ Then what shall I tell them?”*

*God said to Moses, “I AM WHO I AM. This is what you are to say to the Israelites: ‘I AM has sent me to you.’”*

EXODUS 3:13–14 NIV

## Understand:

- *Moses questioned God. Does it appear that God was patient with Moses’ questions or that Moses’ insecurities angered God? Is it okay to bring your questions to God?*
- *What do you think God meant when He referred to Himself as “I AM?”*

## Apply:

God was not worried, or taken aback, by the question. He told Moses to tell the Israelites he had been sent by “I AM.”

God’s essence is not containable in human language. No word or phrase can describe Him. “I AM” signifies that God indeed *exists*. He is *different* from all other life. He *was, is, and will be*.

Whatever the Israelites needed on their exodus from Egypt, God *was*. He parted the Red Sea at just the necessary moment and yet allowed it to swallow up their pursuers. He led them by fire and by cloud. He provided water for their parchedness. He showered them with daily bread.

If there is one thing we know about our Lord, it is that He is unchanging. He is the same yesterday, today, and forever (see Hebrews 13:8). The Great “I AM” stands ready to meet your needs today just as He did for the Israelites.

*Pray:*

*Great I AM, I humbly ask You to take the reins and lead me day to day, step by step through life, just as You led your people out of slavery in the land of Egypt. Amen.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

# MIRIAM'S CELEBRATION

Read Exodus 15:1–27



## Key Verses:

*Then Miriam the prophetess, the sister of Aaron, took the timbrel in her hand; and all the women went out after her with timbrels and with dances. And Miriam answered them:*

*“Sing to the LORD,  
For He has triumphed gloriously!  
The horse and its rider  
He has thrown into the sea!”*

EXODUS 15:20–21 NKJV

## Understand:

- *Miriam was the older sister of Moses. Read Exodus 2 as a reminder of the backstory. What had Miriam done to save Moses' life?*
- *What has God done in your life that you can take time to celebrate today?*

## Apply:

Miriam watched as the Egyptians were swallowed up by the Red Sea. She had crossed over on dry land. She had witnessed the miracle. But this was not all she celebrated as she played her tambourine and led the singing that day.

Miriam had helped craft a plan to save her baby



brother's life. She had wondered if perhaps their miracle baby would grow up to deliver the Israelites from bondage in Egypt.

But then her hopes had been dashed when Moses was exiled for killing an Egyptian.

Imagine her surprise when years later her brother reappeared to lead the Israelites out of Egypt! When all hope was lost, Moses had shown up! God had indeed remembered His people and provided a way of escape. Miriam had a lot to celebrate!

What has God done in your life? Celebrate. Thank God for your salvation, and thank God specifically for a time He has shown up and restored your hope, just as He showed up for Miriam.

*Pray:*

*Lord, make me one who celebrates Your goodness. Help me to take up my tambourine and sing out loud as Miriam did. May I never dismiss Your provision in my life as coincidence, but may I always recognize the ways You show up and provide for my needs. In Jesus' name I pray. Amen.*

.....

.....

.....

.....

.....

.....

# THE NAME OF THE LORD

Read Exodus 20:1–21



## Key Verse:

*“You shall not take the name of the LORD your God in vain, for the LORD will not hold him guiltless who takes His name in vain.”*

EXODUS 20:7 NKJV

## Understand:

- *Do you take the Lord’s name in vain? Why or why not?*
- *Are there ways that people take the Lord’s name in vain without actually speaking His name?*

## Apply:

It has become common in our culture to take God’s name in vain. “Oh my—,” followed by the Lord’s name is a phrase that rolls off the tongues of our society’s young children. Why? Because they hear it everywhere. The phrase is sprinkled into every movie and TV show. It is an exclamation spoken by adults all around them, often even their parents and teachers. And so they assume it must be okay. But is it?

God gave Moses Ten Commandments for the

people to follow. This was God's law. One of the Ten Commandments states clearly that we are not to take the Lord's name in vain.

Are you taking this command seriously? Are you honoring the name of your God? Do you use it when you are speaking to Him or sharing with others about His great glory? Or do you use it as a slang word, defaming your God each time it is spoken?

*Pray:*

*Lord, I love You, and I will follow Your command to honor Your name, never mindlessly using it in vain. Please help me always to fear and respect You as the sovereign God of the universe. In this casual society, help me not to come before You casually but with the utmost respect. In Jesus' name I pray. Amen.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

# AVOID IDOLS

Read Leviticus 19:1-37



## Key Verse:

*Do not turn to idols or make metal gods for yourselves. I am the LORD your God.*

LEVITICUS 19:4 NIV

## Understand:

- *Among the laws laid out for the Israelites, we read that they were not to turn to idols. Why do you think this was, and is, so important to God?*
- *What is your definition of an idol?*

## Apply:

While this law was given in Leviticus, it still applies to believers today. It is repeated in the New Testament, and we know that our God is a jealous God. In 1 Corinthians 10:14, the apostle Paul warns the believers in Corinth to keep away from idols.

Must an idol be fashioned from metal or wood? Do you think that the Lord is also jealous of other types of idols? An idol is anything that we put before God in our lives. Do you spend more time reading the Bible or on social media sites? Do you focus on prayer or TV more often?

Consider today where you're putting most of your time and money. You may find your idols lurking there. Make a conscious effort to turn away from such idols and seek God first and with your whole heart. This pleases the Lord.

*Pray:*

*Heavenly Father, bring to light anything in my life that I have allowed to become an idol. I may not be constructing other gods of metal or wood, but I am distracted daily by my own idols. Create in me a pure heart that puts You first in all I do. Amen.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

# DON'T MISS YOUR PROMISED LAND

Read Numbers 14:1–25



## Key Verse:

*So not one of them will see the land I promised to their ancestors. No one who rejected me will see that land.*

NUMBERS 14:23 NCV

## Understand:

- *God had proven Himself faithful to the Israelites. Why do you think they struggled to believe He would protect them as they entered the Promised Land?*
- *What does this type of fear look like in your own life? What promises in scripture will you claim that can help ease your fears?*

## Apply:

God had led the Israelites out of Egypt. He had promised them this land that was right before them. And yet what did they do? They refused to go in. They heard the report that there were giants in the land. They let their fear get the best of them. They turned against Moses and Aaron. They even concocted a plan to return to Egypt, where they had been enslaved.

This all seems really silly, and we can sit back and point our fingers at the Israelites until. . .we look closely at our own lives.

God has promised never to forsake us. He has promised us abundant and eternal life. He has assured us that He has a hope and a future for us and that He does not intend to bring us harm. And yet how many times do we shrink back in fear, forgetting that we are heirs of the King?

*Pray:*

*Lord, I lay hold of Your promises today. I claim them one by one. I rest assured that You are in control and that You are sovereign. Help me to trust You more, I ask. I don't want to miss out on Your blessings for my life simply due to unnecessary fear. In Jesus' name I pray. Amen.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

# TEACHABLE MOMENTS

Read Deuteronomy 6:1–25



## Key Verses:

*“And these words which I command you today shall be in your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up.”*

DEUTERONOMY 6:6–7 NKJV

## Understand:

- *When were the Israelites commanded to speak of the Lord’s words and to whom were they to teach these words diligently?*
- *When do you grasp teachable moments with your children?*

## Apply:

So many teachable moments are packed into every day. The challenge is to lay hold of them and not let them pass by untapped. While the command here in Deuteronomy was for Israelite parents of that day, we know it is true for us today as well.

Had Deuteronomy been written today, perhaps this verse would read: *Teach them to your children diligently. Talk of them when you sit in your car driving back and forth to school and extracurricular*



*activities. Teach them when you are going through the drive-through and waiting in line at the grocery store . . . . You get the idea. Times have changed, but the Word of God remains the same yesterday, today, and tomorrow.*

Grasp those teachable moments as you are walking and talking with your children. They need to know the Word of God, and they will only know if you teach them.

*Pray:*

*Lord, I get so busy. I am guilty of putting a phone or tablet in my kids' hands far too often just to occupy them so I can find my sanity again. Please help me to use the teachable moments You give me each day with these children. Time passes so quickly, and I want them to know, love, and honor Your Word. Amen.*

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....