

Bible Study Series

THE WEIGHT OF ONE LIFE



Bible Studies for women who are navigating the uncertainty of an unplanned pregnancy, and the worth of every life — including their own..

- 1: Unexpected Life Events – Meeting God in Confusion**
- 2: Measuring Life - Listening to Truth**
- 3: Addressing Shame – What God Says about Your Worth**
- 4: A Future with Hope – With God You are Not Alone**

The Weight of One Life – Bible Study Series

A four -week Bible Study for women who are navigating an unplanned pregnancy, based on relevant Bible passages and excerpts from the novel *Restoring Hope*.



Week 1: Unexpected Life Events – Meeting God in Confusion

When a young woman finds out that she is unexpectedly pregnant, an enormous decision awaits her if she is not sure what to do about this situation. This study looks at the character Ruby in *Restoring Hope* who was young, did not have a partner or family support, and was wrestling with this decision after previously having an abortion. This Bible Study helps us to consider that God does not step back when life feels overwhelming. He draws near when we feel afraid, ashamed, or unsure.

Bible Passages

- **Psalm 34:18** – “The Lord is close to the broken-hearted...”
 - **Jeremiah 29:11** – “I know the plans I have for you... “
 - **Isaiah 41:10** – “Do not fear, for I am with you...”
 - **Luke 1:26–38** – Mary’s unexpected news and her fear, courage, and surrendered trust.
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Story Reflection

Adapted from Chapter 22 in Restoring Hope

Ruby lay still in the half-light; eyes fixed on the landscape being revealed with the dawn. Her dog Asha’s soft breathing rose and fell, as she curled up and then stretched to readjust herself on the old, knitted blanket. Ember, the joey, was asleep in his pouch, which was bulging much more heavily as he was growing quickly.

Her hand rested on her belly. Not flat anymore. Not quite.

“I don’t know if I can do this,” she whispered into the quiet. But the quiet wasn’t empty. It held the weight of another memory, a clinic room, with the nurse’s soft voice, and her mother’s furious silence in the car afterward. You’re lucky, her mother had said. Don’t mess up like this again.

Ruby hadn’t cried. Not until much later. And even then, she hadn’t known if she had done the right thing.

Outside, a currawong called through the trees. The day was moving forward. Even if she still felt stuck. This time, no one had forced her. Not yet. And maybe ... she wanted help. From someone who didn’t just see the problem but saw her.

Ruby stood on the edge of an unexpected future.

(end of Restoring Hope extract)

Mary in the Bible was also a young woman who carried fear, uncertainty, and cultural shame with her unplanned pregnancy.

Fear did not disqualify Mary from God's call; neither did it disqualify her from God's care.

God meets women in their confusion — not with pressure, but with presence. He sees all lives and understands all pain. He is present with you in your uncertainty.

Discussion & Reflection Questions

Choose the questions most helpful for your group.

1. Which Scripture stood out today? Why?
 2. When Ruby whispered, "I don't know if I can do this," what emotions rose for you?
 3. When life takes a sudden turn, do you tend to hide, freeze, or reach out?
 4. In Mary's story, what does it mean that fear and faith lived side by side?
 5. What does it look like for God to be "close" to you in this season of life?
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Journaling Prompt (Optional)

What in my life right now is making me feel confused, afraid, or overwhelmed?

How might God be meeting me in that place?

Facilitators note: Offer quiet journaling time if the setting allows or invite participants to reflect in writing at home.

Prayer Prompt

Jesus,

You meet me in the places where I feel lost or afraid.

You do not rush me. You do not shame me. You draw near.

Give me courage to bring my questions to You,

and remind me that I am never alone in unexpected places.

AMEN

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Week 2: Measuring Life – Listening to Truth

God sees the worth of every life — a woman, a child, a story that is unfolding. As humans we are often only able to see and consider the circumstances right before us. We think about the impact of decisions on our life now as we know it. God sits outside of time. He knows what is ahead in our future. He also knows the possibilities for a life if a person lives beyond this moment into the future and the generations ahead that could be birthed through them.

Bible Passages

- **Psalm 139:13–16** – “You knit me together in my mother’s womb...”
 - **Jeremiah 1:5** – “Before I formed you in the womb I knew you...”
 - **Psalm 22:9–10** – God’s lifelong care from the womb.
 - **Luke 1:41–44** – The baby in Elizabeth’s womb leaping at Mary’s voice.
 - **Psalm 127:3** – “Children are a heritage from the Lord...”
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Story Reflection

Adapted from Chapter 22 in Restoring Hope

Ruby approached Nova.

“Were you ever scared of becoming a mum?”

Nova was startled by the question. She opened her mouth to deny this but then stopped. Carefully watching Ruby’s eyes, she could see that the answer to this question really mattered.

“Sometimes, I still am.” Nova said quietly, honestly. “When I found out that I was pregnant with Lily, I nearly didn’t keep her. Not because I wouldn’t love her. I just didn’t think I could do it.” Nova’s voice wobbled slightly. “The truth actually was that her father was already showing signs being unpredictable. I didn’t know if it was the right time to have a child.”

“Lily is amazing.” Ruby reflected. “She’s so full of laughter and creative ideas for dressing up herself, and any person or dog who comes into her orbit.”

Nova smiled warmly. “She fills my heart with so much joy. I can’t imagine not having her in my life.”

Ruby didn’t need to unpack her thoughts with Nova. Just being here and looking at the reminders of Lily everywhere showed her how large was the space that Lily had created in Nova’s life. She hadn’t shrunk Nova’s options. She’d grown them.

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Later that day, Ruby watched with fascination as Joe put on gloves and carefully assessed to find out the position the lamb was sitting in, before guiding it with his hand to gently pull the lamb out.

Ruby hardly noticed the blood, or the mess.

All she saw was the tiny little life emerging, wet and still.

Ruby stopped breathing as she stared at the lifeless body.

Joe cleared the lamb's airway and rubbed it carefully.

The lamb gasped its first breath. So did Ruby.

The sound broke something open in her. She swallowed hard, steadying herself.

Eventually, Ruby said, "You're so gentle with all the animals you work with."

"That's because they can't ask for help. You have to look closely to see what they need. That kind of care ... it shapes something in you too." Joe then looked up and smiled at her. "You already know that Rubes, because you have been doing it every day for the past month as you've looked after Ember."

Discussion & Reflection Questions

Choose the questions that fit your group's pace and needs. Some may bring up deep emotions and reflections that require holding the space gently and wisely.

1. Which part of Ruby's day spoke most deeply to you — Nova's story, or the lamb's first breath?
2. How do the Bible Scriptures challenge or affirm your understanding of life's value?
3. What fears feel loudest for you right now?
4. Where have you seen signs of new growth in your own life, even in hard places?

Journaling Prompt (*Optional - No one needs to share what they write*)

What does it mean that God saw my life — and the life within me — before anyone else did?

What do I want to share with God about my current struggle?

Prayer Prompt

God,
You are the Creator of every life.
You see worth where I feel fear.
Help me to understand my own value, and the value of the little life growing within me.
Give me wisdom, peace, and the courage to choose the path You are shaping for me.

AMEN

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Week 3: Addressing Shame – What God Says about Your Worth

Shame isolates us, pressures us, and silences other voices – particularly the voice of hope. When a young woman is pregnant with an unplanned pregnancy there are so many voices around her influencing her about what she should do. A voice that is not often heard is the voice of the creator of life – God. He does have a voice. It is present in everything He has made around us. It is also present to hear in His Word the Bible and in the Spirit of life He has given us. God voice restores dignity and truth.

Bible Passages

- **Psalm 19:1-4** – “The heavens declare the glory of God; the skies proclaim the work of His hands...”
 - **John 4:1–26** – Jesus meets a woman carrying shame and restores dignity.
 - **Psalm 119:137-144** - The Word of the Lord is right, and all His work is done in truth.
 - **Isaiah 61:7** – The results of faithfulness in following God’s Word.
 - **Mark 10:14** – “Let the little children come to me...”
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Story Reflection

Adapted from Chapter 16 in Restoring Hope

In the softly lit ultrasound room, Ruby lay still as Leah pressed the probe to her belly.

The screen flickered — and there it was: a shape, tiny but unmistakable, and the fast, determined rhythm of a heartbeat.

Ruby blinked. Tears slipped down her cheeks before she realised she was crying.

Hope handed her a tissue and said nothing. She didn’t need to.

The picture printed out.

In the car, Ruby held it in her lap and whispered, “It looks like a real baby.”

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For some women, shame surrounds pregnancy — especially unplanned pregnancy.

Shame tells us we're foolish.

Shame tells us we're alone.

Shame tells us we can't do this, or that we've messed up too badly for God to help.

But Jesus does not shame women.

He meets them with dignity, truth, and love.

He receives children with joy.

And He speaks truth over the lies shame whispers.

Discussion & Reflection Questions

1. What emotions surfaced for you reading the ultrasound scene?
2. What "shame messages" have you heard from others — or from your own thoughts?
3. How does Jesus treat women carrying shame in Scripture?
4. What does it mean to you that Jesus engaged with the needs of women in a culture and society that focused on honouring men?

Journaling Prompt (Optional)

What lies could shame be telling me?

What truth does God speak instead?

Prayer Prompt

Jesus,

You do not shame me.

You see me clearly and love me fully.

Help me to hear Your voice above all other voices —

the voice that respects, restores, strengthens me, and speaks truth.

Amen.

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Week 4: A Future with Hope – With God You are Not Alone

God does not force our decisions; He walks with us. He offers wisdom, truth, love, and His presence through His Spirit and His Word in the Bible. He has seen every moment of our own life and knows all the pressures and circumstances that we face. We are never alone as we can turn to share our lives with God – the creator of our own life and the life of our unborn child. He wants to know us and be in relationship with us.

Bible Passages

- **James 1:5** – “If any of you lacks wisdom, ask God...”
- **Psalms 23** – The Shepherd who walks with us through uncertainty.
- **Isaiah 40:28-31** – “He gives strength to the weary and increases the power of the weak..”
- **Deuteronomy 6:6-7** – The call to carry God’s Word in our heart and teach it to our children.
- **Matthew 18:20** – “Where two or three gather in my name, there I am with them.”
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Story Reflection

Adapted from Chapter 22 in Restoring Hope

By the time Ruby rode back with Joe, she felt something loosening inside her — the old chains of fear giving way.

Her heart had been quietly changing:

in Eve’s garden,

in Nova’s honesty,

in the lamb’s first breath,

in the ultrasound heartbeat.

She opened her mouth to tell Joe she hadn’t decided —

but the words didn't come.

Because she already knew.

A new path had taken shape in her heart.

And she wasn't walking it alone.

God walks with us into the unknown, offering wisdom, compassion, courage, and people who stand beside us.

Discussion & Reflection Questions

1. What does wisdom from God look like in your situation today?
 2. Where have you recently seen signs of God guiding you?
 3. Who are the people God has placed in your life to support you?
 4. What does a hopeful future look like for you?
 5. What parts of it still feel uncertain?
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Journaling Prompt (Optional)

If Jesus were sitting beside me today, what would He say about my future?

What hopes might He be inviting me to hold?

Prayer Prompt

Father God,
Thank You for walking with me into the future.
I ask for Your wisdom, Your courage, and Your peace.
Help me trust that You will provide what I need.
Thank You for the people who support me,
and for the new path You are forming in my story.

Amen.