



Teaching Guide: Opening the Womb

Foundational Scripture: Genesis 29:31

"When the Lord saw that Leah was unloved, He opened her womb; but Rachel was barren." Genesis 29:31 NKJV

Introduction

This year, our focus is on walking in our identity in Christ. That means we are moving from knowing who we are in God to actually living from that place, even when our circumstances do not agree, even when people have passed us over, even when life has felt closed, narrow, and barren.

This teaching does not just comfort women in pain. It calls them up. It says: God saw Leah in her rejection, and He opened something. That opening was not just biological. It was a declaration of divine purpose over a life that had been measured by the wrong standard.

We are going to look at Leah, but we are also going to look at the womb itself: what it is spiritually, what it means when God opens it, and how we as warrior women can begin to birth atmospheres of victory, purpose, and Kingdom reality from the very places that felt most closed.

The theme of this meeting: God does not wait for you to be loved by people before He opens your womb. He opens it because He loves you and what comes out of an opened womb changes the world.

Have you ever been in a room where someone else was chosen and you were not? Where someone else was celebrated, and you were overlooked? Where you gave everything you had, and it still was not enough to make someone love you the way you needed to be loved?

Maybe that happened in a marriage. Maybe in a family. Maybe in a friendship, a workplace, or a church. Maybe the person who passed you over was a parent, and that is the deepest wound of all.

If you have ever felt unseen, passed over, unloved, or like your life has been on hold while everyone else seems to be moving forward, then this teaching is written for you.



We are going to look at a woman named Leah. And if you have ever felt like the second choice, the wrong option, the one who was not quite enough, Leah is your sister.

But we are not staying in the pain. We are going to look at what God did when He saw her. Because what He did for Leah, He can do for you, and what He births through you may be more powerful than anything that has come through the people who seemed to have it all.

Leah - The Woman Who God Saw

Let's go into the story. Jacob had fallen completely in love with Rachel. She was beautiful. She was the one he wanted. He worked for her for seven years and the Bible says those seven years felt like just a few days because of how much he loved her.

But on the wedding night, Laban, their father, switched the bride. Jacob woke up the next morning and found himself married to Leah, Rachel's older sister.

And the Bible makes no attempt to soften this. Look at what it says:

"Jacob also went in to Rachel, and he also loved Rachel more than Leah." Genesis 29:30

Leah was in a marriage where she was tolerated, not treasured. Present, but not preferred. Chosen by circumstance, not by love.

And yet, God saw her.

The Hebrew Behind 'Unloved'

The word translated 'unloved' in the NKJV is actually very important in Hebrew. The original word is: שְׂנוֹאָה (say: "s'nu-AH"): unloved, but literally means hated, despised, regarded as less than.

This is a strong word. It is the same word used in other parts of the Word to describe the one who is pushed aside, the one who is treated as lesser. Some translations actually say 'hated.' In ancient Eastern



culture, this word described someone who had been socially and emotionally cast out, not with aggression, but with indifference. And sometimes indifference is the cruellest rejection of all.

Leah was not just unloved. She was the one who didn't make the cut. She was the one left holding the lesser portion in a culture where your husband's love determined your entire worth and social standing. And yet, God saw her.

What Does It Mean That God 'Saw'?

The Hebrew word for 'saw' here is:

רָאָה (say: "ra-AH"): to see, but means to perceive, to pay attention to, to fully regard someone.

Ra'ah is the same word used when God saw the affliction of His people in Egypt. When Hagar cried in the wilderness and declared 'You are the God who sees me.' *It means: I have looked at you. I have perceived you fully. I have not missed a single detail of your situation.'*

God saw that Leah was unloved. He did not miss it. He did not minimise it. He did not tell her to try harder or make herself more loveable. He simply saw and then He acted.

"And God heard their groaning, and God remembered His covenant... And God looked upon the children of Israel, and God acknowledged them." Exodus 2:24–25

Being seen by God is not a small thing. To be seen by God is to be known in the deepest place. It means your pain has not gone unnoticed. Your rejection has not been overlooked. Your waiting has not been wasted.

God did not open Leah's womb because her circumstances improved. He opened it because He saw her. The opening came from His love and not from her situation changing.

The Womb: What is it really?

The Physical and the Spiritual

Now I want to talk about the womb and I want us to think about this on more than one level.

Physically, the womb is the place where life is formed, carried, and eventually released into the world. Nothing that comes out of a womb is formed overnight. It is a slow, hidden, private process and the one carrying it often does not see what is being formed. She just carries the weight of it, sometimes with pain, and trusts that what is inside will eventually come out.

But we have talked before about the spiritual womb. And tonight I want to go deeper into that.



The Hebrew Word for Womb

The Hebrew word for womb is really beautiful:

רֶחֶם (say: “*REH-chem*”): womb, but shares its root with the word for deep compassion, mercy, and tender love.

The root of rechem is the same root as the word:

רַחֲמִים (say: “*ra-cha-MEEM*”): compassion / mercy / tender lovingkindness; the deep maternal love of God.

These two words, womb and compassion, come from the exact same Hebrew root. Which means, in Hebrew thought, a womb is not just a biological organ. It is a place of compassion. It is a place where something is held with deep tenderness until it is ready to be born.

So when God opened Leah's rechem, her womb, He was also releasing His rachamim, His deep, maternal, tender compassion over her life.

And this is what I want you to hear:

God's compassion for you is womb-shaped. It holds you. It forms you. It carries what you cannot yet see until the appointed time, when what has been developing inside you is ready to be released into the world.

The Spiritual Womb



So what is the spiritual womb? It is the deep creative capacity God placed in every woman and every believer to conceive, carry, and birth things in the spirit.

A spiritual womb can birth:

- Prayer: intercession that carries a nation, a child, a church, a prodigal
- Prophetic vision: the ability to see what God is doing before others can
- Spiritual children: people you carry, disciple, pour into, and release
- Atmospheres: the capacity to shift the spiritual climate of a room, a home, a city
- Callings: gifts, ministries, and purposes that God placed in you before you were born
- Revival: seasons of outpouring that begin in the secret place of a praying woman

When your spiritual womb is closed through rejection, trauma, disappointment, comparison, or fear, you stop producing. You go quiet. You pull back. You stop believing that anything real can come out of you.

But God specialises in opening closed wombs.

Women With Open Wombs - Examples From The Word

Leah is not alone in this story. Look at the pattern God establishes across His Word. Every time He opens a closed womb, He is announcing something. He is saying, *"I am about to do something the world did not see coming."*

Sarah: The Impossible Birth

"Is anything too hard for the Lord? At the appointed time I will return to you, according to the time of life, and Sarah shall have a son." Genesis 18:14

Sarah was ninety years old. Every natural door was closed. Her womb had never produced. But God visited, and what He opened was not just a womb. It was the entire covenant line through which Jesus Christ would one day come. When Sarah laughed at the promise, God still kept it. He does not need your belief to open what He has decided to open.

יִצְחָק (*say: "Yitz-CHAK"*): Isaac, literally means 'laughter' - the name God gave the child of an impossible promise.



Hannah: The Praying Womb

"So it came to pass in the process of time that Hannah conceived and bore a son, and called his name Samuel, saying, 'Because I have asked for him from the Lord.'" 1

Samuel 1:20

Hannah was provoked, mocked, and belittled by Peninnah, her rival wife, year after year. Peninnah had children. Hannah had nothing. She wept so deeply in the temple that the priest Eli thought she was drunk.

But Hannah did something powerful. She did not just cry about her closed womb. She turned her pain into intercession. She poured out her soul before God and made a vow. And God remembered her.

שְׁמוּאֵל (*say: "Sh'mu-EL"*): Samuel, means 'heard by God' or asked of God', a name that carried Hannah's testimony forever

What Hannah birthed out of her opened womb was not just a son. She birthed the last judge and first prophet of Israel, a man who would anoint two kings. One act of desperate, faith-filled intercession produced generational impact.

And notice this: Hannah's pain was a womb. Her mourning became a ministry. What the enemy used to taunt her, God used to position her.

Elizabeth: The Aged Womb

"But now, because you did not believe my words which will be fulfilled in their own time, you will be mute." Luke 1:20

"Now Elizabeth's full time came for her to be delivered, and she brought forth a son." Luke 1:57

Elizabeth was old, barren, and had lived with the reproach of childlessness for her entire adult life. In her culture, a barren woman was considered cursed or forgotten by God.

But when the angel appeared to Zechariah, he said: *'Your prayer has been heard.'* That means Elizabeth had been praying this prayer for years, possibly decades. She had not stopped asking. She had not given up. And in her old age, in the season when it seemed most impossible, God answered.

What came out of Elizabeth's opened womb? John the Baptist. The voice crying in the wilderness. The one who would prepare the way for Jesus.

When God opens an old, tired, long-waiting womb, do not underestimate what He is about to release.



The Shunamite Woman: The Prophesied Womb

"About this time next year you shall embrace a son." 2 Kings 4:16

This woman had given hospitality to the prophet Elisha. She had served, given, and invested in the things of God. She had not asked for a child. But Elisha spoke a word over her, and her womb responded to prophecy.

When that child later died, she did not accept the death as final. She rode to the man of God, laid the child on the prophet's bed, and said: 'It is well.' She did not receive death as the last word over what God had given her. She went back to the source of the word and refused to leave until life was restored.

Warrior women do not accept the death of what God has promised. When what was birthed from your opened womb seems to have died, go back to the Word. Lay it at God's feet. And refuse to leave until there is breath.

Spirit, Soul and Body: The Three Levels of the Womb

I want to bring in something we have been building in our understanding and that is the idea that we are three-part beings. Paul puts it this way:

"Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ." 1 Thessalonians 5:23

Spirit. Soul. Body. Three distinct parts. And I want to suggest to you that the closed womb and the opened womb can operate at all three levels.

The Body Level

At the body level, the closed womb is literal. Barrenness. Physical inability to produce. And God opens it miraculously, as He did for Sarah, Hannah, Elizabeth, and Leah.

But even at the level of the body, something deeper is happening. Barrenness in the ancient world was not just a physical condition. It was a social identity. It shaped how a woman saw herself, how others saw her, and how she related to God. It was a whole-person experience, not just a biological one.

The Soul Level

The soul is your mind, your will, and your emotions. And the soul can have a closed womb too.



A soul-level closed womb looks like this:

- You stop dreaming because dreams have been crushed too many times.
- You stop speaking because your voice has been dismissed or silenced.
- You stop hoping because hope has disappointed you too often.
- You withdraw your gifts because they were not valued when you offered them.
- You go through the motions of life, but nothing feels like it is really producing anything.

This is a closed womb at the soul level. And it is often the result of rejection, comparison, loss, or trauma.

But here is the key: God wants to open your soul-level womb, too. He wants to restore your dreaming. He wants to give back your voice. He wants to renew your hope. Not because your circumstances have changed, but because He has seen you. And He is acting.

The Spirit Level

At the spirit level, the womb is your capacity to receive from God, be formed by God, and release what God places in you.

A closed spiritual womb means you are no longer receiving revelation. Your prayer life has gone dry. You feel disconnected from God's voice. You are going through spiritual motions, but there is no life coming through.

An open spiritual womb means:

- You are conceiving things in prayer that you cannot yet explain.
- You are carrying a vision that has not yet been born, but you can feel its weight.
- God is depositing revelation, strategy, and anointing into you in the secret place.
- You are spiritually sensitive to atmospheres; you feel what others cannot yet see.

The goal of this year is to walk as women whose spiritual wombs are fully open. Not partly open. Not open in some areas and closed in others. Fully open to what God is depositing, forming, and preparing to release through you.



Nervous System Regulation and the Closed Womb

Why Trauma Closes the Womb

I want to bring in something that connects the spiritual to the physical because God made us as whole beings, and He cares about all of it.

When we experience rejection, abandonment, or prolonged emotional pain, our nervous system responds. It goes into a state of protection. Biologically, it is designed to keep us safe. But when the nervous system stays in that protective state for a long time, it begins to shut down things that are not essential to survival. Creativity shuts down. Hope shuts down. Dreaming shuts down. The capacity to receive love shuts down. We narrow our world down to what feels safe and we stop producing.

In the language of this teaching, the womb closes.

Leah was living in a state of chronic emotional pain. She was in a home where she was a daily reminder to her husband of the night he did not choose her. The rejection was not a one-time event; it was her everyday. And that kind of sustained, relational pain has a real effect on the whole person.

But look at what God did. He did not first change Jacob's heart. He did not first fix the household. He did not wait for Leah's circumstances to improve. He went directly to her, and He opened what the pain had threatened to close.

God's intervention in Leah's life was a nervous system event as much as it was a spiritual one. He broke through the constriction of her pain and opened what the environment of rejection had tried to close.

Moving From Survival to Sovereignty

We talked in our last meeting about the Pharaoh spirit and about operating from fear and survival rather than reverence. I want to build on that.

When your nervous system is in survival mode, in what we might call fight, flight, or freeze, it is very hard to produce. It is very hard to birth anything. All of your energy goes into getting through the day, managing the pain, staying alive emotionally.

But there is another state. And I am going to call it sovereignty.



Sovereignty is when you are so anchored in who God says you are, so rooted in your Kingdom identity, that your external circumstances no longer dictate your internal production. You can be in the middle of Leah's life and still be birthing Judah.

And who was Judah? The fourth son Leah birthed, the one she named 'praise.' And it is through Judah's line that Jesus Christ, the Lion of the tribe of Judah, came into the world.

"She conceived again and bore a son, and she said, 'Now I will praise the Lord.' Therefore she called his name Judah." Genesis 29:35

יהודה (say: "Y'hu-DAH"): Judah means 'I will praise the Lord' - the tribe through which the Messiah came.

Leah named her fourth son 'praise', not because her circumstances had changed. Jacob still loved Rachel more. Nothing in her household had shifted. But something in Leah had shifted. She had moved from performing for love to simply praising God.

That is the nervous system of the Kingdom. That is sovereignty. That is what it looks like to walk in your Kingdom identity even when your earthly circumstances have not yet caught up.

Breathing Practice

Before we go further, let's take a moment and let our bodies agree with what God is saying.

Inhale slowly: "God sees me."

Exhale slowly: "I release what has kept me closed."

Inhale: "My womb is open to You, Lord."

Exhale: "I trust what You are forming in me."

What Leah Birthed

I want you to see something interesting about the fruit of Leah's opened womb because it will reframe how you see your own story.

Leah had six sons. And those six sons became six of the twelve tribes of Israel. Including:

- Levi — the priestly tribe. Every priest who ever served in the temple came from Leah's body.
- Judah — the kingly tribe. The line of David. The line of Jesus Christ.

- Simeon, Reuben, Issachar, Zebulun — six foundational pillars of the nation of God.



Rachel, the beloved, the chosen one, the preferred one, had two sons. Joseph and Benjamin. Significant sons, yes. But Leah, the unloved one, birthed the priesthood and the kingship of Israel.

The woman who was not chosen by her husband was chosen by God to carry the most significant lines in redemptive history.

You do not need to be the world's first choice to be God's instrument. The unloved woman birthed the line of the Lion of Judah. What is coming out of your opened womb may change the world.

This is not about making you feel better about rejection. This is about showing you that God has a completely different measuring system. The person who was overlooked, passed over, regarded as second best, that is the person God consistently chooses to do something that could not have happened any other way.

"But God has chosen the foolish things of the world to put to shame the wise, and God has chosen the weak things of the world to put to shame the things which are mighty." 1 Corinthians 1:27

Warrior Women Who Birth Atmospheres

From Receiving to Releasing

We have spent some time receiving. Receiving the truth that God sees us. That He opens closed wombs. That which has been formed in us through pain has kingdom purpose.

But now I want to shift us from receiving to releasing. Because we are not just women who carry things. We are women who birth things.

A warrior woman is not someone who has avoided pain. She is someone whose pain has been transformed into purpose. She is someone who has moved from victim to vessel, from survival to sovereignty and who now uses what was formed in the hidden place to change the atmosphere of every room she walks into.

Look at this Scripture from Isaiah:



"Before she was in labour, she gave birth; before her pain came, she delivered a male child. Who has heard such a thing? Who has seen such things? Shall the earth be made to give birth in one day? Or shall a nation be born at once?" Isaiah 66:7–8

This is a picture of supernatural, unexpected birth. Of things coming forth before the expected time. Of God bringing a nation out of a single labour. This is what happens when a woman's spiritual womb is fully open and fully yielded to God: things come forth faster, bigger, and more significant than natural expectation could predict.

Birthing Atmospheres

What does it mean to birth an atmosphere? It means that when you walk into a room, something shifts. The spiritual climate changes. Hope enters. Peace comes. Faith rises. Not because you performed, not because you preached, but because what has been formed in you in the secret place begins to radiate out of you into the space around you.

Hannah prayed silently in a temple. Her lips moved, but no sound came out. And yet the atmosphere was so charged by her intercession that the priest thought she was drunk. She was not shouting. She was birthing.

The Shunamite woman said *'It is well'* when everything was far from well. And that declaration, carried by a woman whose womb God had opened, became the atmosphere that preceded the resurrection.

Deborah sat under a palm tree and judged Israel. She did not build a stage. She did not announce her authority. She simply operated from who she was, and the atmosphere of her presence drew a nation to her for wisdom and direction.

"Then Deborah arose, and went with Barak to Kedesh. And she said... 'Up! For this is the day in which the Lord has delivered Sisera into your hand. Has not the Lord gone out before you?'" Judges 4:9,14

That is a warrior woman. That is a woman whose opened womb has produced not just children, but conviction. Not just life, but victory. She did not wait for the atmosphere to be right before she spoke. She created the atmosphere with her words.

You are not waiting for a better atmosphere to walk into. You are carrying the atmosphere that needs to walk into the room. You are not just a receiver of Kingdom reality; you are a birther of it.

Walking in Your Kingdom Identity



What does it mean to walk in your Kingdom identity?

It means we no longer measure ourselves by who has loved us or left us. By those who have chosen us or passed us over. Whether our household sees our value or not. Leah spent too long trying to earn Jacob's love through what she could produce for him. Look at the names she gave her first three sons:

- Reuben — *'The Lord has seen my affliction'*: she was still speaking from a place of pain and longing.
- Simeon — *'Because the Lord has heard that I am unloved'*: she was still defining herself by Jacob's rejection.
- Levi — *'Now my husband will become attached to me'*: she was still performing for love.

But then something changed. By the time she had Judah, she stopped talking about Jacob. She stopped reaching for what would not come. And she simply said:

"Now I will praise the Lord." Genesis 29:35

That is maturity. That is the shift from soulish striving to spiritual sovereignty. That is what it looks like to walk in Kingdom identity; when you stop letting what people withhold from you define what you carry.

This year, we are not striving. We are walking. We are not performing to be seen. We know we are seen. We are not trying to open our own womb. We are trusting the One who opens it and we are being faithful with what He places in us.

"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them." Ephesians 2:10

ποίημα (say: "POI-ay-mah"): workmanship (Greek), literally means 'masterpiece' / 'poem' / something crafted with intentional artistry

You are not an accident. You are not a second choice. You are not the leftover option. You are God's poem. His masterpiece. Crafted with intentional artistry, and the works He prepared for you to walk in were decided before you were born.

Prayer and Activation

I want to ask you to sit with these questions. Let God speak.



1. *Where has my womb been closed: in my spirit, my soul, or my body? Where have I stopped producing because of rejection, pain, or comparison?*
2. *What has God been forming in me in the hidden place that I have not yet released? What have I been carrying that I have been afraid to birth?*
3. *Am I still performing for someone's love or approval? Is there a 'Jacob' I am still trying to win over instead of simply praising God and walking in what He has already opened?*
4. *What atmosphere is God asking me to birth in this season: in my home, my family, my church, my workplace, my city?*

Closing Prayer

- Invite God to open your closed womb; at the spirit level, the soul level, and the body level.
- Renounce the lie of the unloved, the agreement that being rejected by people means being overlooked by God.
- Release the spirit of comparison; the Rachel spirit that keeps you measuring yourself against someone else's blessing.
- Declare that God has seen you fully: your pain, your faithfulness, your waiting.
- Speak prophetically over yourself: call out the men and women/ atmospheres / creative endeavours (whatever the Holy Spirit leads you to call out) of influence that are waiting to be born out of you.
- Pray that you walk in sovereign, kingdom identity; not performing, but producing. Not striving, but walking.
- Declare Isaiah 66:8 over yourself; a nation being born in a day.

Declaration

God has seen me in my pain, in my waiting, in my rejection.

He has not passed me over. He has not forgotten me.

He opens what no man can close.

My womb is open: in my spirit, my soul, and my body.

What He is forming in me will not miscarry.



I am not the second choice. I am God's chosen instrument.

I will not perform for love. I already have it.

I am done striving. I am walking.

I carry atmospheres of victory.

I birth what Heaven has decreed.

I am a warrior woman. I am a Kingdom builder.

I am a midwife of destiny and my womb is open.

Quick Scripture References

(All scriptures are NKJV)

- Genesis 29:31 — Leah unloved; God opens her womb (Foundational)
- Genesis 29:35 — Leah names Judah 'Now I will praise the Lord'
- Genesis 18:14 — God's question to Sarah: 'Is anything too hard for the Lord?'
- 1 Samuel 1:20 — Hannah conceives Samuel
- 2 Kings 4:16 — Elisha prophesies a son to the Shunamite
- Luke 1:20, 57 — Elizabeth bears John the Baptist
- Judges 4:9,14 — Deborah the warrior — 'Has not the Lord gone out before you?'
- Exodus 2:24–25 — God saw, remembered, looked upon, and acknowledged His people
- Isaiah 66:7–8 — Nations born in a day; supernatural, unexpected birth
- 1 Thessalonians 5:23 — Spirit, soul, and body; sanctified completely
- 1 Corinthians 1:27 — God chooses the weak and foolish to shame the mighty
- Ephesians 2:10 — We are God's workmanship / masterpiece (poiema)

Hebrew and Greek Words

שְׂנוּאָה (s'nu-AH) — unloved / hated / regarded as less than (Genesis 29:31)

רָאָה (ra-AH) — to see / to perceive fully / to regard with full attention



רֶחֶם (REH-chem) — womb / shares root with deep compassion and mercy

רַחֲמִים (ra-cha-MEEM) — compassion / tender lovingkindness / God's maternal love

יְהוּדָה (Y'hu-DAH) — Judah / 'I will praise the Lord' / the messianic tribe

יִצְחָק (Yitz-CHAK) — Isaac / 'laughter' / the name of God's impossible promise

שְׁמוּאֵל (Sh'mu-EL) — Samuel / 'heard by God' or 'asked of God'

ποίημα (POI-ay-mah) — workmanship (Greek, Ephesians 2:10) / masterpiece / poem / artistry