



Teaching Guide: Midwives of Destiny

Key Text: Exodus 1:15–21 | Focus: Exodus 1:21

"And so it was, because the midwives feared God, that He provided households for them." Exodus 1:21

Introduction

I want to start with a question and I want you to really sit with it for a second.

Have you ever done something quietly: something faithful, something no one saw and wondered if it actually made any difference?

Maybe you prayed for someone for a long time, and nothing seemed to change. Maybe you stood by someone who was struggling, and it cost you something. Maybe you protected someone when they were fragile, held your tongue, held the space, held them up, and you never got a thank you. You just quietly wondered... does any of this even matter?

We are going to look at two women in the Bible who probably felt exactly that way. Their names were Shiphrah and Puah.

They were not queens. They were not prophets. They did not preach sermons or lead movements. They were midwives, women who helped other women give birth. And in one quiet, faithful act of courage, they helped shape the destiny of an entire nation.

And what God did for them and through them is going to speak directly to you.

The World They Lived In

Let's understand what these women were dealing with.

The Israelite people had been living in Egypt. And they were growing, fruitfully, abundantly. God had been blessing them. But Pharaoh, the king of Egypt, looked at these growing people and became afraid. And here's something important: when a person in authority is ruled by fear, it becomes dangerous for everyone around them.

Fear in a leader produces control. Control produces cruelty. And cruelty always goes after the most vulnerable.

Pharaoh decided the way to weaken Israel was to destroy their sons. So he went directly to the midwives, Shiphrah and Puah and gave them a terrible command: when a Hebrew boy is born, you kill him. Imagine that. That was their job. Birth was their workplace. And now birth had been turned into a place of death by royal command.

But look at what they did.



"But the midwives feared God, and did not do as the king of Egypt commanded them, but saved the male children alive." Exodus 1:17

They said no to Pharaoh. Quietly. Consistently. At great personal risk.

The Meaning of Egypt — Mitzrayim

Here is something beautiful that the Hebrew language adds to this story. The Hebrew name for Egypt is:

מִצְרַיִם (say: "Mitz-RA-yim") Egypt, but it means a place of narrowness, tightness, constriction

It comes from the Hebrew root word tzar (צַר), which means narrow or squeezed.

So Egypt is not just a place on a map. In Hebrew thinking, Egypt represents any place or situation that squeezes the life out of you. Any environment where people are squeezed into survival mode. Where fear and control replace freedom. Where people are valued only for what they produce.

Does that sound familiar to anyone? It might not be ancient Egypt. But we all know what it feels like to be in a Mitzrayim; a tight, constricted place where it feels hard to breathe, hard to grow, hard to become. And right in the middle of that system, God placed two women who would not cooperate with death.

The Hebrew Depth - What is a 'House'?

Now, let's look at what God did for Shiphrah and Puah after all of this.

"And so it was, because the midwives feared God, that He provided households for them." Exodus 1:21

In English, that might sound like God just gave them a nice home. A reward. A house with a garden.

But in Hebrew, this is a massive statement. The word used is:

בַּיִת (say: "BAH-yit"): **house**, but means lineage, legacy, dynasty, a covenant family line.

A bayit in Hebrew thought is not a building. It is a legacy. It is the people, the purpose, and the covenant promise that flows through a family line across generations.

Think about the 'House of David.' That is not a building; it is a royal dynasty. A covenant promise. A line that carries destiny across centuries. Think about the priestly house of Aaron. These are not addresses. They are eternal legacies.

So when God says He gave these women houses, He is saying something like:

You protected the seed of others. So I am going to give you a seed of your own. You preserved the legacy for a generation, and now I am weaving your name into the legacy of generations.

They built for others. God built for them. This is what I call reciprocal architecture.



"Unless the Lord builds the house, they labour in vain who build it..." Psalm 127:1

God is the ultimate builder. But He partners with women who are aligned with Him, women like you.

Pharaoh's Twisted Wisdom — Nithchakemah

There is one more Hebrew word worth knowing here. In Exodus 1:10, Pharaoh says:

"Come, let us deal shrewdly with them." Exodus 1:10

The Hebrew word used for 'deal shrewdly' is:

נִתְחַכְמָה (say: "Nit-cha-ke-MAH"): **let us use wisdom**, but here it means intelligence used for control, not for life.

It comes from **chakam** (חָכַם), which normally means wisdom. But Pharaoh takes wisdom and uses it as a weapon to dominate rather than to help people flourish. Strategy without love. Cleverness without compassion.

And that is what oppressive systems do. They use intelligence and power to control people rather than to release them into their potential.

But the midwives responded with a completely different kind of wisdom, a wisdom rooted not in fear, but in the fear of God.

The Battle Over Seed

There is another keyword running through this whole story. It is the Hebrew word:

זֶרַע (say: "ZEH-rah"): **seed**, meaning children, future potential, the line through which God's promises travel

This word goes all the way back to Genesis 3:15, where God speaks to the serpent and says:

"I will put enmity between you and the woman, and between your seed and her seed." Genesis 3:15

Right from the beginning of the Word, there is a battle over the seed, over the people and purposes that carry God's plan forward through generations.

This is why certain babies in Scripture are targeted. Pharaoh tried to destroy Hebrew baby boys, including the one who would become Moses. And later, when Jesus was born, King Herod gave the same kind of terrible order — kill the baby boys in Bethlehem.

The enemy has always known that what is small and fragile today can become powerful and world-changing tomorrow. So he attacks the seed.

And that is exactly why spiritual midwives matter. Their job is to protect what is still fragile. To guard what has not yet become what it is going to be.



Women Who Protect Life

Shiphrah and Puah were not alone. The Bible is full of women who protected life when it was under threat.

- **Jochebed** — Moses' mother, who hid him for three months at great personal risk, then trusted God with a basket on the river.
- **Miriam** — Moses' sister, who watched over that basket and stepped forward with courage when the moment came.
- **Rahab** — a woman in Jericho who protected the spies of Israel, preserved her family, and found herself in the lineage of Jesus.
- **Esther** — who risked her own life to protect her entire people from destruction. She could have stayed silent. She didn't.
- **Deborah** — who rose as a mother in Israel when the nation was in danger and no one else would step up.
- **Lois and Eunice** — Timothy's grandmother and mother. Paul says in 2 Timothy 1:5 that the genuine faith in Timothy lived first in them.

None of these women needed a platform. None of them needed a title. They simply chose to protect the life that was in front of them and God wrote their names into the Word forever.

I bet you one day you will get to heaven and something you did that you did not think was significant will be recorded there and be a memorial to you.

"When I call to remembrance the genuine faith that is in you, which dwelt first in your grandmother Lois and your mother Eunice..." — 2 Timothy 1:5

They built a house of faith. And the fruit of that house was Timothy, whom Paul called his son, and he was a carrier of revival.

Some of you are doing exactly that right now. And you don't even know it.

Fear Contagion vs. Covenant Alignment

I want to talk about something that might sound a little different, but stay with me, because it is weaved into the Word and I believe it will really help you.

Pharaoh was afraid. He was anxious. He was threatened. And his fear spilled out into cruelty and control.

Here is the thing about fear: it is contagious. When someone in authority, a boss, a leader, a parent, even a pastor, is operating from fear and anxiety, the people around them begin to absorb that same spirit. It spreads. It distorts your perspective. It can make you act against your own values, against the people you love, against God Himself, simply because the pressure around you is so loud.



But Shiphrah and Puah did not absorb Pharaoh's fear. They did not let his panic become their panic.

Instead, they anchored themselves in the fear of God. And in Hebrew thinking, the fear of God does not mean being scared of God. It means this:

God's voice is louder than any human pressure. God's authority outranks any earthly command.

This is the opposite of fear contagion. This is holy steadiness, staying anchored in God when everything around you is trying to pull you into panic.

Now think about what an actual midwife has to do in the delivery room:

- She has to stay calm — even in blood and chaos.
- She has to stay steady — even when the mother is screaming.
- She has to remain grounded in the crisis — because if she panics, the birth becomes dangerous.

Spiritual motherhood works the same way. If you panic in someone else's becoming, if you get anxious, critical, or controlling, you can actually wound the very thing God is trying to form. You stop being a midwife, and you start being a mirror of Pharaoh.

But when your heart is anchored in reverence, something shifts:

- You protect instead of control.
- You bless instead of compete.
- You breathe life into fragile places.
- You stabilise the atmosphere in a room just by being present.

That is what I call the nervous system of the Kingdom. That is the midwife spirit.

A Simple Test

Here is a simple way to check what spirit is driving you in any given moment:

- Fear → I need to control this.
- Anxiety → I need to criticise this.
- Insecurity → I need to compete with this.
- Survival → I need to silence this.

But when you are rooted in reverence:

- I can protect this.
- I can bless this.
- I can give this space to grow.

- I can trust God with the outcome.



What Spiritual Motherhood Actually Looks Like

I want to say this clearly: spiritual motherhood is not about being soft and sweet all the time.

It is not sentimental. It is strength. It is the ability to hold a space when things are hard, to guard what is fragile, to protect what is not yet ready to face the world.

A spiritual mother:

- Protects immature callings before they are strong enough to stand on their own.
- Shields fragile faith from voices that would crush it.
- Guards the atmosphere of a room: she notices when something has shifted spiritually, and she does something about it.
- Recognises the seed before it becomes fruit: she sees what God is forming in someone before anyone else can see it.
- Does not shame vulnerability. Does not expose what is still forming. Does not compete with what she is called to carry.

Paul said something to the church at Corinth that I think speaks directly to this:

"For though you might have ten thousand instructors in Christ, yet you do not have many fathers." 1 Corinthians 4:15

Instructors give information. Spiritual parents build legacy. There is a huge difference. The world is full of instructors right now. What it desperately needs is women and men who will stay in the room, hold the weight, and not give up on the process.

You May Never See the Moses

Here is what moves me most about Shiphrah and Puah.

They had no idea who they were protecting. They did not know Moses was coming. They had no clue that the baby boys they were quietly saving would one day carry the generation that walked out of slavery, that crossed the Red Sea, that stood at the foot of a mountain while God spoke. They just did what was right in front of them.

They refused to partner with death. And that was enough.

Some of you tonight are doing exactly the same thing.

You are preserving:

- A future marriage: through your prayers for a young woman who doesn't yet know who she is.



- A future leader: through your faithfulness to that difficult, rough-around-the-edges or unruly person everyone else has given up on.
- A future healing testimony: through the way you sat with someone in their darkest night without shaming them.
- A future revival carrier: through the quiet, costly, unseen act of simply staying.

You are building houses you may never enter. You are laying foundations you may never stand on.

"You shall raise up the foundations of many generations; and you shall be called the Repairer of the Breach, the Restorer of Streets to Dwell In." Isaiah 58:12

That is your name today. Repairer of the Breach. Restorer of Streets.

"Enlarge the place of your tent... do not spare; lengthen your cords, and strengthen your stakes. For you shall expand to the right and to the left, and your descendants will inherit the nations." — Isaiah 54:2–3

What God is building through you is bigger than what you can currently see.

You Are Structural Strength

Before prayer, I want to leave two Scriptures over you like a blessing.

"The wise woman builds her house, but the foolish pulls it down with her hands." Proverbs 14:1

You are a builder. Not a destroyer. Not a criticiser. Not a competitor. A wise woman who builds with her words, with her prayers, with her presence, with her courage.

"That our daughters may be as pillars, sculptured in palace style..." Psalm 144:12

You are structural. You are load-bearing. You are not decoration, you hold things up. When you walk into a room, into a family, into a church - things are held together because you are there.

Do not underestimate what God has placed inside you.

Ministry Activation

I want to ask you three questions. Just let the Holy Spirit speak to you.

- *Where have I absorbed Pharaoh's fear? Where have I been reacting from survival instead of from trust in God?*
- *What seed is God asking me to protect right now, even if I cannot yet see what it is going to become?*



- *Am I building? Or have I been pulling down, with my words, my criticism, my withdrawal, my silence?*

Take a moment and breathe. Let your body come into alignment with what God is saying over you right now.

Inhale slowly: "I fear You, Lord."

Exhale slowly: "I release control."

Inhale: "I am a builder."

Exhale: "I trust You with the seed."

Closing Prayer

- Renounce the spirit of fear, anxiety and control — the Pharaoh spirit.
- Receive the spirit of holy reverence and steadiness — the midwife spirit.
- Ask God to reveal the 'seed' you are called to protect in this season.
- Pray for spiritual houses — legacies — to be established in your life.
- Declare Isaiah 58:12 and Isaiah 54:2–3.

Proverbs 14:1 as a declaration:

"The wise woman builds her house." Proverbs 14:1

Declaration

Today I choose reverence over fear.

I will not partner with death.

I will protect the seed God has placed in my hands.

I am a builder in the Kingdom of God.

Through my faithfulness, God builds houses.

My obedience will impact generations I may never see.

I am a wise woman who builds.

I am a Midwife of Destiny.

Quick Scripture Reference

- Genesis 3:15 — The seed of the woman; the original battle over seed
- Exodus 1:10 — Pharaoh's twisted wisdom (nithchakemah)
- Exodus 1:15–21 — The midwives' story



- Exodus 1:21 — God builds their houses (bayit)
- Psalm 127:1 — God builds the house
- Isaiah 54:2–3 — Enlarge your tent; generational expansion
- Isaiah 58:12 — Repairer of the Breach; Restorer of Streets
- 1 Corinthians 4:15 — Spiritual parenting vs. instructors
- 2 Timothy 1:5 — Lois and Eunice: faith built through women
- Proverbs 14:1 — The wise woman builds her house
- Psalm 144:12 — Daughters as pillars of structural strength
- Romans 16:1–2 — Phoebe: women as builders in the early church
- Matthew 2:16 — Herod's attack on baby boys; the battle over seed

Hebrew Words

בַּיִת (BAH-yit) — house / legacy / lineage / dynasty

מִצְרַיִם (Mitz-RA-yim) — Egypt / a place of constriction and narrowness

צָר (TZAR) — narrow / tight / squeezed — the root of Mitzrayim

זֶרַע (ZEH-rah) — seed / offspring / future purpose / covenant line

נִתְחַכְמָה (Nit-cha-ke-MAH) — let us deal shrewdly / wisdom used as control

חֵכֶם (cha-KAM) — true wisdom / the root of nithchakemah