

Teaching Guide: Bringing Forth Life



Purpose of This Teaching

This session is designed to help women move from:

Healing → to expression

Identity → to activation

Survival → to life-giving influence

As daughters of God, we are not only called to receive life, but to *bring forth life* in our homes, relationships, communities, and assignments.

Session Overview

Key Themes

- The life-giving design of women
- How the fall distorted fruitfulness
- Trauma, survival, and the loss of ease
- The simplicity of life in Christ
- Moving from striving to Spirit-led fruitfulness
- Labouring in love until Christ is formed in others

Introduction:

I started this year off by reading the word from the start again. And as always, when I read, I try to pick up on underlying topics in what I read. The word is rich, never take it at face value - try find the value beneath it; my tip for the day. And if you really pay attention, you will find so much that you could expand on. In the first few chapters of Genesis, I probably got topics for the whole year's ladies' meetings. I like to keep notes on my phone when I find things that can be expanded further, and also a tip of the day. We are never without inspiration or revelation if we dig deeper into the Word. The Lord is always talking to us and showing us hidden treasures - we just need to be open to see through the eyes of our spirit.

So today's topic comes from Genesis chapter 3.

This year, our focus is not on what identity in Christ is or building it, although that will always be a process, right? But our focus is on walking in it. We have to deal with our stuff, walk out of the old and into the new.

Part of the new is bringing forth life. Right? Old vs new, life vs death. With the new, there is always new life, new breath, new creativity, new revelation - whatever that may look like.

So, the very first lifegiver was God through His Spirit and breath that was breathed into Adam. The second one who gave life or birthed it, as God gives life, was Eve. She was the first human to bring forth life. So why do you think the enemy came to tempt her? We have already discussed how he started to mess with identity by getting her to doubt what God had said. But how did he actually entice her to that point? He used something we are all quite vulnerable to.

1. EVE: THE WOMAN WHO COULD BRING FORTH LIFE

Genesis 3:6: The Temptation

To the woman, He said: "I will greatly multiply your sorrow and your conception; In pain you shall bring forth children; Your desire shall be for your husband, and he shall rule over you."

Eve saw:

- That the tree was good for food (physical need)
- Pleasant to the eyes (sensory desire)
- Desirable to make one wise (intellectual/spiritual elevation)

This was body–soul–spirit temptation. But it was outside God’s covering.

Hebrew Insight: Eve – חַוָּה (Chavah)

From the root ḥayah (חיה) meaning:

- To live
- To breathe
- To bring to life

She is literally:

Life-giver. Life-bearer. The mother of all living.

Eve wasn’t just biologically fruitful.
She carried the capacity to generate life in partnership with God.

That is what made her dangerous.

The enemy does not attack weakness.
He targets life-bearing capacity.

The Word for “Deceived” – 2 Corinthians 11:3

But I fear, lest somehow, as the serpent deceived Eve by his craftiness, so your minds may be corrupted from the simplicity that is in Christ.

“As the serpent deceived Eve...”

Greek: exapataō

- Thoroughly deceived

- Seduced away from truth
- Led off course

Paul warns that believers could be moved from the simplicity in Christ.

Greek: haplotēs

- Singleness
- Purity
- Undivided devotion

The enemy complicates.

God simplifies.

2. THE REAL LOSS: COVERING & COMMUNION

Genesis 3:7 says their eyes were opened and they knew they were naked.

Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves coverings.

Hebrew: ‘arum’

- Exposed
- Vulnerable
- Uncovered

Before sin:

- Naked but not ashamed
- Fully seen
- Fully safe

After sin:

- Self-conscious
- Hiding
- Covering themselves

This is the first trauma:

- Loss of safety.
- Loss of communion.
- Loss of simplicity.

It wasn't that God removed His covering — they stepped outside of it.

3. THE TRAUMA OF THE GARDEN & THE NERVOUS SYSTEM

Genesis 3:16:

To the woman, He said: “I will greatly multiply your sorrow and your conception; In pain you shall bring forth children; Your desire shall be for your husband, and he shall rule over you.”

Hebrew: *'itstsabon'*

- Sorrow
- Emotional pain
- Hardship
- Toil

Bringing forth life became associated with suffering.

Survival replaced abundance.

Labour replaced ease.

Fear replaced communion.

When the nervous system is in:

- Fight
- Flight
- Freeze

We see ourselves as survivors — not life-bearers.

Healing restores our capacity to create, nurture, and build again.

4. WHY EVE WAS TARGETED

Genesis 3:15 declares that the seed of the woman would crush the serpent.

The enemy attacked the one who carries seed.

Women:

- Carry physical life
- Carry spiritual atmospheres
- Carry relational ecosystems
- Carry generational influence

Wherever women are healthy, life multiplies.

Wherever women are wounded, life constricts.

The enemy diminishes what threatens him.

JOSEPH: SUFFERING THAT PRESERVED LIFE

Genesis 45:5

But now, do not therefore be grieved or angry with yourselves because you sold me here; for God sent me before you to preserve life.

Joseph says this after betrayal, slavery, false accusation, and imprisonment.

Hebrew for “preserve life”:

(*le-michyah*) חַיָּה

From the same root as Eve's name — *chayah* (to live).

It means:

- Preservation
- Sustenance
- Revival
- Keeping alive

Joseph's suffering was not random.

It positioned him to sustain life for many people who would otherwise have starved.

This reframes suffering.

Sometimes hardship:

- Develops capacity
- Expands maturity
- Deepens compassion
- Positions you strategically

What felt like abandonment may have been preparation.

Suffering can:

- Refine the vessel
- Strengthen endurance
- Produce wisdom
- Create preservation for others

You may walk through hardship not to diminish you, but to increase your capacity to sustain life in others.

Supporting Scriptures on Redemptive Suffering

Romans 8:28

And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

2 Corinthians 4:16–17

“Our light affliction... is producing for us an eternal weight of glory.”

Hebrews 12:11

“No discipline seems pleasant... but it produces a harvest of righteousness.”

Suffering does not cancel fruitfulness.
It often deepens it.

6. REDEMPTION: FROM SORROWFUL LABOUR TO SPIRIT-LED FRUIT

Galatians 4:19

“I labour in birth again until Christ is formed in you.”

Greek: *ōdinō*

- Birth contractions
- Intense pressure
- Pain that produces life

There is a difference between:

Striving from insecurity

and

Labouring from love.

Striving says:

“I must prove myself.”

Labouring from love says:

“I will stay until Christ is formed.”

7. SIMPLICITY IN CHRIST

John 15 v 7-8

7 If you remain in Me and My words remain in you, ask whatever you wish, and it will be done for you. 8 This is to My Father’s glory, that you bear much fruit, proving yourselves to be My disciples....

Greek: *menō*

- Remain
- Stay
- Dwell

Life flows from abiding.
Not from anxiety.
Not from performance.
Not from rituals.

When trauma complicates our faith, we need to return to simplicity:

He loves me.
I remain in Him.
Fruit grows naturally.

The fruit tree does not keep checking if it has fruit - it just flows with the seasons. And an apple tree does not doubt it is going to have apples - it rests in its design. So if we can just rest in our design - rest in Christ, abide in Him - won't we automatically just bear the fruit we need to bring forth? This is an open question. I would love to hear your thoughts on my statement.

OTHER SCRIPTURES ON LIFE & FRUITFULNESS

John 10:10

"I have come that they may have life (zoē)."

Divine, abundant life.

Proverbs 18:21

"Life and death are in the power of the tongue."

Women shape atmospheres with words.

Isaiah 66:9

"Shall I bring to the point of birth and not give delivery?"

If God planted it, He intends to complete it.

Psalms 1:3

"A tree planted... yields fruit in season."

Fruitfulness comes from being planted, not pressured.

James 3:18

"A harvest of righteousness is sown in peace."

Peace produces fruit.

9. WALKING IT OUT: FROM IDENTITY TO EXPRESSION

There comes a time when:

- Healing has laid the foundation
- Hopefully, identity is understood, and so
- Obedience must follow - there must be action

You cannot stay pregnant with potential forever.

There may be:

- A ministry in you
- A business in you
- A prayer assignment in you
- A leadership mantle in you
- A creative expression in you

If you do not push, it remains dormant. Babies need to be born - you cannot say I don't want this baby anymore or I can't push anymore. God has given women grace to birth babies - He didn't put that on Eve and then let her get on with it - He gave her the ability to be able to give birth to children.

Hardship may have strengthened you to sustain what you are about to birth.

10. WHAT BRINGING FORTH LIFE LOOKS LIKE PRACTICALLY

- Staying with someone until Christ is formed in them
- Not abandoning relationships when inconvenient
- Speaking life instead of rehearsing pain
- Creating atmospheres of safety
- Choosing presence over performance
- Producing fruit from abiding, not anxiety
- Allowing your suffering to deepen compassion, not close your heart

ACTIVATION

Reflect:

1. Where have I believed that bringing forth life must always be painful?
2. Has hardship positioned me to preserve life for others?
3. Where have I stepped into striving instead of simplicity?
4. What is God asking me to birth in this season?
5. Who has He entrusted to me to nurture?

Pray:

- Break the agreement with sorrowful labour.
- Renounce striving and performance.
- Invite simplicity and abiding.
- Declare fruitfulness.
- Ask God to show you where your past suffering has positioned you to preserve life.

PROPHETIC DECLARATION

I am not diminished by hardship.

I am strengthened by it.

What tried to break me has expanded my capacity.

I am Chavah — life-giver.

I am positioned to preserve life.
I abide in Christ.
From abiding, life flows.
From surrender, fruit grows.
From obedience, generations are sustained.
Christ is being formed in me
and through me.
In Jesus name. Amen.

(For the full context of this teaching guide, watch our ladies meeting “Bringing Forth Life” on our YouTube channel http://www.youtube.com/@lions_arise)

*Thank you for reading. If this resource has helped you, please share it with others.
Join us on Facebook, YouTube and Instagram.*