

Do You See This Woman

A seven day Bible reading plan and devotional

Seeing one another with compassion and learning to receive support without shame.

Welcome to the week

This plan invites you to reflect on two questions: How do I respond when another woman's struggles become visible? And where do I need the courage and wisdom to receive help myself? Read slowly, pray honestly, and take one manageable step each day.

Allow about 15 minutes daily. Read the full passages in your Bible, then use the devotional, reflection questions, prayer, and writing space. You may complete the days consecutively or at a pace that fits your life.

Your journal belongs to you. Sharing in a group is optional, and you may pass on any question. You do not owe anyone personal details as proof of faith or growth.

Our Scripture foundation

Hebrews 10:24-25 calls us to consider how to encourage one another toward love and good works. Luke 7:36-50 invites us to examine how Jesus sees a woman whom Simon has judged.

Day 1 God knows the whole person

Day 2 Notice the woman beyond the label

Day 3 Bring fear into the light of grace

Day 4 Become trustworthy with another woman's story

Day 5 Share honestly with wisdom

Day 6 Carry burdens with gentleness

Day 7 Let your light shine within loving community

Scripture quotations are from the King James Version. Excerpts are identified. Devotional reflections are applications, not diagnoses or explanations of every woman's experience.

God knows the whole person

Read Psalm 139:1–18; Romans 8:1

“O LORD, thou hast searched me, and known me.” — Psalm 139:1, KJV

Psalm 139 describes God’s intimate knowledge of us. He knows our sitting down and rising up, our thoughts and our ways. We do not have to assemble an impressive version of ourselves before approaching Him.

Perhaps others see you as capable while you feel overwhelmed at home. Your abilities do not become false because you need help. Bring the specific difficulty to God without making it your entire identity. Romans 8:1 speaks of freedom from condemnation for those in Christ Jesus. That assurance allows honest self-examination rather than endless self-accusation.

Reflect

1. What do I fear people would conclude if they knew where I struggle?
2. How could I describe that struggle honestly without condemning my whole identity?

Practice today

Name one area where you need support. Write a small, realistic next step rather than a promise to fix everything.

Pray

Father, You know what I show and what I hide. Help me receive Your love and speak truthfully about where I need help. Amen.

Notice the woman beyond the label

Read Luke 7:36–50

“Seest thou this woman?” — Luke 7:44, KJV

Simon observes the woman at Jesus’ feet and judges Jesus for receiving her. Jesus draws his attention to her acts of love and teaches him through a story of forgiven debt. The woman is not reduced to Simon’s verdict about her.

The passage concerns forgiveness and faith; it is not a description of every woman who hides. Yet Jesus’ question can examine our way of seeing. Have we let a missed commitment, a reputation, or one difficult interaction become someone’s entire identity? We can name what happened while admitting that we do not know everything about her heart.

Reflect

1. What does Jesus point out that Simon overlooks?
2. Whose behavior have I interpreted without asking or listening?

Practice today

Separate one observation from your assumption about it. Pray for humility before deciding whether a private conversation would help.

Pray

Jesus, correct the way I see. Help me notice the person before me and respond with the dignity and truth You teach. Amen.

Bring fear into the light of grace

Read Genesis 3:7–10; Hebrews 4:14–16

“Let us therefore come boldly unto the throne of grace.” — Hebrews 4:16, KJV, excerpt

In Genesis 3, Adam and Eve hide after disobeying God. The narrative connects their hiding with sin; it does not mean every private struggle is sinful. We should take care before using their story to explain another person’s behavior.

Hebrews 4 invites believers to approach God for mercy and help through Jesus, our high priest. You may fear failure, exposure, or even recognition because attention feels demanding. You do not have to explain that fear perfectly to bring it to Him. Ask what is needed now: repentance for a specific wrong, relief from an unrealistic expectation, or support for a difficulty you have been carrying alone.

Reflect

1. What do I expect will happen if I fail or receive recognition?
2. What kind of help do I need in this particular situation?

Practice today

Write an honest prayer naming one fear. Choose one manageable action you have delayed, and give it a realistic time limit.

Pray

Lord, meet me with mercy. Help me face what needs attention and receive the help You provide without hiding behind shame. Amen.

Become trustworthy with another woman's story

Read James 1:19–20; Proverbs 11:13; Romans 12:9–10

“Let every man be swift to hear, slow to speak, slow to wrath.” — James 1:19, KJV, excerpt

A woman who shares a difficulty is offering trust, not inviting us to manage every part of her life. Listening patiently gives her room to describe her experience in her own words. Sincere love does not rush to turn her story into advice, gossip, or a lesson about someone else.

Ask, “Would you like me to listen, pray, or help you think through a next step?” Do not promise absolute secrecy when someone is in immediate danger; seek appropriate help and explain what you are doing. In ordinary conversations, ask permission before sharing personal details. A group prayer request should remain hers to offer.

Reflect

1. Do I listen to understand, or prepare my response while someone is speaking?
2. What habit would make me more trustworthy with private information?

Practice today

Practice listening without interrupting in one conversation. Ask permission before offering advice, and keep her story out of other conversations.

Pray

Father, make my love sincere. Guard my words and teach me to listen with patience, discretion, and care. Amen.

Share honestly with wisdom

Read Proverbs 11:13; Ecclesiastes 4:9–10

“A faithful spirit concealeth the matter.” — Proverbs 11:13, KJV, excerpt

Ecclesiastes describes the help companionship can offer when one person falls. Proverbs commends trustworthiness with a confidence. Together, these readings invite us to value support while paying attention to the character of the person receiving our trust.

Honesty does not require public disclosure. Begin with someone who has shown compassion, consistency, and respect for your boundaries. Share what you choose, and notice how it is received. “I need help keeping track of my responsibilities” can be enough for a first conversation. If someone responds carelessly, you can pause, limit what you share, and seek another source of support.

Reflect

1. Who has demonstrated discretion and respect for my boundaries?
2. What small truth could I share, and what specific help could I request?

Practice today

If you feel ready, ask a trustworthy person for a private conversation. You may say, “Please listen first. I am not ready to share this with the group.”

Pray

God, give me wisdom about trust and courage to receive care. Help me respect my own boundaries and those of others. Amen.

Carry burdens with gentleness

Read Galatians 6:1-5

“Bear ye one another’s burdens, and so fulfil the law of Christ.” — Galatians 6:2, KJV

Paul calls believers to restore a person caught in wrongdoing gently, watching themselves as well. He also instructs them to carry one another’s burdens and examine their own work. The passage holds mutual care and personal responsibility together.

A struggle with ordinary tasks is not automatically the wrongdoing addressed in verse 1. Still, we can practice its gentleness when something needs attention. Ask what is realistic rather than demanding an impressive promise. If you have made an unfair judgment, acknowledge it directly. If a commitment remains unfinished, discuss a clear next step. Help can be practical: breaking a task into parts, adjusting a commitment, or finding appropriate professional support.

Reflect

1. Where do I need help, and what part remains my responsibility?
2. Is there an assumption or hurtful statement I need to acknowledge and repair?

Practice today

Make one specific request for help or offer one specific form of support. Agree on a next step without taking over the other person’s choices.

Pray

Lord, give us gentleness and honesty. Help us share burdens, keep healthy boundaries, and follow through on what we can carry. Amen.

Let your light shine within loving community

Read Matthew 5:14–16; Hebrews 10:24–25

“Let your light so shine before men.” — Matthew 5:16, KJV, excerpt

Jesus calls His disciples to let their good works point others toward the Father. The purpose is His glory, not maintaining a flawless image. You can offer a gift while acknowledging the support and growth you still need.

Hebrews calls believers to consider one another and encourage love and good works. For HER+ IN THE A.M. Houston, this can take the form of a thoughtful check-in, a kept confidence, an honest request, or a useful act of service. Receive appreciation with a simple thank-you. Choose a contribution that fits your capacity. Faithful participation does not require accepting every invitation or exposing every private struggle.

Reflect

1. What gift can I offer in a way that fits my present capacity?
2. How can I encourage another woman without pressuring her to perform or disclose?

Practice today

Choose one modest act of service this week. Also identify one source of support that will help you follow through.

Pray

Father, help my life point to You. Give our community courage to serve, humility to receive help, and love that encourages growth. Amen.

Gather and encourage one another

An optional closing conversation for the HER+ Houston community

Begin with care

Read Hebrews 10:24–25 and Romans 12:9–10 together. Invite women to discuss the readings rather than identify another person's struggles. Anyone may pass. Do not ask someone to explain a private journal entry.

Discuss

What does Jesus help Simon notice in Luke 7 that he had overlooked?

How can we distinguish what we observed from the motive we assumed?

What response makes it easier to ask for help while preserving dignity?

How can we encourage honesty while respecting privacy and responsibility?

Choose one community practice

Agree to listen before advising, ask permission before sharing a story, and offer practical support without taking over. Keep personal disclosures private; when there is immediate danger, seek appropriate help rather than promising secrecy.

Carry this forward

One way I will practice compassion this week

One step I will take toward receiving support

Closing prayer

Lord, teach us to see each other with care. Forgive our unfair assumptions. Help us become trustworthy friends and wise recipients of support. Let our words and actions encourage love and good works. In Jesus' name, amen.