



FAITHFUL IN
the Covenants

A ROOTED IN TRUTH
WORKBOOK FOR
WELL-WATERED WOMEN

By Whitney Saville and Lauren Weir



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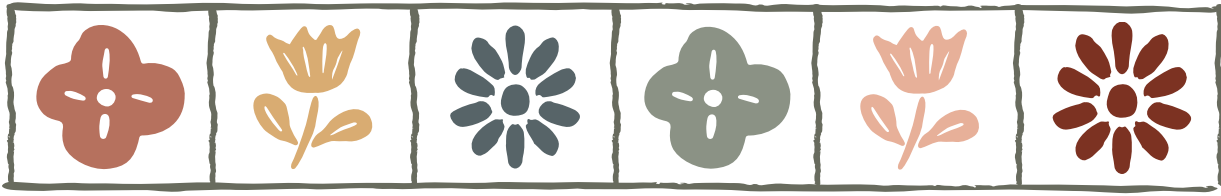
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Table of Contents

A Letter from the Editor.....	04
Using This Workbook	06
A Covenantal God	08
A God Who Makes Himself Known.....	09
Understanding Covenants.....	17
The Noahic Covenant	26
The Condition of Creation	27
God’s Promise to Noah and Creation	35
Jesus Is Foreshadowed.....	43
The Abrahamic Covenant.....	51
God’s Promise to Abraham	52
Jesus Is the Offspring	61
The Mosaic Covenant.....	69
God’s Promise to Israel.....	70
God’s Righteousness Revealed	78
Jesus Fulfills the Law	87
The Davidic Covenant.....	96
God’s Promise to David.....	97
Jesus Is the Promised King.....	106
The New Covenant.....	114
God’s Promise for a New Covenant	115
Jesus Fulfills the New Covenant.....	124
The Glory of the New Covenant.....	133
Review & Remember.....	143
The Covenants	144
Apply the Word.....	146



A Letter from the Editor

Dear Sister,

Today's culture has an obsession with self-knowledge, and if you're anything like me, you're not immune to it. I'm a sucker for a personality test or system. I can't scroll past those articles with luring titles like "Are you a true child of the '90s?" It's a little bit of nostalgia and a little bit of self-revelation all rolled into one.

Unfortunately, because we are broken people, all our self-obsession ultimately leads to despair. We will always be failing and finite and sinful. As more of our self is revealed, it becomes clear that we aren't a trustworthy source of hope. Our world preaches that self-awareness leads to happiness, but the Word demonstrates that only God-awareness leads to joy and flourishing.

God has been working through all of history to reveal himself to his people. For much of my life, I thought of the Old Testament and New Testament as jumbled pieces of a puzzle that I couldn't quite fit together. I was too focused on understanding myself through the lens of the Bible that I missed the whole purpose—understanding God. But now I see Scripture as the story of God revealing more of himself through a series of promises to his people called the covenants.

A promise is only as good as the one who makes it, and each successive covenant reveals more of God’s trustworthy character. As God’s people learn more about their God, their faith grows and their relationship with him deepens. They grow to trust God more as he proves himself faithful again and again. God reveals himself more through each covenant, adding elements to the future promise, until one day, he sends his ultimate self-revelation and faithfulness—Jesus, God made flesh—to usher in a glorious new covenant. By the work of Jesus, God’s will is achieved. He now dwells with his people, revealing himself to them through his Word as the Holy Spirit dwells in them.

One day, God’s redemption story will be complete and he will live with his people in unbroken relationship in the new heaven and new earth. On that day, all our obsession with self will cease, and our joy will be complete in the presence of our faithful King.

Trusting in God’s faithfulness,

Maggie Combs

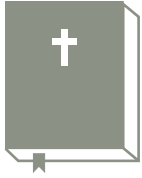
CONTENT DIRECTOR



Using This Workbook

This workbook is designed with flexibility. You could tackle one section each week for a simple six-week study on the covenants, or you could use this workbook on top of your regular Bible study. Maybe you decide to set time aside each Sunday to complete a concept or two at your own pace or to use this workbook as an opportunity to dig into God's Word in the evening before you go to bed. However you decide to use it, commit to digging deeply and considering each verse instead of flying through to check something off your list. The goal is to understand how God reveals himself through the covenants and to grow in relationship with him as you grow in understanding. This workbook could be used on your own or would be great to do with a friend or in a mentoring and discipleship relationship.

Each section is divided into two to three concepts for further understanding. Under each concept, you'll complete five sections based on spiritual disciplines: Truth Understood, Truth Defined, Worship God in Truth, Truth Applied, and Remember Truth.



TRUTH UNDERSTOOD

In this section, you'll look up verses and seek to understand what the Bible says about each concept.



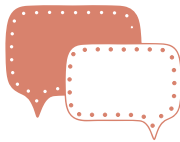
TRUTH DEFINED

In this section, you'll synthesize the information you learned in the Truth Understood section into a clear understanding of the concept.



WORSHIP GOD IN TRUTH

Learning about God in his Word should always lead us to worship. His truth declares his glories to us, and our first response should be to worship him. This section gives you an opportunity to exalt God in prayer and provides a suggested worship song to exalt him with singing.



TRUTH APPLIED

God's Word never changes, but it always changes us. This section offers an opportunity to confess the areas of your life where your actions have not lined up with your beliefs and provides space to plan and consider how what you learned should influence your actions in the future. The section ends with a summary truth statement about how this theological concept changes our lives.



REMEMBER TRUTH

We are forgetful people. It's simply too easy to close this workbook and walk away from what you learned about God and the covenants and forget. This section will present a key Scripture from your study and guide you through various memorization techniques to help you hide God's Word in your heart.

Because God's Word never changes but always changes us, we are expectant that God will use his truth to transform our lives. To him be the glory for this good work!

A Covenantal God

God wants to be known and in relationship with humans, so he reveals himself generally through creation and specifically through his Word. Each covenant God makes reveals more of his nature, his heart, and his purpose.

A God Who Makes Himself Known



TRUTH UNDERSTOOD

In this section, let God's Word instruct you, tearing down any misconceptions you may have and rebuilding an understanding of each topic based on the truth offered in God's Word.

It's hard to be in relationship with someone you don't know. Like when you start a new job and have a bevy of coworkers you depend on but don't really understand. Or, for newlyweds, like finding that each additional week of marriage brings an unexpected revelation about the person they thought they knew so well. Or even when your church gets a new pastor, and suddenly everything changes about your systems and services and outreach. It's tricky to be in a dependent relationship with someone you don't know, so God reveals himself to his people, that they may know him and trust him and love him.

Read Psalm 19:1–6. What do the heavens and the sky declare?

What do day and night reveal?

Read Psalm 19:7–11. What five synonyms are used for God's Word in verses 7–9?

List the descriptions of God's Word in verses 7–9 and the results that follow each description. See the example below.

Perfect → reviving the soul

How should people view God's Word (vv. 10–11)?

How is God's special revelation (his Word, described in verses 7–11) different from his general revelation (creation, described in verses 1–6)?

Read Psalm 19:12–14. Describe the kind of relationship humans have with God.

Read Hebrews 1:1–2. How did God speak to his people in the Old Testament?

How does he speak to them now?

God wants to be known and in relationship with humans, so he reveals himself generally through creation and specifically through his Word. As Christians living under the new covenant, we know the whole redemption story and can read about God's revelation of himself throughout the Old and New Testaments. So as you study each covenant, remember that God is making himself known to specific people in specific circumstances as part of his unfolding redemption story. God wants to be in relationship with the people he created, so he binds himself covenantally to them, proving his love and faithfulness over time until, at the proper time, he reveals himself fully in the person of Jesus Christ.

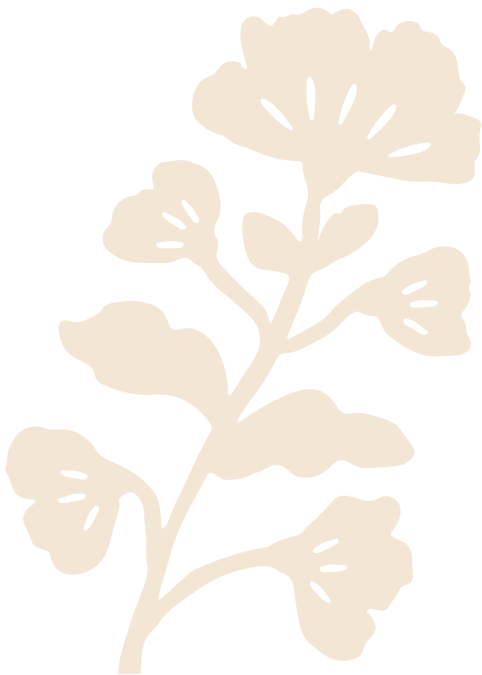


TRUTH DEFINED

As you complete this section, read each question and then look back at what you wrote down in the Truth Understood section. Try to incorporate the language of Scripture into your answers.

How does God reveal himself?

Which of these two ways is a more specific kind of revelation?





WORSHIP GOD IN TRUTH

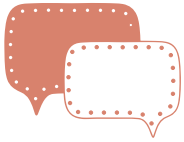
The truth about God shouldn't just lead us to action; it should first lead us to worship. Use this section to write a prayer of worship to your Lord and Savior, praising him for who he is as discovered in the Scripture you read this week. You can use the Scripture below as a starting place to guide your prayer. Then use the suggested worship song to make melody to the Lord with your heart (Eph. 5:19).

For thus says the LORD, who created the heavens (he is God!), who formed the earth and made it (he established it; he did not create it empty, he formed it to be inhabited!): “I am the LORD, and there is no other.”

Isaiah 45:18

 PSALM 19

By Poor Bishop Hooper



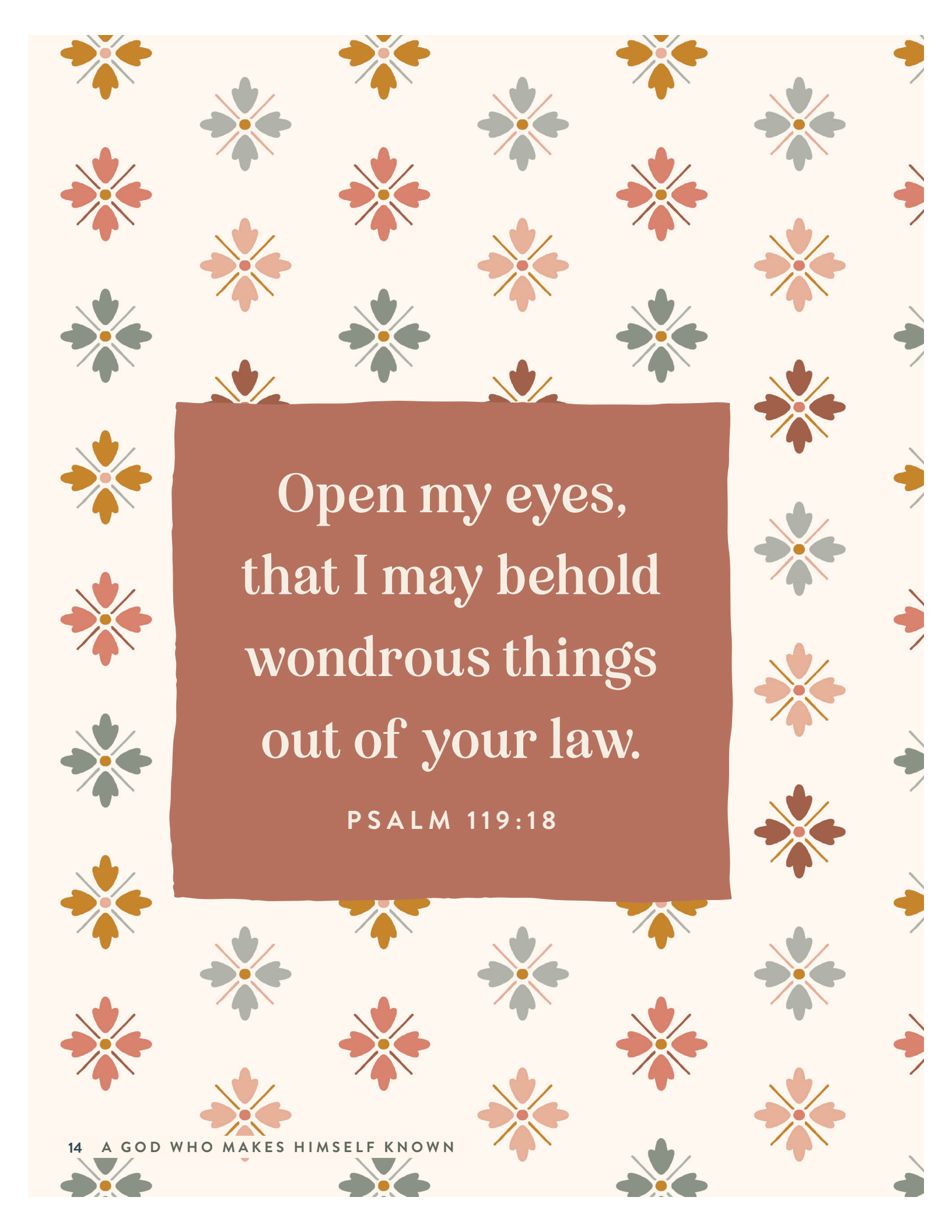
TRUTH APPLIED

Don't rush through this section. Make an effort to remember your previous week and look forward to next week. Maybe even pull out your planner to remember what you did and what you will be doing. God's Word is living and active and changes our lives. Don't neglect considering how what you've learned impacts how you live.

How do you incorporate seeing God in creation and knowing him through his Word into your everyday life? How would you like to develop these practices?

How does God's active pursuit of his people through revelation of himself transform your attitude toward God or toward spiritual disciplines?

God wants to be known and in relationship with humans, so he reveals himself generally through creation and specifically through his Word.



Open my eyes,
that I may behold
wondrous things
out of your law.

PSALM 119:18



REMEMBER TRUTH

Take some time to hide this key Scripture in your heart, that the knowledge you gathered studying God's Word would not go in one ear and out the other but continue to bear fruit in your life.

Write Psalm 119:18.

Write Psalm 119:18.

Write Psalm 119:18.



Fill in the blanks from memory.

_____ MY EYES, THAT I MAY _____

_____ THINGS OUT OF _____ .

PSALM _____ : _____

Cover your memorization practice above and use the initials of the Scripture as a prompt to recite it out loud.

O M E, T I M B W T O O Y L.

P 119:18

Cover your memorization practice above and write the Scripture from memory.

Find a friend or family member to recite this Scripture to today.

Meet the Authors

Whitney Saville is the President and Co-Owner of Well-Watered Women. She loves seeing women grow in their love for God's Word. She serves on the women's ministry team at her local church and is passionate about building up the body of Christ. She also loves spending time with her husband and four kids, traveling, listening to a good playlist, and reading nonfiction.



Lauren Weir is the Theology Editor at Well-Watered Women and author of several Well-Watered Women Bible studies. She is also a wife and mother with a heart to communicate the goodness and glory of God. She has a Master of Biblical Counseling degree from Southeastern Baptist Theological Seminary and counsels and teaches within her local church.

THE HEART BEHIND OUR ROOTED IN TRUTH WORKBOOKS

Our mission at Well-Watered Women is to provide engaging and theologically-rich resources to grow your love for God and his Word, so we created this Rooted in Truth Workbook with the goal of helping you search God's Word for yourself. In Acts 17:10-11, the Jews in Berea are described as noble because "they received the word with all eagerness, examining the Scriptures daily to see if these things were so." Mature Christians do not believe a theological concept because it's what they've always been taught by people they trust; they search the Scriptures to see if the teaching lines up with the truth of God's Word.

But it is not only important for us to understand theology based on the Word of God—good theology must impact our lives. Rooted in Truth Workbooks use the spiritual disciplines of Bible study, prayer, confession, worship, and memorization to help God's Word travel from your head to your heart, creating opportunities for Spirit-led life transformation.

So we pray that you will learn to be Bereans, testing all things against the truth of God's Word, and that the deeper understanding you gain from studying God's Word for yourself will lead to your sanctification, for your good and God's glory.