



# Women in the Old Testament

## & COME FOLLOW ME 2026



Align your study of women in scripture with the Come Follow Me Study in 2026. This guide shows date that the woman is covered, her name, whether her story is included in the weekly CFM reading assignment, whether she's mentioned in the CFM manual, and any bonus materials included in the CFM manual.

| <b>Date:</b>    | <b>Woman:</b>           | <b>In CFM Reading?</b> | <b>In CFM Manual?</b> | <b>Bonus Material:</b> |
|-----------------|-------------------------|------------------------|-----------------------|------------------------|
| January 12-18   | Eve                     | ✓                      | Mentioned             |                        |
| January 19-25   | Eve                     | ✓                      | Discussed             | Art/Video              |
| February 9-15   | Noah's Wife             | ✓                      | No                    |                        |
| February 9-15   | Sarah                   | ✓                      | No                    |                        |
| February 16-22  | Sarah                   | ✓                      | Discussed             | Art/Video/Activity     |
| February 16-22  | Hagar                   | ✓                      | Discussed             | Video                  |
| Feb. 23-March 1 | Sarah                   | ✓                      | Discussed             | Art/Video              |
| March 2-8       | Rebekah                 | ✓                      | Discussed             | Art/Activity           |
| March 2-8       | Rachel & Leah           | ✓                      | Mentioned             |                        |
| March 9-15      | Tamar                   | ✓                      | No                    | Study Helps            |
| March 9-15      | Asenath                 | ✓                      | No                    |                        |
| March 16-22     | Asenath                 | ✓                      | No                    |                        |
| March 23-29     | Shiphrah & Puah         | ✓                      | No                    |                        |
| March 23-29     | Jochebed                | ✓                      | Not by name           | Art/Video              |
| March 23-29     | Pharoah's daughter      | ✓                      | Mentioned             | Video                  |
| March 23-29     | Miriam                  | ✓                      | No                    | Art/Video              |
| March 23-29     | Elisheba                | ✓                      | No                    |                        |
| April 13-19     | Miriam                  | ✓                      | No                    |                        |
| April 27-May 3  | Wise-Hearted Women      | ✓                      | No                    |                        |
| April 27-May 3  | Women at the Door...    | ✓                      | No                    |                        |
| May 4-10        | Daughters of Zelophehad | Partially              | No                    |                        |
| May 18-24       | Rahab                   | ✓                      | Discussed             | Art/Video              |

| <b>Date:</b>   | <b>Woman:</b>                   | <b>In Reading?</b> | <b>In Manual?</b> | <b>Bonus Material:</b> |
|----------------|---------------------------------|--------------------|-------------------|------------------------|
| May 25-31      | Deborah                         | ✓                  | No                | Art/Video              |
| May 25-31      | Samson's Mother                 | ✓                  | Not by name       |                        |
| June 1-7       | Ruth                            | ✓                  | Discussed         | Art/Video              |
| June 1-7       | Naomi                           | ✓                  | Mentioned         | Art/Video              |
| June 1-7       | Hannah                          | ✓                  | Discussed         | Art/Video/Activity     |
| June 1-7       | Phinehas' Wife                  | ✓                  | No                |                        |
| June 15-21     | Abigail                         | ✓                  | Mentioned         |                        |
| January 22-28  | Bathsheba                       | ✓                  | No                |                        |
| Late June      | Tamar                           |                    | No                |                        |
| Late June      | Wise Woman of Abel-Beth-Maachah |                    | No                |                        |
| June 29-July 5 | Widow of Zarephath              | ✓                  | Discused          | Art/Video              |
| July 6-12      | Widow's Oil                     | ✓                  | No                |                        |
| July 6-12      | Shunammite Woman                | ✓                  | No                |                        |
| July 6-12      | Little Maid                     | ✓                  | Mentioned         |                        |
| Mid July       | Jehosheba                       |                    | No                |                        |
| July 13-19     | Huldah                          | ✓                  | No                |                        |
| Mid July       | Daughters of Heman              |                    | No                | Video                  |
| End of July    | Daughters of Shallum            |                    | No                |                        |
| August 3-9     | Queen Vashti                    | ✓                  | No                |                        |
| August 3-9     | Queen Esther                    | ✓                  | Discussed         | Art/Video/Activity     |
| August 10-16   | Job's Daughters                 | ✓                  | No                |                        |
| September 7-13 | Virtuous Woman                  | ✓                  | Discussed         |                        |
| November 16-22 | Gomer                           | ✓                  | Discussed         | Art                    |

Note: For women not covered by the assigned CFM reading assignments, instead of a date, a general time period to study her is given.

Find more resources and a full study guide of women in scripture at [womeninscriptureguide.com](http://womeninscriptureguide.com)