

You Are Not Forgotten

A Bible Study Companion to the Girl Get Real Podcast

Theme Verse

"Can a woman forget her nursing child and have no compassion on the son of her womb? Even these may forget, yet I will not forget you. See, I have engraved you on the palms of My hands."

Isaiah 49:15–16

Introduction

There are seasons when life convinces us we've been forgotten.

Maybe you've prayed for years and haven't seen an answer.

Maybe everyone around you seems to be moving forward while you're standing still.

Maybe you've been overlooked, rejected, betrayed, or simply exhausted.

The enemy loves to whisper one lie over every waiting season:

"God forgot about you."

But Scripture tells a completely different story.

Throughout the Bible we see men and women who spent years wondering where God was—Joseph in prison, David hiding in caves, Jeremiah weeping over Israel, Hannah crying in the temple, and Leah longing simply to be loved.

None of them were forgotten.

They were being prepared.

This study explores one of the most overlooked women in Scripture—Leah—and reveals how God's greatest blessings often come during seasons that feel the loneliest.

Session One

The Lie: "God Forgot Me"

Key Scriptures

- Isaiah 49:15-16
 - Jeremiah 29:11
 - Jeremiah 1:5
 - Psalm 139:13-18
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What Does It Feel Like to Be Forgotten?

Sometimes it isn't dramatic.

It looks like...

- Sitting alone in church.
- Watching everyone else's prayers get answered.
- Feeling invisible in your own family.
- Working hard without recognition.
- Wondering if your purpose somehow skipped over you.

The feeling is real.

The conclusion is false.

God never equates silence with absence.

Often His silence is preparation.

Reflection

Have you ever mistaken God's silence for His absence?

Write about a season where you questioned whether God remembered you.

Digging Deeper

Read Isaiah 49 slowly.

Notice something remarkable.

God compares His love to a mother's love.

A nursing mother has one of the strongest emotional bonds imaginable.

Yet God says:

"Even if she forgets..."

Human love can fail.

God's never does.

Not once.

Application

Write down three situations where you've recently questioned God's timing.

Now beside each one write:

God has not forgotten me.

Session Two

Leah: The Woman Nobody Chose

Main Passage

Genesis 29:31-35

Leah may be one of Scripture's most misunderstood women.

Many assume she was unattractive.

The Bible never actually says that.

It only says Rachel was more beautiful.

The Hebrew phrase often translated "weak eyes" or "tender eyes" likely points toward gentleness, softness, or emotional tenderness—not physical ugliness.

Whether Leah struggled with appearance or not isn't the point.

She believed she wasn't enough.

That's what rejection does.

Leah's Search for Love

Look at the names of her first four sons.

Reuben

"Now my husband will love me."

She hoped accomplishment would earn affection.

Simeon

"The Lord has heard that I am unloved."

She still believed love had to be earned.

Levi

"Now my husband will become attached to me."

Three sons later...

Still searching.

Still striving.

Still hoping another achievement would finally make her enough.

Judah

Everything changes.

Instead of saying,

"Now my husband..."

Leah says,

"This time I will praise the Lord."

She stopped chasing human approval.

She started worshiping.

That changed everything.

Reflection Questions

Where do you find yourself saying,

"When I finally _____, then I'll be enough."

Examples:

- lose weight
- get married
- have children
- find a new job
- heal emotionally
- become successful

What would it look like to praise God before any of those things happened?

Session Three

Different Doesn't Mean Forgotten

One of the strongest themes in the episode is this:

Sometimes rejection isn't punishment.

It's preparation.

Leah didn't fit in.

Joseph didn't fit in.

David didn't fit in.

Jeremiah didn't fit in.

Jesus didn't fit in.

Different often means set apart.

Scripture

Romans 8:28

1 Peter 2:9

John 15:18-19

Study

Ask yourself:

Have I been interpreting my differences as defects?

Or could God be setting me apart?

Session Four

Waiting Is Not Wasting

Waiting is one of God's favorite classrooms.

Consider:

Joseph

Years in slavery.

Years in prison.

Then second in command of Egypt.

David

Anointed as king.

Waited nearly twenty years.

Lived in caves.

Ran for his life.

Then became Israel's greatest king.

Moses

Forty years in Egypt.

Forty years in Midian.

Only then did God call him.

Jesus

Thirty hidden years.

Three years of ministry.

God isn't in a hurry.

Because maturity takes time.

Reflection

What is God developing in you during this season?

Circle any that apply.

- Patience
 - Humility
 - Faith
 - Compassion
 - Leadership
 - Wisdom
 - Dependence
 - Character
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Session Five

Work While You Wait

One of the most powerful statements from the podcast is this:

"You're not forgotten. You're being prepared."

Waiting doesn't mean doing nothing.

Joseph interpreted dreams in prison.

David wrote Psalms in caves.

Paul preached from prison.

Jesus worked quietly before public ministry.

Faithfulness in hidden places prepares us for visible places.

Practical Exercise

Write down:

What has God already placed in your hands?

People to encourage?

Children to raise?

A ministry?

A workplace?

A church?

How can you serve faithfully today?

Session Six

Stop Living for Human Approval

Leah teaches us that approval is an endless pursuit.

Someone will always:

- misunderstand you
- overlook you
- reject you

- criticize you

But God's opinion never changes.

You don't have to prove yourself.

You belong to Him.

Scripture Meditation

Galatians 1:10

Ephesians 2:10

Romans 8:38-39

Journal Prompt

Whose approval have you been chasing?

How has that pursuit affected your relationship with God?

Session Seven

You Have an Assignment

The enemy wants waiting to become quitting.

God wants waiting to become preparation.

Your assignment matters.

Someone else's breakthrough may be connected to your obedience.

Joseph's obedience preserved nations.

David's obedience gave us the Psalms.

Leah's obedience became the lineage of Jesus.

Never underestimate what God can do through ordinary faithfulness.

Reflection

Who could benefit if you stayed faithful?

Your children?

Future spouse?

Church?

Coworkers?

Someone you've never met?

Weekly Challenge

Each morning this week read these verses aloud:

- Isaiah 49:15-16
- Jeremiah 1:5
- Jeremiah 29:11
- Psalm 139:13-18
- Romans 8:28

Then pray:

"Lord, help me trust Your timing more than my feelings."

Memory Verses

Isaiah 49:16

"See, I have engraved you on the palms of My hands."

Jeremiah 29:11

"For I know the plans I have for you..."

Romans 8:28

"And we know that all things work together for good..."

Closing Prayer

Father, thank You for reminding me that I have never been forgotten. Even when life feels quiet, confusing, or painful, You are still working. Help me trust Your timing over my own expectations. Like Leah, teach me to stop searching for my worth in the approval of people and instead find my identity in Your love. Strengthen me while I wait. Prepare me for the calling You have placed on my life. Give me faith to serve where I am today, believing that every season has purpose. Thank You for knowing me before I was born, for writing my story, and for never letting go of me. In Jesus' name, Amen.