



STUDY GUIDE: October 26, 2025

Message Series: At the Movies
Message Title: The Value of Every Person
Teaching Pastor: Brian Hughes

Study Guide based on *Young Woman and the Sea*. We encourage you to watch the movie prior to this study for greater understanding and impact.

Warm-up/Icebreaker: (10 min.)

In *Young Woman and the Sea*, Trudy faced huge challenges in the water. What's the most adventurous (or hilarious) swimming moment you've had?

Pray:

Heavenly Father, thank You for this time together and for the chance to learn from stories that inspire courage and faith. As we reflect on *Young Woman and the Sea*, open our hearts to see the strength You've placed in every person You've created. Remind us that both men and women bear Your image and carry Your Spirit. Help us listen, learn, and leave here, more aware of Your calling and value in each of us. In Jesus' name we pray. Amen.

Get Started: (40 min.)

- Trudy faced doubt from nearly everyone around her. Have you ever felt underestimated or told you couldn't do something? How did you respond?
- Who is a woman (famous or personal) who has inspired you through her courage, leadership, or faith—and why?

Read Genesis 1:26–27.

- What does being made in God's image mean for how we see ourselves and others?
- How does this truth challenge cultural stereotypes or biases between men and women?

Read Proverbs 31:25–26, 30–31.

- How does this description of a woman of noble character differ from how women were viewed in Trudy's time—or even today?

"As a Dad, I was very intentional about how I raised my daughter. Namely, I had this Proverbs 31 picture in my mind. My daughter would be raised to see herself as completely capable. And tough. Not lesser than. Not predestined to some stereotype. I wanted her to be confident, without being egotistical. So we played hard. I wrestled with her, just like I did with her brothers. Did you know that there are incredibly consistent studies confirming that dads who wrestle and roughhouse with their daughters produce more confidence in them?" -Pastor Brian Hughes

- How can we shift our perspective from seeing Proverbs 31 as an "unrealistic standard" (for yourself or others) to seeing it as a guide for personal growth and virtue?

Reflect and Commit: (30 min.)

Read Acts 2:1-18.

"To Prophecy is to preach and proclaim the truth of God and to be a spokesperson for God. Peter, quoting the prophet Joel, says that our sons AND DAUGHTERS will do this. And In Luke 17, there is a prophetess named Anna. A woman...who was a prophet. Lydia, Tabitha and Priscilla were all key leaders in the early church movement - and they were women. And even the opening words of the book of Matthew give us a clue that women will have an equal role in church leadership and authority. Oh, and who can forget Proverbs 31, which I read earlier? Does that woman sound like she stands in the shadow of her husband or other men? No way." -Pastor Brian Hughes

- What does this verse reveal about God's plan for equality and partnership between men and women in ministry?

"My life, my ministry, my faith in Jesus and my calling and our church has been powerfully shaped by women, and these women influenced me as an adult - as a young man and still today." -Pastor Brian Hughes

- How can the church continue to empower both men and women to use their gifts?

Read Joshua 1:9.

- Fear could have stopped Gertrude, but she pressed on. When have you had to do something afraid — and how did you sense God's presence with you?
- The ocean in the movie feels both beautiful and terrifying. What's a "deep water" situation in your life right now where you need to trust God completely?

Gather prayer requests. (5-10 min.)

Pray:

Dear Lord, thank You for the inspiring examples of courage, perseverance, and faith we've seen in Trudy's story and in the women who have shaped our lives. Help us honor the image of God in every person we meet. Give us courage to step into the "deep waters" of our own challenges, trusting Your guidance and strength. May we leave here encouraged to empower others, value every person, and reflect Your Spirit in all we do. In Jesus' name, Amen.