

Email not displaying
correctly?

[View it in your browser.](#)

HAGAR'S  SISTERS
Newsletter 
January 2026 Reflections

Welcome to the Hagar's Sisters Newsletter

This is a space for updates, encouragement, and learning about the intersection of faith and intimate partner abuse. Whether you are a Sister, supporter, or one simply seeking hope, you are welcome here.

January often gets described as a season of new beginnings. And while that idea can feel hopeful, it can also feel discouraging if you're waking up each day feeling stuck, tired, or unsure how to move forward. The truth is, a beginning doesn't have to happen on January 1...or on anyone else's timeline. A beginning starts when *you* are ready. And when that moment comes, we are here to walk with you.

This month, we're creating space for truth, reflection, and gentle encouragement. You'll find:

 **A scripture-centered reflection** that invites us to revisit God's design for love, humility, and mutual care.

 **A thoughtful conversation** addressing one of the most misunderstood and misused passages of Scripture, Ephesians 5:22, "*wives, submit to your husbands.*" In our latest blog, we explore what this verse truly means and what it was never meant to justify.

A glimpse of what's ahead. We're excited to share that we're launching a new monthly virtual gathering for Sisters enrolled in our programs, **Hagar's Sisters Community Nights**. These online gatherings are designed to foster connection and belonging while offering thoughtful, practical teaching to support women on their healing journey. More information below.

As this year unfolds, our prayer is that no woman impacted by intimate partner abuse feels pressure to rush healing, only permission to take the next right step when they're ready.

*When you pass
through the
waters; I will be
with you.*

Isaiah 43:1-2



📖 **This month, we are examining a quiet but powerful truth:** God's presence is not always loud or immediately felt, sometimes it is steady, hidden beneath the surface, or only recognized in hindsight. This verse reminds us that moving through deep waters does not mean we have been abandoned. It means God is near, even when the path ahead feels uncertain.

Abuse is deeply isolating and can leave a person feeling unseen, unheard, and forgotten, even by God. But Scripture speaks a different truth: God has not left. God is with you. At Hagar's Sisters, we begin this year holding onto that promise as we walk alongside women navigating hard questions. If you are

moving through deep waters, you are not alone, and you do not have to face the year ahead by yourself.

That promise is also not abstract or distant, it is named clearly in Isaiah 43. God does not promise the absence of hardship; God acknowledges it. God does not say if you pass through the waters, but when. And yet, the promise remains unshaken: “I will be with you.” This passage reminds us that God’s nearness is not dependent on our strength, clarity, or certainty. Even in seasons marked by fear, confusion, or waiting, God's presence holds steady. The waters may feel overwhelming, but they do not have the final word.

If this Scripture touches something tender or brings questions to the surface, you do not have to carry that alone. At Hagar’s Sisters, our Care Coordinators are here to listen and walk with you, without pressure and at your own pace. **If you would like to speak with a Care Coordinator, you may schedule a call [[HERE](#)]**. Support is available whenever you’re ready.

Hagar’s Sisters Blog

*Wives, Submit to Your Husbands:
What the Bible
Actually Says*



Reflect Further in this Month's Blog

Wives, Submit to Your Husbands: What the Bible Actually Says

In our latest blog, we explore one of the most misunderstood and often misquoted verses in the Bible. “Wives, submit to your husbands” is frequently taken out of context—sometimes with harmful consequences. We take a closer look at what Scripture actually says, and what it means when read with truth, care, and compassion.

You might be wondering: *If God is so clearly against abuse, then why does Scripture tell wives to submit to their husbands?*

This question often comes up when people encounter Ephesians 5:22, which says, **“Wives, submit yourselves to your own husbands as you do to the Lord.”** For many women—especially those who have experienced control, manipulation, or abuse—this verse can feel confusing, painful, or even dangerous.

But this verse was never meant to be read in isolation. To understand what the Bible truly teaches about marriage, we have to look at the full passage and meaning behind it.

The Verse Before Changes Everything

Click [\[HERE\]](#) to finish reading the full blog post on our website.

Introducing Hagar's Sisters Community Nights



We're excited to share that we're launching a new monthly virtual gathering for Sisters enrolled in our programs: **Hagar's Sisters Community Nights**. These evenings are designed as a safe, faith-centered space to listen, learn, and engage thoughtfully around topics that matter deeply to those navigating healing, relationships, and spiritual growth.

Throughout the year, we'll welcome trusted voices to guide conversations on subjects such as self-care, spiritual practices, legal and practical resources, and Scripture—offering insight meant to equip and encourage. Community Nights will be hosted online, with opportunities to participate through chat and submitted questions. **More details about dates and participation will be shared soon.**

Community Nights are offered to Sisters enrolled in our programs. If you have not yet connected one-on-one with a Care Coordinator or received your credentials, we invite you to schedule a conversation [[HERE](#)].

HAGAR'S NEWS

GET IN TOUCH

♥ We're excited to share that **multiple Support Groups will be launching in February and March.**

Our team is preparing these upcoming groups, and we look forward to offering several options to meet women where they are. Details and registration information will be shared directly with those who are eligible to participate.

If you haven't yet connected with a Care Coordinator (a required step before joining a group), we invite you to schedule a call by clicking [[HERE](#)].

Schedule A Call

If you would like to learn more about our services, you're warmly invited to schedule a call [[HERE](#)].

For general information or quick questions, you can always email us at Care@HagarsSisters.org

DONATE

♥ The work of Hagar's Sisters is made possible through the generosity

of those who choose to give. If you would like to support this ministry, we invite you to do so [\[HERE\]](#).

