

Sara:  
*The Courage to Find  
 Your Inner Strength*



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### Class One: **Finding G-d during Tough Times**

*"Say that You Are My Sister"*

Even when we are experiencing our personal famines, our relationship with G-d is still present and accessible.

Video: [www.chabad.org/2084920](http://www.chabad.org/2084920)

### Class Two: **When to Rely on Your Wife**

*"In Sara's Merit"*

Abraham's greatness allowed him to recognize and submit to his wife's power--and to realize that she had abilities that he did not.

Video: [www.chabad.org/2084924](http://www.chabad.org/2084924)

### Class Three: **Was Abraham the First Feminist?**

*"And Sarai, his wife"*

Even in modern times when we have reached unprecedented advances in the treatment of women, we need to rethink and challenge our value system.

Video: [www.chabad.org/2084925](http://www.chabad.org/2084925)

### Class Four: **Is it Good to Be Rich? The Spiritual Implications of Material Prosperity**

*"And he treated Abraham well for her sake, and he had sheep and oxen..."*

Is money good or bad? Is it only a means to an end, or is there some intrinsic spiritual component to money that makes it so powerful?

Video: [www.chabad.org/2084926](http://www.chabad.org/2084926)

### Class Five: **How to Be a Taker**

*"And Sara gave her to Abram her husband"*

Have you ever experienced a level of altruistic giving? How about absolutely selfless taking?

Video: [www.chabad.org/2084928](http://www.chabad.org/2084928)

## Class Six: **Can a Change of Name Create a Change of Destiny?**

*"Your name shall be Abraham...for Sara is her name"*

What influence does your name have on you--on your personality, on your behavioral patterns and on your life choices? Or does it?

Video: [www.chabad.org/2084929](http://www.chabad.org/2084929)

## Class Seven: **Do You Follow Your Convictions?**

*"Whatever Sara tells you, listen to her voice"*

At various junctures in our lives, we may face the difficult decision of doing what we know is best, or conforming to what others expect. How do you choose?

Video: [www.chabad.org/2111871](http://www.chabad.org/2111871)

## Class Eight: **Chasing Youth**

*"And the years of Sara's life were a hundred years and twenty years and seven years"*

What is it about youth that makes us yearn to be young again?

Video: [www.chabad.org/2111872](http://www.chabad.org/2111872)

## Class Nine: **Countering the "If Only" Life**

*"These were the years of the life of Sara"*

The "if only" attitude claims that if only we had some essentially missing quality then our lives would be infinitely enhanced.

Video: [www.chabad.org/2111873](http://www.chabad.org/2111873)

## Class Ten: **Summary and Historical Overview**

*"The life of Sara"*

A superficial reading of the Bible might lead us to believe that women played a superfluous role. Take a closer look.

Video: [www.chabad.org/2111869](http://www.chabad.org/2111869)