



True Woman 101: Divine Design

Leader's Guide

Introduction: True Womanhood

Decades ago, the women's movement set out to spread its radical message and vision through small groups that met, multiplied, and eventually ignited a revolution. Our desire is that a new revolution will take root and spread in our day, as Christian women band together to ask, "How can we more fully reflect the beauty and gospel of Christ to our world, through the expression of our true, biblical design?"

The Bible presents a design for True Womanhood that applies to *all* women—at any age and at any stage of life—old, young; single, married, divorced, widowed; with children or without, whatever. Its design applies to women of every personality type, every educational level, every career track, every socio-economic status, and every culture. God's design transcends social customs, time, and circumstance.

In this study, we have tried to focus on timeless biblical principles rather than the specific application of those principles. We wanted to provide a resource with foundational teaching that could be applied to different stages and circumstances of life, and that would be just as applicable to the great-granddaughters of our generation as it is to us.

When it comes to womanhood, most of us have been exposed to clichéd advice, shallow caricatures, and cookie-cutter solutions. It is our hope that this resource will shift the discussion to a better focus. We pray that it will

- enable you to explore God's timeless design for womanhood straight from His Word.
- help you wrestle with how to apply God's design to your season of life.
- encourage you to have grace toward women who differ in life circumstance and application.
- equip you to pass on the message of True Womanhood to the next generation. Caricatures and cookie-cutter patterns won't do. God's design for womanhood is much broader and more glorious than that.

Discovering and living out the meaning of true womanhood will be a journey for you, as it has been (and is) for us. At points, you may find yourself disagreeing with what you're reading or struggling with some of the implications of this teaching. We've had some of those same reactions ourselves! We would simply encourage you to turn to God's Word with an open, seeking heart. Ask His Spirit to teach you, to give you understanding, and to incline your heart to say "Yes, Lord!" to His Word and His ways.

Throw Away the Cookie-Cutter

The Bible doesn't give us a simplistic, prescribed set of rules about what womanhood must "look" like. It doesn't tell us, for example, how long our skirts should be, or whether we should pursue advanced education, or that women must be the ones who clean the toilets and cook all the meals, or that we should never work outside of the home, or that all women should get married, or that we must educate our children a certain way. The Bible doesn't contain such cookie-cutter checklists.

Women are not the same. Womanhood will look different from woman to woman. It looks different for Mary than it does for Nancy. It may look different for your friend than it does for you. It may look different in Nigeria than it does in Canada . . . for a married woman than a single one . . . for a twenty-year-old than a sixty-year-old . . . for a gregarious woman than a quiet, reserved one . . . for an athlete than an artist . . . for an outdoorsy type than an indoorsy type . . . You get the idea!

That's not to say that our decisions don't matter. God has given us some clear principles about womanhood in His Word. It's important that we wrestle with how to implement these principles. We need to rely on the Holy Spirit's guidance to help us figure out how to apply them in our particular situation. But we must avoid a cookie-cutter mentality. We are all unique. Every woman's circumstances are distinct. We each need to carefully discern how to apply God's principles in our own lives, and we can encourage one another in that process; but it's not up to us to determine how they must be applied in other women's lives.

Delight in the Differences

We encourage you to delight in the diversity and to avoid the temptation to compare yourself with others. Cling firmly to core biblical convictions; hold less tightly to matters of application and preference. In both, be gracious and humble. Allow God to express His many-splendored grace through the various gifts and sensitivities He has given to different women who love Him and desire to honor Him.

It's also important to remember that true womanhood is a journey. It certainly has been for both of us. The Lord has challenged and changed our thinking and

behavior over time. We are at a different place in our understanding and application of True Womanhood now than we were twenty or thirty years ago.

Furthermore, it's important to know that though we aim for the ideal, we live in a less-than-ideal world. Because of the reality of sin, experiencing and expressing the biblical ideal for womanhood will be exceptionally difficult in some circumstances. We are sinners. Men are sinners. God's grace can enable us to walk with Him and please Him in every situation, but great wisdom is needed to discern how to reflect God's heart and ways in a broken world.

True Women are not haughty, self-righteous, or condemning. They are encouragers rather than critics. They know they are hopeless and helpless apart from God's grace. And they are generous in giving grace to others. They extend grace to those who do not have the same convictions about what the Bible teaches about womanhood. They extend grace to those who make alternate decisions about how to apply biblical principles. They extend grace to those who are at a different stage of their journey. They extend grace to those who are dealing with tragic, formidable circumstances. They extend to others the same kind of grace they themselves have received from God.

Beware of the Dangers

Womanhood is a topic that impacts each one of us on a personal level. At times, that makes it a difficult topic to address and discuss. Many stereotypes, caricatures, and misconceptions exist. And some people use the Bible to defend views and practices that are anything but biblical. A woman who has been subjected to flawed instruction, examples, and experiences may be more resistant and defensive about the topic than someone who has not.

We have found that the assault on the biblical pattern for gender comes from both sides. It comes on the left, from those who would throw off all distinctions between male and female, deride God's pattern and seek an egalitarian, gender-neutral type of existence. But it also comes on the right, from those who regard women as inferior, who demean, degrade, and assault them, or who insist on a stringent, legalistic, oppressive application of gender roles. It is therefore necessary to engage the battle on both fronts and to strive for a biblical perspective that avoids both extremes.

In this study, we've focused on role differences. We believe that in this culture, it's vital to understand and celebrate the differences between male and female. However, it's also vital that we not lose sight of all that men and women have in common. Christians need to uphold the value, dignity, and honor of women. Women are co-bearers of the image of God. We are heirs together with men. We have been granted co-dominion over the earth. Our differences ought

to enhance and not detract from the mutuality and interdependence of the sexes. They should increase our appreciation and respect for one another, and contribute to unity and partnership with both men and women.

Marvel at the Meaning

In closing, we want to remind you that as important as gender is, it's not nearly as important as that to which it points. True Womanhood is not an end in and of itself. Manhood, womanhood, marriage, and sex exist to put the story of Jesus Christ on display. Their purpose is to draw attention to the beauty and wonder of the gospel.

There's nothing quite as compelling as a really good romance, is there? We're all familiar with the storyline. The dashing hero fights to rescue the lovely princess from evil. She falls head-over-heels in love with him. He proposes. Then they ride off into the sunset to live happily ever after.

Have you ever wondered why so many stories follow this basic plot? Or why participating in a real-life version is the dream of so many women? It's not because Hollywood came up with such a fantastic script, or because movie stars make romance so attractive. No. It's because God wanted people to know and participate in the greatest love story of all time—the amazing, pursuing love of Christ for undeserving sinners.

Great romance stories merely hint at the love relationship between Jesus Christ and His Bride. Earthly romances are to the Cosmic One like sparkling reflections of light dancing on water are to the blazing sun. They are not the fiery light. They only reflect fleeting glimmers of it.

Our Father God created male and female, sex and marriage, to give us a physical picture of what a spiritual relationship with Jesus is all about. Jesus Christ, the sinless Son of God, came to earth to rescue His Bride (the Church) from the terrible consequence of sin—separation from God, spiritual and physical death. Christ loved His Bride so much that He died on the cross to bear the punishment of sin in her place. He rescued her from evil and made a covenant commitment to her. In response to His initiative, she cannot help but love Him and has responded favorably to His proposal. Spiritually, she is betrothed (engaged) to Him. She keeps herself for Him and readies herself for the day they will be forever united. It's a love story like no other. It's the story of the gospel. Christ's story is the story that earthly romance was created to tell.

We trust that by God's grace you have become a part of that great story. The fact is, it's impossible to be a True Woman apart from having a personal relationship with Christ and having His Spirit living within you. Apart from Him, you may strive and struggle to perform or to gain His favor; you may be able to conform to some external standard or to impress others with how "good" you

are—but you will never have the grace and the power you need to be the woman He designed you to be, from the inside out.

We hope you've responded to Jesus' call, that you have repented of running your own life and going your own way, and that you have accepted His free gift of forgiveness and salvation. If you haven't, you can do that right now by praying and telling the Lord that you recognize His right to rule in your life, that you are turning to Him from your sin and rebellion against Him, that you receive by faith the death He died in your place on the cross, and that you want to enter into an eternal relationship with Him.

In the end, saying "yes" to Jesus is what True Womanhood is all about. We hope this study has inspired you to marvel, embrace, and delight in God's spectacular plan, and that you've begun to discover the beauty, joy, and fulfillment of being exactly who He created you to be. He wants you to be so much more than what the world upholds as the ideal. He wants you to be a True Woman!—a woman who says "Yes, Lord!"; a woman who by His grace patterns your life according to His *Divine Design*.

Mary Kassian & Nancy Leigh DeMoss

Welcome

Welcome to the *True Woman 101: Divine Design* Leader's Guide! We're so glad you'll be studying this book and helping women discover the beauty, joy, and fulfillment of being exactly who God created them to be.

Launching Your Group Study

This *True Woman 101* Leader's Guide is filled with ideas that you can use for facilitating a group study based on the following eight lessons:

Overview of Lessons

Week One: Gender Matters

*Manhood and womanhood exist to glorify God and put the gospel of Jesus Christ on display.
Gender does matter!*

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| Day 1: On Display | <i>God created humans to put His glory on display.</i> |
| Day 2: Incredible Story | <i>God wants male-female relationships to tell His story.</i> |
| Day 3: Big Picture | <i>God's plan for gender is centered in the work of Christ.</i> |
| Day 4: Cosmic Significance | <i>Your womanhood has profound significance and worth.</i> |
| Day 5: "Yes, Lord!" | <i>A true woman embraces who God created her to be.</i> |

Week Two: Snips and Snails

God created men to image the relationship of Christ to the Church, and this has significant implications for male-female relationships.

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| Day 1: Boys will be Boys | <i>Taking initiative is at the core of what it means to be a man.</i> |
| Day 2: Men at Work | <i>Working to provide for others is at the core of what it means to be a man.</i> |
| Day 3: Wearing the Pants | <i>Being a protector and provider is at the core of what it means to be a man.</i> |
| Day 4: Man of the House | <i>Exercising godly leadership is at the core of what it means to be a man.</i> |
| Day 5: King of the Castle? | <i>Man's role is not about exalting man. Authority is not about rights; it's about responsibility.</i> |

Week Three: Sugar and Spice

God created women to image the relationship of the Church to Christ, and this has significant implications for male-female relationships.

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| Day 1: It's a Girl! | <i>"Softness" is at the core of what it means to be a woman.</i> |
| Day 2: Chick Flick | <i>Forming deep relational bonds is at the core of what it means to be a woman.</i> |
| Day 3: Steel Magnolia | <i>Having a receptive, responsive spirit is at the core of what it means to be a woman.</i> |
| Day 4: Nesting | <i>Creating a place to beget and nurture life is at the core of what it means to be a woman.</i> |
| Day 5: Crook in my Arm | <i>Woman's role is not a secondary one. Man cannot fulfill humanity's purpose without her help.</i> |

Week Four: Snake in My Garden

Satan tempted and tricked the first woman to go against God's design. Eve and Adam's sin marred the created beauty of male-female relationships.

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| Day 1: Enemy in the Gate | <i>Satan wants to obscure God's glory. He doesn't want men and women to embrace their divine design.</i> |
| Day 2: The Sales Pitch | <i>Satan portrays sin as attractive, harmless, and extremely promising.</i> |
| Day 3: I'll Do It My Way | <i>Satan entices us to think that we have the capacity to make good decisions without God's input.</i> |
| Day 4: The Blame Game | <i>Sin makes us shirk responsibility and blame others for our failures.</i> |
| Day 5: Me Vs. We | <i>Sin fractures the unity between the sexes and causes them to be "independent" rather than "interdependent."</i> |

Week Five: Battle of the Sexes

Sin severely damaged manhood and womanhood. The “women’s movement” is merely another chapter in the primordial battle that has existed throughout history.

- Day 1: United We Fall *The entire human race fell through Adam’s sin, but in Christ, the “last Adam,” there is plentiful redemption.*
- Day 2: Gender Bender *Sin affects us sex-specifically. It messes up manhood, womanhood, and male-female relationships.*
- Day 3: Right Where it Hurts *Sin causes pain. It damages woman’s inherent softness and also damages man’s inherent strength.*
- Day 4: A Tragic Her-story *Women suffer pain at the hands of men, but men aren’t the real enemy—sin is.*
- Day 5: Women’s Lib *The women’s movement fought for change, but failed to take God’s design or His solution into account.*

Week Six: Hear Me Roar

Our culture promotes a model of womanhood that differs substantially from God’s design. True womanhood involves an intentional choice to do things His way.

- Day 1: Girls Rule—Boys Drool *Current ideas about womanhood are based on faulty premises of the philosophy of feminism.*
- Day 2: Girls Gone Wild Effect *Culture’s ideal for womanhood stands in direct opposition to God’s ideal.*
- Day 3: The Dinner Party *Lady Wild and Lady Wise are both extending invitations for you to dine at their tables.*
- Day 4: Smart Girls Get More *“Smart girls” know that the place to get true knowledge, freedom, and joy is in a relationship with Christ.*
- Day 5: A Taste for It *True Womanhood requires overcoming fear and developing a taste for godliness.*

Week Seven: Total Makeover

As you embrace God’s divine design, He’ll give you a dramatic makeover from the inside out and will transform your womanhood into a thing of beauty.

- Day 1: Beautiful Design *God’s divine design for womanhood is not only right; it’s also good and beautiful!*
- Day 2: Beautiful Devotion *A True Woman exhibits a Bride-like, passionate, wholehearted devotion to Christ.*
- Day 3: Beautiful Character *A True Woman clothes herself in godliness, displaying the beauty Christ desires in His bride.*
- Day 4: Beautiful Disposition *A True Woman cultivates a quiet, gentle, amenable disposition.*
- Day 5: Beautiful Display *A True Woman adorns herself with the type of beauty that flows from the inside out.*

Week Eight: Sisterhood is Powerful

You can be part of a quiet counter-revolution of women who intentionally and purposefully live their lives according to God's divine design.

Day 1: Aim to be fruitful	<i>Purpose to expand and advance the family of God.</i>
Day 2: Aim to be welcoming	<i>Seek to create a warm, welcoming home.</i>
Day 3: Aim to be helpful	<i>Resolve to respond to the needs of others.</i>
Day 4: Aim to leave a legacy	<i>Endeavor to leave a legacy for the next generation.</i>
Day 5: Aim to make a difference	<i>Be intentional about influencing others to embrace God's Divine Design.</i>

Pray

"Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for **apart from me you can do nothing**" (John 15:4–5, emphasis added).

As you plan and prepare to lead this study, we encourage you to spend regular, concentrated time in prayer. Pray for the women who will be participating in the study, that the Lord will prompt them to consistently attend, that the Holy Spirit would prepare their hearts to be responsive to the material, etc.

Other than prayer, the first thing you need to do as a leader is decide when you'll meet. Be sure to plan for any holidays that may occur during your scheduled meetings. After you have decided on your plan, make arrangements as to where to meet (church facility, business office, recreation center, or home, for example). Then enlist the help you'll need to run your group such as group leaders and hostesses.

Promote

Enlist your friends to join you in studying the book. If you are studying it in the context of a church, start promoting the study about four to six weeks ahead of time. Use traditional means of promotion such as advertising on your church's website and in the bulletin, putting up posters, and running a PowerPoint advertisement prior to church services. Also try to promote your group via social networking. You could start a Facebook group or send out Facebook, Twitter, or email invitations.

You'll find a promo video at TrueWoman101.com. You can show this video in your church service, post it on your church website, post it on Facebook, send it to friends by email . . . you are welcome to use the promo video in whatever way you like.

Prepare

If you haven't already done so, familiarize yourself with the *True Woman 101* book, DVD, and other *True Woman 101* resources at TrueWoman101.com. (If you'd rather not order the DVD, we've made each week's video available on TrueWoman101.com.)

Encourage the women in your group to bring their books, Bibles, and a pen each week when they come to small group. You'll need all this in addition to your leader's guide, as well as the video.

The amount of time you will need to prepare for your small group depends on the type of group, the number of members you have in the group, and your own personal leadership style. Some leaders need less preparation time, and some need more. But the more familiar you are with the material—the more you have prayed, studied, and prepared—the more successful your group will be. Plus, the more you will personally benefit from the study!

- Review the *True Woman 101* book well ahead of time, making notes about ideas and questions that you might use in your group session. As the study starts, we encourage you to try to stay a week or two ahead of everyone else. The eight weeks in this study are each divided into five lessons—it should take you approximately twenty minutes to complete each lesson. At the end of each week, we've provided some questions for you to discuss in your group in order to further explore and apply the Bible's teachings on womanhood.
- Familiarize yourself with the helps that are available on the *True Woman 101* site (TrueWoman101.com). Members of your group will benefit greatly by using the resources on the site.

- If you are planning on watching the videos, you can purchase the DVD or watch these online videos with a laptop computer, projector, and Internet connection. Make sure that you have access to all the equipment you need.
- Secure an adequate supply of *True Woman 101* books for group members to purchase. It's essential that each participant have a copy of the book.
- If possible, have women read Week One of the *True Woman 101* book ("Gender Matters" pp. 18–39) and complete the questions throughout the book *prior to the start of the first class*. If women have not completed Week One, you will need to modify your schedule to allow for another session, as the first video you will show is based on the content from Week One.

The rest of this Leader's Guide outlines suggestions and sample questions for each week of an eight-week study. Tailor and adjust the suggestions and questions to match the format and length of your study. Do not feel that you need to use all the questions and video resources provided. You can pick and choose the questions and videos that work best for you and your group. Remember, this is not a plug-and-play Bible study. We've provided these resources to equip you to lead—not to give you a cookie-cutter formula or pattern to follow.

Make sure to incorporate a time for prayer into your study. We suggest that you set aside a time for prayer at the end of each session, specifically asking the Lord to help you apply what you have learned. Also, make sure to stop and pray for needs of group members as they come up during discussion. Stopping to pray for one another develops community and is one of the most effective ways to minister to the women in your group.

Remember to be creative and have fun with the book and with your group. There are many ways to study *True Woman 101*, and no matter how you do it, you can be confident that everybody who participates will learn and benefit!

Week One: Gender Matters

Icebreaker: To help the women in your small group get to know and relax around each other, we recommend beginning with an icebreaker that lasts about five minutes. Here's one idea you might want to consider. Ask your women, "**Are you the type that reads directions ahead of time or do you jump right in and hope for the best?**" (Some women might want to share a funny story of a time that *not* following directions backfired!)

As Week One teaches (and Mary learned while assembling a large, complicated wall unit for her husband's office), the designer/manufacturer of a product is the one who knows why and how a product is made, how to put it together, and how it's supposed to work. Our lives are no different! Our Creator knows us best. You'll learn more about this through this week's video and discussion questions.

Prayer: We encourage you to pray after the icebreaker in order to refocus your group and prepare their hearts to watch this week's video. You might want to pray yourself, ask one of the women to pray, or offer up "popcorn prayers" together.

Video: The video for Week One, "Gender Matters," will help your small group process this week's lessons. You'll find this week's video and many more resources at www.TrueWoman101.com.

Discussion Questions: After watching the "Gender Matters" video, here are several questions you can ask your small group:

1. Does gender matter or are we free to define it as we wish?
2. What does Scripture's account of creation indicate about God's design for male and female? (See Gen. 1:26–2:25.)
3. What did God hope to accomplish with His design for gender?
4. How is it possible that the two sexes are different yet equal?
5. What are some ways in which a male-female relationship might put God on display?
6. How important is it that women understand God's design for womanhood? Why?
7. Do you feel that God's design for manhood and womanhood is "very good"? Explain.
8. Have you wholeheartedly said "yes" to God's design? Is there any part of your heart that feels reluctant or is holding back?

Prayer: We encourage you to pray a blessing over your women at the end of the discussion time, that the truths you discussed would be fleshed out in their lives this week for the glory of God.

Week Two: Snips & Snails

Icebreaker: Tell your women, “Today we’re going to figure out men! Before we do that, though, let’s find our resident male expert. Tell us how many guys are in your family and how long you’ve lived with them, and we’ll vote on our official resident male expert!” (You may want to give the winner a prize.)

Video: The video for Week Two, “Snips & Snails,” will help your small group process this week’s lessons. You’ll find this week’s video and many more resources at www.TrueWoman101.com.

Discussion Questions: After watching the “Snips & Snails” video, here are several questions you can ask your small group:

1. How does Hollywood typically portray men? Do you think this portrayal is accurate and fair?
2. Why do you think God created man first rather than creating the sexes at the same time? What implication does this have for the meaning of manhood?
3. God assigned the man responsibility to *work* and *keep* (see Gen. 2:15). What does this mean? In what way is this responsibility unique to manhood? Can you identify a time when a male friend or family member exemplified this bent? What do you think happens to men when they are absolved of this responsibility?
4. What does it mean to be the “man of the house”? What does it not mean? What exactly does it mean for a male to “man up”?
5. Do you think God’s design for men benefits or harms women? Do you feel as though it favors men over women? Why or why not?
6. What are some ways in which women undermine manhood? What are some constructive ways in which we can affirm and encourage men to be men?

Week Three: Sugar and Spice

Icebreaker: As women come in, give each one a piece of paper and ask her to complete this sentence twice: “What I personally love about being a woman is _____.” Here’s the catch: One of her sentences must be true, and one must be false. When everyone is done, read the statements aloud, and ask the group to try to figure out which statement is false. (This should prove to be a very insightful—and often funny!—exercise. If something awkward is said, just keep the exercise moving.)

Video: The video for Week Three, “Sugar and Spice,” will help your small group process this week’s lessons. You’ll find this week’s video and many more resources at www.TrueWoman101.com.

Discussion Questions: After watching the “Sugar and Spice” video, here are several questions you can ask your small group:

1. How does Hollywood typically portray women? What do you find attractive or unattractive about its portrayal?
2. What do the differences between male and female bodies suggest about what it means to be a man or woman?
3. Many believe that the Hebrew words for *man* and *woman* (Gen. 2:23) suggest that man is identified with “strength” and woman with “softness.” What does this mean? Does the idea of “softness” repel or attract you? Why?
4. What’s the difference between a “chick-flick” and a “male-tale” (movie)? What does this indicate about the natural bent of man and woman?
5. Do you view “responsiveness” as a positive or negative trait? Why? How do we remain “soft” but avoid becoming passive, weak-willed doormats?
6. How do you feel about the fact that God created woman with a distinctively feminine “bent” for the home? In what way is every woman created to “mother” and “nest”?
7. What aspect of God’s design for womanhood do you find the most difficult? Why?

Week Four: Snake in My Garden

Icebreaker: Tell your women you're going to figure out what type of a gardener/woman they are. Ask, "If you had to garden, which part of the process would you take part in and why?" You may want to write their choices on an easel board, flip chart, or paper. The choices are: a) planning stage, b) shopping stage, c) planting stage, d) nurturing stage, e) harvesting stage, f) eating/enjoying stage.

Video: The video for Week Four, "Snake in My Garden," will help your small group process this week's lessons. You'll find this week's video and many more resources at www.TrueWoman101.com.

Discussion Questions: After watching the "Snake in My Garden" video, here are several questions you can ask your small group:

1. Refer to the characteristics of Adam and Eve's relationship outlined on page 93. Which characteristic do you find the most appealing? Why?
2. In what way did the first male-female relationship put God on display? Why do you think Satan wanted to destroy God's design?
3. What do you think Eve found compelling about Satan's sales pitch? (See p. 96.) Describe a situation where you were tempted to view sin as harmless, attractive, and promising.
4. What's the problem with having an "I'll do it my way" attitude? What ideas about God does this type of attitude reveal?
5. Identify some subtle lies about womanhood that Satan commonly pitches to women. Are you guilty of listening, dwelling, believing, and/or acting on any of these lies? Do you blame circumstances or people for your poor choices? Do you blame men?
6. What's the difference between independence and interdependence? Why does our culture encourage women to assert her independence from man? How does this impact male-female relationships?
7. Have you ever fallen for Satan's sales pitch? Describe how there is/has been a "snake in your garden" with regard to your womanhood.

Week Five: Battle of the Sexes

Icebreaker: Ask your women how they fight. “Are you a ‘splatterer,’ ‘stuffer,’ or ‘leaker?’” Select three women before your meeting (preferably ones who enjoy acting!), and prep them for the following demonstration. Ask them to dress in paint clothes, and protect the floor with newspaper or a drop cloth.

As the “**splatterer**” squirts the other two women with bottles of paint, explain to the women in your group that the “splatterer” has an aggressive expression of anger and can sometimes get physical when she’s angry. Next, as the “**stuffer**” stuffs cotton balls or newspaper wads in her clothes, explain to the women that the “stuffer” is furious with the other two, but you’d never know it because her face and actions don’t show it. She just “stuffs” her anger. Finally, as the “**leaker**” sprays silly string sideways all over the other two, explain that the “leaker” is a close cousin to the stuffer. Her anger comes out in a passive-aggressive way—with sarcasm, pouting, complaints behind other people’s backs. Remind your women that none of these common approaches to expressing anger is healthy, but they’re common. You may or may not want women to share their type aloud.

Video: The video for Week Five, “Battle of the Sexes,” will help your small group process this week’s lessons. You’ll find this week’s video and many more resources at www.TrueWoman101.com.

Discussion Questions: After watching the “Battle of the Sexes” video, here are several questions you can ask your small group:

1. What was amiss in Adam and Eve’s behavior during Eve’s interaction with the serpent?
2. What is the sex-specific consequence of sin for women? What is the sex-specific consequence of sin for men? How did Genesis 3:16 introduce the battle of the sexes?
3. How does sin impact a woman’s inclination to live according to her created design? How does it impact a man’s inclination to live according to his?
4. Re-read the summary of sin’s judgment on women (pp. 124–126). Describe ways in which you have personally experienced the painful reality of this judgment.
5. Are men responsible for the problem of women’s pain and discontent? What is the danger in viewing men as “the enemy”?

6. Why do you think the women's movement encouraged women to do womanhood their own way? Why is the obliteration or self-definition of gender roles not the solution to the pain of womanhood?
7. Has witnessing the pain of womanhood ever incited you to blame, rail against, or devalue manhood? How can we fight against injustices toward women without demonizing men?

Week Six: Hear Me Roar

Icebreaker: In the last day of this week's study, Mary and Nancy talked about how our culture's ideal for womanhood stands in direct opposition to God's ideal. Therefore, we're going to have to overcome some fears in order to develop a taste for godliness and embrace God's design for womanhood. Let's brainstorm together—what are some of our fears? (Write these fears on an easel board or flip chart.)

Video: The video for Week Six, "Hear Me Roar," will help your small group process this week's lessons. You'll find this week's video and many more resources at www.TrueWoman101.com.

Discussion Questions: After watching the "Hear Me Roar" video, here are several questions you can ask your small group:

1. Can you think of some examples of friends, teachers, curriculum, TV programs, books, or other things that have specifically pushed feminist ideas at you? What part of the message was good? What part of the message was counter to God's Word and ways? In what ways has feminism shaped your thinking?
2. What subtle distortions does feminism introduce into the way we approach gender and male-female relationships?
3. Review the description of the Wild Thing of Proverbs 7 listed on page 146. How does the ideal for womanhood in Scripture compare to today's ideal? Which ideal do you find more desirable? Why?
4. Which of the techniques listed on page 149 has Lady Wild used to get you to attend her party? Why should you trust and choose the invitation of Lady Wise over Lady Wild?
5. Why do you think that as women have gained more education, more economic independence, more power, and more freedom, they have become less and less happy?
6. Why do you think the concept of true womanhood presents a "Fear Factor" for some women? How do you need to adjust your attitude toward womanhood so that it's more in line with how the Lord views it?

Week Seven: Total Makeover

Icebreaker: Tell your women, “This week we’re talking about a ‘Total Makeover.’ Have you ever had a makeover? If so, what was it like? How did you feel afterward?” After they’ve discussed this, transition into the video by letting them know that Mary, Nancy, and their friends will share some of the beauty products they’ve invested in lately.

Video: The video for Week Seven, “Total Makeover,” will help your small group process this week’s lessons. You’ll find this week’s video and many more resources at www.TrueWoman101.com.

Discussion Questions: After watching the “Total Makeover” video, here are several questions you can ask your small group:

1. Have you ever felt that true womanhood fell into the same sort of category as getting your teeth drilled—the right thing to do, but somewhat unpleasant? How does the idea that womanhood is the “poem” of God challenge this conception?
2. What are some behaviors that would indicate that a woman is devoted to a particular guy? What are some behaviors that would indicate that she is devoted to Christ?
3. What are the specific character traits that Paul emphasized for women (see Titus 2:2–6)? How do these character traits counteract our sex-specific sin tendencies and point us back to our divine design?
4. What are some character traits that Paul emphasized for men? How do these character traits counteract their sex-specific sin tendencies and point them back to their divine design?
5. What are some common misconceptions or caricatures about what it means to be gentle, quiet, and/or amenable? Do you think true femininity requires some women to violate their personalities?
6. As you consider the various aspects of true beauty we have looked at this week, is there a particular aspect of your womanhood in which you sense a need for the Lord to give you a total makeover?

Week Eight: Sisterhood Is Powerful

Icebreaker: Say to your women, “On pages 190–191, Mary talks about different ‘spiritual mothers’ she knows personally, and ‘Mama Nancy’ shares a note she received one Mother’s Day from a thirty-something mom she’s invested in. For those of you who would like to share, who do you think of in your own life when you think of a true woman or a spiritual mother?” (This is one you may not want to require everyone to answer—just those who have a specific woman in mind.)

Video: The video for Week Eight, “Sisterhood Is Powerful,” will help your small group process this week’s lessons. You’ll find this week’s video and many more resources at www.TrueWoman101.com.

Discussion Questions: After watching the “Sisterhood Is Powerful” video, here are several questions you can ask your small group:

1. What does our culture uphold as the ultimate aim of womanhood? How does it devalue marriage and motherhood?
2. In what sense is motherhood at the heart of womanhood? What are some of the implications of the saying that “the hand that rocks the cradle rules the world”?
3. Explain how a childless woman might have a “household” and be the “joyful mother of children” (Ps. 113:9).
4. Why do you think God assigned woman the primary responsibility for creating and managing a home? How do you feel about this assignment?
5. How does the meaning and value that the Bible places on woman’s domesticity differ from the meaning and value our culture places on it?
6. What are some common misconceptions about the role of “helper”? In your relationships with men, would you categorize yourself as a helper or hinderer?
7. Why is it important to leave a legacy of true womanhood for the daughters of the next generation?
8. What do you intend to do to support the vision for the quiet “counter-Revolution” that we’ve shared?

Now that they’ve completed the *True Woman 101* study, encourage the women in your group to start their own *True Woman 101* groups!