

UNCHAINED WOMANHOOD WORKBOOK

Reflection & Journaling Companion

CHAPTER 1: A Culture of Confusion

1. When did I first feel tension between who I am and who culture says I should be?

2. Which cultural messages about womanhood have shaped me most strongly?

3. In what ways have I felt pressure to “have it all,” and what has that cost me?

4. Where do I feel the most exhaustion in my life right now?

5. What aspects of femininity have I felt the need to suppress, justify, or apologize for?

6. How does culture define success for women—and how does that compare to Scripture?

7. What longings have I dismissed or minimized because they felt unpopular or outdated?

8. What might it look like to trust God's design more fully in this season?

9. Does the idea that femininity itself may not be the problem challenge me? Why or why not?

10. What would clarity look like for me right now?

CHAPTER 2: What Feminism Promised — and What It Delivered

1. Which promises of feminism have most influenced my understanding of freedom or success?

2. Where have I felt free to choose—and where have I felt subtly pressured to choose certain paths?

3. Have I ever felt judged or diminished for desiring marriage, motherhood, or home-centered life?

4. How do I personally define freedom, and where did that definition come from?

5. In what ways has “choice” felt empowering—and in what ways has it felt heavy?

6. Have I felt pressure to prove my worth through productivity or achievement?

7. How do I respond to the idea that equality does not require sameness?

8. Where might cultural definitions of success conflict with biblical ones?

9. What would alignment with God’s design look like for me right now?

10. What freedom do I still long for?

CHAPTER 3: God's Design Was Never Oppressive

1. What emotions arise when I hear the phrase “God’s design for women”?

2. Where have I seen God’s design misused or distorted?

3. How does Scripture describe women differently than culture often portrays biblical femininity?

4. What does it mean to me that equality does not require identical roles?

5. How do I respond to the idea that order can bring peace rather than restriction?

6. In what ways have I equated strength with independence?

7. Where might nurture be undervalued in my own thinking?

8. How does Jesus' treatment of women shape my understanding of dignity and worth?

9. Do I trust God's design to protect rather than limit me? Why or why not?

10. What would restoration look like in my view of womanhood?

CHAPTER 4: The Sacred Calling of Wife and Mother

1. How does the world I live in define meaningful or successful work?

2. What feelings surface when I consider homemaking or motherhood as sacred callings?

3. Have I ever felt the need to justify prioritizing family or home?

4. How do I personally view the value of presence?

5. Where have I feared “losing myself” through service?

6. What examples of faithful, unseen work have shaped my life?

7. How does Scripture's view of faithfulness differ from cultural ideas of success?

8. What kind of legacy do I hope to leave?

9. In what ways might God be calling me to honor the work of home more deeply?

10. What does it mean to me that this calling is not retreat—but leadership?

CHAPTER 5: Submission, Strength, and Misunderstanding

1. What comes to mind when I hear the word “submission”?

2. How have past experiences shaped my reaction to this topic?

3. Where have I seen submission taught poorly or used harmfully?

4. How does Scripture distinguish submission from inferiority or silence?

5. What does godly headship require according to Scripture?

6. Where do I struggle most with trust—in God, in others, or in systems of order?

7. How does the idea of submission as strength challenge cultural definitions of power?

8. What boundaries are necessary for submission to be safe and biblical?

9. How does order bring peace—or fear—in my experience?

10. What healing might God be inviting me into around this topic?

CHAPTER 6: Answering the Hard Questions

1. Which parts of this book felt most comforting—and which felt most challenging?

2. How do my life circumstances shape how I hear God's design?

3. Where do I feel unseen or uncertain in conversations about womanhood?

4. How do I navigate faithfulness when my desires remain unmet?

5. What fears do I carry around dependence or trust?

6. How do I understand equality in light of difference?

7. Where do I need grace for my past, present, or future?

8. What does alignment with God's design look like in my current season?

9. How does viewing God's design as a covering change my perspective?

10. What invitation from God am I sensing as this book comes to a close?
