



## GOAL OF EACH STUDY

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### **Biblical Femininity**

- Provide a biblical foundation of God's design for femininity
- Identify unbiblical cultural and/or religious ideas regarding femininity
- Understand a woman's distinctiveness and her capacity to be a source of strength for others
- Equip women with a common language that aids in effective ongoing discipleship conversations with one another
- Provide a biblical framework that enables women to navigate each season of their lives with wisdom and spiritual maturity
- Inspire women to live into God's calling on their lives

### **Redeeming Sexuality**

- Provide a biblical framework for God's good design for sex and sexuality
- Gain awareness of how our stories shape our experience of sex and sexuality
- Explore the unique challenges, temptations, and corruptions of sex and sexuality
- Equip women to have fruitful discipleship conversations about abuse, pornography, masturbation, and other such topics with vulnerability, compassion, humility
- Cast vision for what it looks like to steward our sexuality in all seasons of life
- Find hope, healing, and freedom in God's love for and pursuit of his people

### **Body Matters**

- Provide a biblical perspective of the body in both form and function
- Identify unhelpful and unbiblical ways we think about the body
- Explore the mental, emotional, physical and spiritual challenges of being embodied

- Expose some common idols which enslave women
- Cast vision for faithful stewardship of the body
- Equip women to have effective discipleship conversations about the body throughout all seasons and circumstances

### **A Woman's Words**

- Explore the power of words for life and death
- Identify corrupt conversational tendencies and temptations women face
- Address common idols that govern and corrupt our speech
- Provide a biblical grid for redemptive, life-giving speech

### **Shame: Finding Freedom**

- Understand the difference between shame and guilt
- Explore the ways shame impacts our daily lives
- Address the corrupt ways we attempt to manage our shame
- Provide practical tools to help women identify and address shame in their lives
- Help women turn to Jesus and biblical community in their shame
- Model vulnerability and empathy

### **Additional Ezer Resources**

**Ezer Equipped** is our monthly newsletter, which focuses on a discipleship issue and equips you to think biblically, engage Scripture, connect with your community, and move in faith. Each month, we include resources to read or listen to in order to broaden your understanding of a topic or issue. The newsletter can be used individually but is best done in community. We encourage women to gather with a small group once a month to work through the material and discuss it together.

**Ezer Applied** is a discipleship tool that allows you to apply the main concepts in the Ezer studies to your specific season and context. This journal is for women who have completed the Ezer studies and is intended to be revisited periodically as you transition between seasons and need to reevaluate your concerns, responsibilities, energy, and individuality, and what it means to live our you calling in a new season. Ezer Applied can be done individually but is best when done together as a group or with a friend or mentor.

The **Ezer Gratitude and Lament Journal** is an invitation to celebrate the good and grieve what is hard. It is intentionally divided into two separate sections: one to help you cultivate the discipline of gratitude, the other to help you learn to lament. Although it may seem like gratitude and lament have nothing in common, they are spiritual practices that are both rooted in remembering the faithfulness of God. The strength we gain from fixing our eyes on Jesus, in both our joy and sorrow, roots us more deeply in his love and helps us hold fast to him.