



Week 1 | Womanhood Today (Lies and Promises)

Foundational Passage: Ephesians 4:17-24

[17] Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. [18] They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. [19] They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. [20] But that is not the way you learned Christ! —[21] assuming that you have heard about him and were taught in him, as the truth is in Jesus, [22] to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, [23] and to be renewed in the spirit of your minds, [24] and to put on the new self, created after the likeness of God in true righteousness and holiness.

Transformed is about becoming a Christ-like woman:

a woman who belongs to Jesus, follows Jesus, and lives for Jesus.

Christlike Women reject the world's lies and turn away from their former way of life:

Christlike Women pursue new life in Christ more than the fleeting pleasures of this world:

“Transformed” is an invitation to reject the foolishness of this world,

repent of the sinfulness of the human heart,

and become the woman God created you to be.



I. Five Contemporary Womanhood Lies

1. **The Beauty Lie:** A woman's worth is found in her external beauty, and she must do whatever it takes to fix her flaws, hide her blemishes, and fight the signs of aging.

Truth: A woman's worth is not found in flawless appearance, but in being created by God, known by God, redeemed by Christ, and clothed with internal beauty.

2. **The Sameness Lie:** Men and women are interchangeable, and gender is merely a social construct with no meaningful connection to God's design, the body, or divine calling.

Truth: Men and women are equal in value, but different by design. Gender is embodied in creation, not determined by internal desires or cultural expressions.

3. **The Sexual Freedom Lie:** Sexual liberation is the pathway to women's independence, and female empowerment comes from being desired, available, and unashamed of any sexual activity.

Truth: A woman's body belongs to the Lord. Sexual activity is sacred, and true freedom is found in holiness.

4. **The Digital Belonging Lie:** Women can substitute online connection for embodied friendship and post their way into acceptance, approval, and belonging.

Truth: Women were made for embodied community in the family of God.

5. **The Independence Lie:** Marriage, motherhood, and family are dangerous burdens that will drain you, trap you, or disappoint you, so the best life is found in living for yourself and by yourself.

Truth: Marriage and motherhood are high callings from a good God. Whether single or married, God calls women to live for others.

II. Promises for those who finish

1. You will have a clear and compelling definition of womanhood.
2. You will make some significant personal discoveries
3. You will have a personalized plan for living as a Christ-like woman.
4. You will make new friends who are pursuing a common goal.



III. Discussion Questions

1. Take a minute to introduce yourself to the other women in your discussion group. Share one personal hope you have for joining a study like this one.
2. What word would you use to describe womanhood in America today? Explain your reasons for choosing that word.
3. Which womanhood lie has influenced your thinking and behavior? Can you share examples of that lie impacting your daily life?
4. How can the group pray for you this week?

IV. Homework

Memorize this Bible verse: 2 Corinthians 5:17

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.”

Action item: look for womanhood messages this week and write down what you see and hear. Note what is false and what is true in the messages you receive.