

# ACT LIKE WOMEN – WEEK 1

January 18<sup>th</sup>, 2025

## MESSAGE RECAP

This week we pivoted from Act Like Men into Act Like Women by re-centering the conversation on God's design, not cultural extremes. Many women live trapped between two false stories: either strength means being invisible and agreeable... or strength means proving yourself, outworking everyone, and never needing help.

But God's Word shows something better: women were created with intentional design, equal in value and mission, and given a role that is not diminished but powerful—an ezer, a strong helper corresponding to man, bringing strength where it's needed most. Jessica taught that biblical womanhood isn't rooted in comparison, perfection, or pressure. It's rooted in calling, courage, peace, and confidence that comes from being rooted in the love of Christ.

## GROUP DISCUSSION

1. After listening to the message, what stood out to you?
2. Read: Genesis 1:26–28
  - a. What does this passage say about the value, dignity, and mission of women and men?
3. Read Genesis 2:18
  - a. God says, "It is not good for man to be alone." Why do you think God highlights this before sin enters the world?
  - b. Jessica emphasized that "helper" (ezer) is not a weak word. How does that change the way you hear Genesis 2?
  - c. Psalm 33:20 - This Psalm calls God our helper (ezer). What does that reveal about the kind of strength "helper" implies?
4. What's a good example of the right kind of peace a woman can bring to a home, friendship, workplace, or church?
5. Where is the chaos in your world right now — and what might it look like to step in as an ezer this week (strong helper, stabilizing presence)?
6. What part of your inner life have you been neglecting while holding everything together?