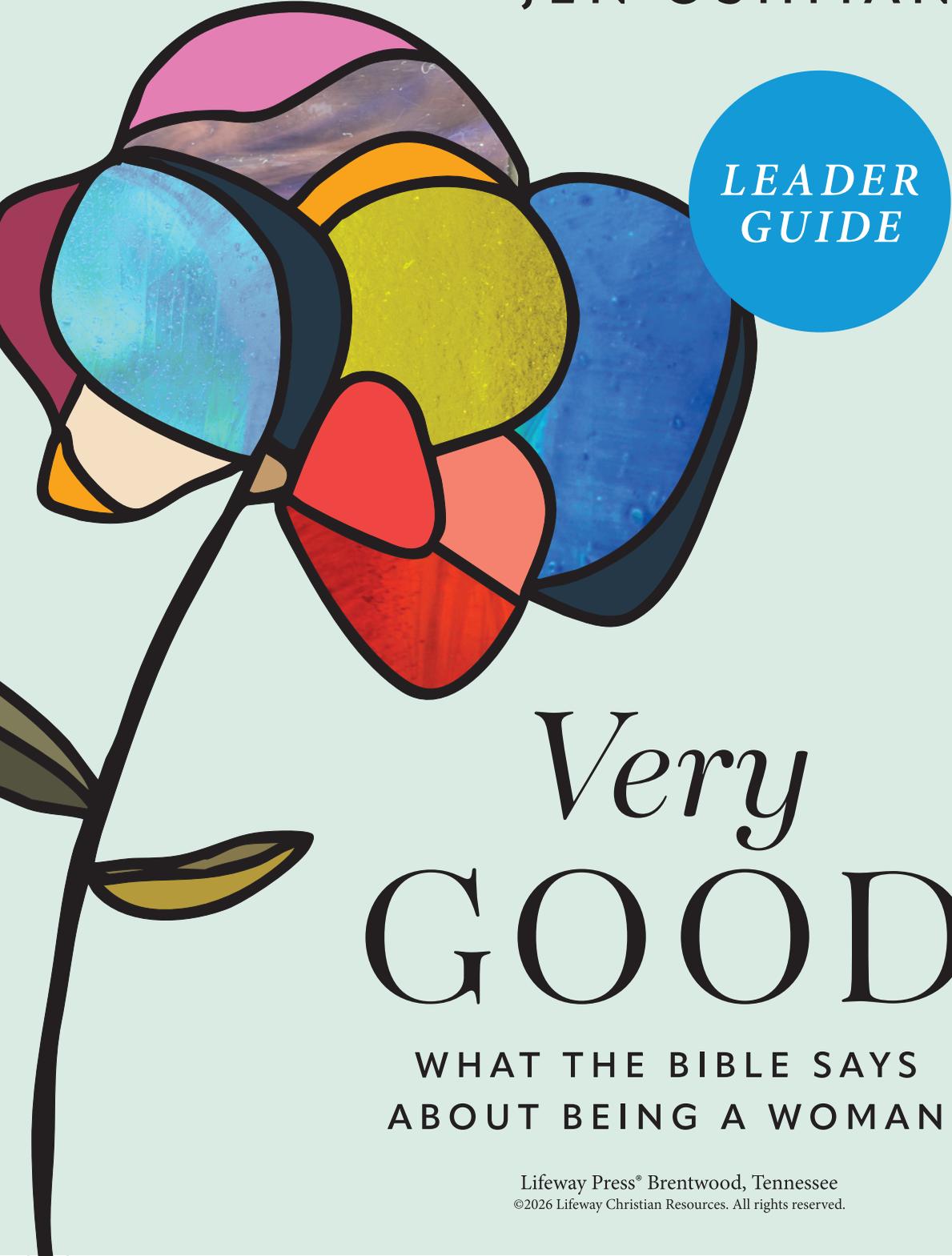


JEN OSHMAN



*LEADER
GUIDE*

Very
GOOD

WHAT THE BIBLE SAYS
ABOUT BEING A WOMAN

Lifeway Press® Brentwood, Tennessee
©2026 Lifeway Christian Resources. All rights reserved.

Leader Guide

Welcome! Before you read any further, we want to say how thankful we are for you, the leader. Thank you for your willingness to dive into Scripture, brew the coffee, place the chairs, and set aside the time regularly to meet with other women.

Very Good is a video- and discussion-based Bible study from Jen Oshman that walks through the Bible, looking at what God's Word says about women. Thank you for your willingness to lead a group through a study on this important topic. The videos were filmed near Denver, Colorado.

The video teaching for this study often covers passages different from what participants will interact with in the personal study. We highly encourage women to do the personal study and watch the video teaching sessions. If you don't have time to watch the videos as a group, encourage women to watch them during the week. The videos can also be streamed and listened to, like a podcast, if that works best for the women you're leading.

Our goal is for this leader guide to help you feel equipped to facilitate and guide your Bible study group gatherings in a way that fosters deep conversation and prayer for you and the women you're leading.

We want to encourage you to use this study however it works best for you and your group. If you want to follow this leader guide to the letter, do that! If you want to do your own thing, feel free! Our goal is to give you all the tools you might need, but we are certain God has ordained your time with your specific group in your specific setting.

We are grateful for you and praying for you as you lead this study.

Lifeway Women



Weekly Group Meeting

SUGGESTED SCHEDULE

8 Group Meetings • Meeting Length: 1–1.5 hours

SESSION ONE—Distribute Bible study books, get to know one another and discuss the questions provided, and then watch the Session One video.

SESSION TWO—Discuss the Week One personal Bible study and watch the Session Two video.

SESSION THREE—Discuss the Week Two personal Bible study and watch the Session Three video.

SESSION FOUR—Discuss the Week Three personal Bible study and watch the Session Four video.

SESSION FIVE—Discuss the Week Four personal Bible study and watch the Session Five video.

SESSION SIX—Discuss the Week Five personal Bible study and watch the Session Six video.

SESSION SEVEN—Discuss the Week Six personal Bible study and watch the Session Seven video.



HOW TO STRUCTURE YOUR GROUP TIME

Each group session contains the following elements. We've included a suggested amount of time based on a 1.5 hour group meeting. Adjust as you need to for the time you have together!

GATHER AND DISCUSS (30 MINUTES). This is a time to greet and welcome everyone and to get them talking. You'll notice a list of questions to help participants review the previous week's personal study. As you go through your own study during the week, put a star by any questions or statements you might want to discuss with your group. Feel free to adapt, skip, or add questions based on the needs of your group.

WATCH (30 MINUTES). During this time play the teaching video, encouraging the women to take notes on the Viewer Guide page for that specific session. In the videos for Very Good, Jen walks through passages that are not in the personal study time. Please emphasize the need for women to participate in both the personal study and the teaching time to get a full picture of what the Bible says about being a woman.

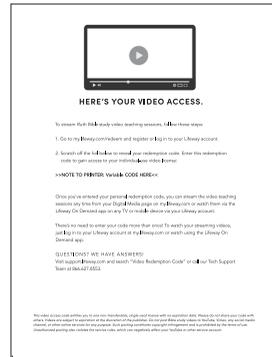
DISCUSS (20 MINUTES). You'll find a suggestion of questions for each week in this Leader Guide discussing the video. Feel free to add discussion prompts as it makes sense for your group.

CLOSE (10 MINUTES). Share prayer requests or follow the prayer prompts provided to close out your time together.

HERE ARE A FEW TIPS TO HELP YOU LEAD.

HOW TO WATCH YOUR VIDEOS. The videos for this study are available for streaming through the digital access code on the last page of your Bible study book. Look for the cardstock page labeled “Here’s Your Video Access” and follow the two steps that prompt you to enter your unique redemption code to gain your video streaming access.

Each video is intended to be viewed before completing the accompanying week of personal study, with a final video to close out your study. We strongly recommend you use the teaching videos as a part of this study. If you can’t watch the video together, encourage women to watch or listen before they come to the Bible study meeting.



GET THE WORD OUT. Be sure to advertise the study early and utilize all methods for getting the word out. Post it on your church’s website, send emails to potential attendees, and promote it on all forms of social media. It’s best to start advertising the study four to six weeks before it begins. The study is seven sessions long, which means you will meet seven times. Visit lifeway.com/verygood for free promotional materials to help get the word out about your study.

SCHEDULE. Be sure to make everyone aware of the schedule ahead of time and start promptly each week to honor everyone’s time. In your group time, you will watch the teaching video together and discuss what you’re learning. You’ll also be encouraged to spend a good bit of time in prayer.

STAY IN TOUCH. Prepare a sign-up sheet with space for names, email addresses, and phone numbers. You may also include information like birthdays, social media handles, and favorite candy so that you can foster community among group members.

GET COZY. Make an effort to create a comfortable environment for group meetings. Arrange chairs in a circle to encourage conversation. If your group is large you may want to watch the teaching video together and then split into smaller groups for the discussion time. If you choose to do so, enlist discussion leaders for each group to keep the conversation moving and focused.

CHILDCARE. Be sure to check with participants to see if childcare is needed and organize leaders and space for the children in advance.

BIBLE STUDY BOOKS. Each participant will need a Bible study book. Make sure you leave plenty of time for all the books to be ordered and received between announcing and starting your Bible study. Consider offering a scholarship or buy-one-give-one option for those who cannot afford a study book on their own.

EARLY PREP. We encourage you to read through the entire leader guide before the first session and evaluate how this will work best for your group. Highlight specific questions from the leader guide you want to make sure you cover during your group time. We recommend watching the teaching video sessions prior to your meeting, taking note of anything you may want to discuss from the teaching. And be sure you stay on top of your own personal study between each meeting! We've left room in the leader guide for you to write down additional talking points and questions you want to pull in from the personal study.

PERSONAL STUDY. Between each meeting, there are five days of personal study to complete in the Bible study book. Because this study builds on itself from week to week, it's important for participants to complete each week of personal study. If needed, consider stretching out your study to additional weeks in order for everyone to have time to complete all the personal study.

PRAYER. Most importantly, be sure to pray for the women who attend the study. And pray for yourself as you prepare to lead. Ask God to draw the women closer to Him as they learn more about their identity and purpose in Him.

EVALUATE. At the end of each group session, ask yourself: *What went well? What could be improved? Did you see women's lives transformed? Did your group grow closer to Christ and to one another?* Also, do a final evaluation at the close of the study.

CONNECT. Find ways to interact and stay engaged with each member of your group throughout the study. Make use of social media, email, text messages, and handwritten notes to encourage them. Continue these connections even after the study ends.



DISCUSSION GUIDE

SESSION ONE

GOD'S CREATION IS HIS JOY

GATHER: Welcome participants to the study and distribute Bible study books to each group member. Encourage discussion by asking the following questions:

- Invite each woman to introduce herself and share basic get-to-know-you information.
- Do you think your views on being a woman have been shaped more by the Bible or more by your cultural context? How so?
- What is something you are looking forward to or hoping to learn from this study?

WATCH: Play the teaching video for Session One. Encourage participants to take notes or jot down questions on the Session One Video Viewer Guide on page 8.

DISCUSS the video teaching, using the following questions and prompts as a guide.

Did anything Jen taught about the reason why God created humans surprise you? How did it encourage you?

Invite group members to open their Bibles to Psalm 33. Divide this psalm up among readers, or read the full psalm over your group. What stood out to you about this psalm from the video teaching?

Do you believe it's very good to be a woman? Why or why not?

PRAYER: Close your group meeting with a time of prayer. Depending on the size of your group, consider breaking into smaller groups of two or three women and praying for each other. You might have extra time since this is the introductory week.

REMIND your group to complete the five days of personal study for “Session One: We Are Creatures with a Creator.” The work the women do as part of the personal study each week helps them build the skills needed to get the most from the study in the later weeks. Encourage them to complete the full week of personal study.



SESSION TWO

THE CREATION OF EVE: WHAT SHE MEANS FOR YOU & ME

SHARE: *If you could, would you rather spend a day with your younger self or your older self? Why?*

DISCUSS the personal Bible study, using the following questions and prompts as a guide.

What do you think it means to bear God's image?

Do you tend to view God more as transcendent (glorious, grand, and powerful) or immanent (involved in the small details of your life)?

Do you think your views on work have been shaped more by the Bible or more by your cultural context? How so?

Do your habits and rhythms in life make space for rest and worship? What steps can you take to make that space?

WATCH: Play the video "Session Two: The Creation of Eve" and take notes using the Video Viewer Guide on page 32.

DISCUSS the video teaching using the following questions and prompts as a guide.

What did you learn about the term "helper" in the context of Eve's creation? What emotions did you have as Jen unpacked that term?

Read Revelation 19:6-9 together. What does it mean to you that the Bible concludes with a wedding?

What did you learn this week that helped you to see that being a woman is very good?

PRAYER: To provide an opportunity for each woman to be prayed for during the week, lead each member of the group to write a prayer request on a provided note card, then pass that card to the woman on her right.

REMIND your group to complete the five days of personal study for “Session Two: Women in God’s Grand Story.” Take a moment to highlight the recap at the end of the week on page 58.



SESSION THREE

WAS IT GOOD TO BE A GIRL IN ANCIENT ISRAEL?

SHARE: *If you could go back in time and witness one event in history (without influencing it in any way), what event would you choose to witness?*

DISCUSS the personal Bible study, using the following questions and prompts as a guide.

In what ways in your own life do you see a good need for both men and women, each distinct from the other?

To be represented by another can be a hard pill to swallow for us who live in a highly individualistic culture. How does the idea that Adam is Eve's representative and ours sit with you? What is an example of representation in culture that we like? What's an example that we chafe at?

Of the five women we looked at on Day 5, whose story is most intriguing to you and why?

WATCH: Play the video "Session Three: Was It Good to Be a Girl in Ancient Israel?" and take notes using the Video Viewer Guide on page 60.

DISCUSS the video teaching using the following questions and prompts as a guide.

In the teaching session, Jen talked about the cultural context of the Old Testament laws about women. Did any of the cultural values or standards surprise you? How do they point to God's character and view of women?

What did you learn this week that helped you to see that being a woman is very good?

PRAYER: Pray together. Take some time to both lament what was lost in the fall and to thank God for providing a Redeemer for us. Praise Him for creating us, seeing us, and providing care for us through His law.

REMIND your group to complete the five days of personal study for “Session Three: Women of the Promise and the Proverbs”



SESSION FOUR

YOU ARE HERE: REDEMPTION + MISSION

SHARE: *If you were to create a spiritual genealogy, naming those who came before you in the faith, what women would be a part of it (as far as you know)? Tell the group about one of them.*

DISCUSS the personal Bible study, using the following questions and prompts as a guide.

Why do you think Matthew includes the four women he did in his genealogy?

Between the stories of Tamar, Rahab, Ruth, and Bathsheba, what encourages you? What troubles you?

What has your past relationship with the Proverbs 31 woman been like? How do you see her differently now?

Make the stories of Jesus's healing in Luke personal. What do you personally gain from knowing Jesus is Healer and Provider for women?

WATCH: Play the video "Session Four: You Are Here: Redemption + Mission" and take notes using the Video Viewer Guide on page 86.

DISCUSS the video teaching using the following questions and prompts as a guide.

Read Luke 8:1-3 together. What were your takeaways from Jen's introduction to these women in the teaching session?

How were Christians different from the rest of culture in the way they treated women in the early church? Do you think the same could be said of your local church? Why or why not?

What did you learn this week that helped you to see that being a woman is very good?

PRAYER: Pray together. Take a moment to ask for prayer requests. What are the needs within your community for Jesus to heal and provide for? If your group is large, consider having prayer partners or smaller prayer groups to share those requests. Then, pray, praising Jesus for being God with us, for dwelling among us, and for showing us through Scripture that He cares for us. Make your requests known to Him.

REMIND your group to complete the five days of personal study for “Session Four: Women Seen, Forgiven, and Sent.”



SESSION FIVE

WOMEN AND MINISTRY IN THE NEW TESTAMENT

SHARE: Ask women to share a name or two from their list of greetings on page 107.

DISCUSS the personal Bible study, using the following questions and prompts as a guide.

We've looked at the lives of a lot of women who followed and supported Jesus. Whose story has been the most powerful to you and why?

What do you think about the reality that—as with the mandates given in Genesis 1:28—men and women are both called to fulfill the Great Commandments and the Great Commission? How are you doing that? If you aren't already, what are steps you can take to start?

Why do you think God determined that women would be the first to see and report the resurrection?

Read Romans 16:1-16 together. What do you think about Paul's relationship with women in the church, based solely on Romans 16? Why don't we hear more about this chapter when we talk about women in the church, or men and women serving together in the church?

WATCH: Play the video “Session Five: Women and Ministry in the New Testament” and take notes using the Video Viewer Guide on page 110.

DISCUSS the video teaching using the following questions and prompts as a guide.

What did you learn about the hermeneutical process from Jen's video teaching this week? Why is it important to go through the entire process when studying a passage of Scripture?

What from the video teaching was new to you? What challenged you? What questions do you have? Discuss with the group.

What did you learn this week that helped you to see that being a woman is very good?

PRAYER: Pray together. Spend time thanking God for the men and women He has given you to serve and journey alongside as you are a disciple who discipled others. Ask for opportunities and help to continue serving Him.

REMIND your group to complete the five days of personal study for “Session Five: Silence, Submission, Modesty, Childbearing, and All the Big Ones.”



SESSION SIX

WOMEN AND FAMILY IN THE NEW TESTAMENT

SHARE: *Share about your family growing up. Do you have siblings? What's your birth order? What's a fun memory you have with your family?*

[Leaders, be sensitive to the needs of your group. An alternate question could be: If you could be a part of any family on TV, which one would you choose, and why?]

DISCUSS the personal Bible study, using the following questions and prompts as a guide.

The passages we studied this week are often pulled out of context and can influence the reader to conclude Christianity, the Bible, or Paul himself is sexist. What truths, stories, or Scriptures did you encounter this week that help you know that cannot be true about our faith, our Bible, or Paul?

Read 1 Timothy 2:8-10 together. What's the timeless principle we should apply to ourselves from these verses?

How do you see Paul's regulations in these letters applied in your own local church?

Read Philippians 2:1-11. Which part of this passage most impacted you as you meditated on Jesus's submission and surrender?

WATCH: Play the video "Session Six: Women and Family in the New Testament" and take notes using the Video Viewer Guide on page 140.

DISCUSS the video teaching using the following questions and prompts as a guide.

What does it say about God’s character that we are adopted into His family when we come to faith? How does your adoption into the family of God change the way you see yourself? How does it change the way you see other believers?

What did you learn this week that helped you to see that being a woman is very good?

PRAYER: Pray together. Spend time sharing your requests as sisters in Christ. Ask God to help you see one another as true siblings, unified and loving.

REMIND your group to complete the five days of personal study for “Session Six: We Are Sisters in Our (Faith) Families.”



SESSION SEVEN

WOMEN AND FAMILY IN THE NEW TESTAMENT

SHARE: *Talk about the list of women on pages 165–166 and your answers to the questions about them on page 167. Encourage each woman share at least one answer.*

DISCUSS the personal Bible study, using the following questions and prompts as a guide.

Were you surprised by what you saw in the Bible pertaining to singleness and childlessness? Did/do your thoughts (or your church’s) on singleness and childlessness match the Bible’s teachings? In what ways?

What benefit have you seen from single-gender settings? Are you in relationships with women in your local church who are both older than you and younger than you? Do you tend to seek out their wisdom, or do you default to wisdom online or in other places?

What do you think biblical submission looks like? What about biblical headship? Have you seen this lived out well in real life in anyone you know? How so?

WATCH: Play the video “Session Seven: Women Restored” and take notes using the Video Viewer Guide on page 170.

DISCUSS the video teaching using the following questions and prompts as a guide.

Read Revelation 21:1-8,22-27 and Revelation 22:1-5 together. Which aspect of these scenes gives you the most hope?

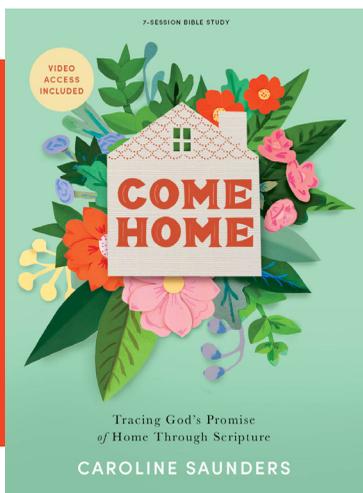
How would really, truly believing the words in Revelation change your life? How would they impact your day-to-day?

After having looked at what the Bible says about being a woman for the last seven weeks, would you say that being a woman is very good? Why or why not?

PRAYER: Spend time in prayer, encouraging one another to continue to study God's Word. Ask God to continue the work He has done in your group for the last seven weeks. Praise Him for His Word. Give thanks for one another.

FINISHING WELL

NEXT STEPS Even after the study concludes, follow up and challenge women to stay involved through another Bible study, church opportunity, or anything that will continue their spiritual growth and friendships. Provide several options of ministry opportunities the members can participate in individually or as a group to apply what they have learned through this study.



WHAT'S NEXT?

If you enjoyed this study, check out *Come Home* by Caroline Saunders.

lifeway.com/comehome



INTRODUCING BIBLE STUDIES with VIDEO ACCESS INCLUDED!

As trends in media consumption change from DVDs to streaming video, Lifeway made the decision to invest in technology that would allow for Bible studies to be accessed through mobile devices and smart TVs in addition to our website.

The concept of a Bible study book with video access allows us to use the technology to give all participants easier access to teaching videos. This will alleviate a concern we have heard from many group leaders of members who stop coming to their group after they miss a week of study.

How will customers access the videos that come with their Bible study book with video access?

There is a unique access code printed in each Bible study book. They will access their video content at my.lifeway.com or through the Lifeway On Demand app.

How long will they have access to the videos that come with their Bible study book?

There is no expiration date on the video access that comes with their Bible study book. They'll be able to access it as long as it is available through our Lifeway On Demand video apps.

What if participants want to listen to instead of watch the videos?

Want to listen on the go? Play your video through the Lifeway On Demand app, lock your screen, and enjoy the audio teaching like a podcast.

What are the benefits of video access being included in each Bible study book?

- This provides more flexibility for group meeting time. Groups now have the option to have group members watch video sessions outside of group meetings to allow more time for discussion.
- If a group member misses a weekly group meeting due to sickness or travel, they will be able to access the video content on their own and continue in their study.
- Group members can re-watch video sessions that were particularly impactful on their own time.
- This simplifies what a group leader needs to facilitate Bible study. You'll now get everything you need with just the Bible study book.

- Our goal is to provide an affordable option for both individuals and churches who are looking for Bible study options.

What do churches and individuals need to lead a group?

Each group member will need a Bible study book, which will include video access. There is also a DVD option for groups who want a non-streaming viewing option. In addition, select studies provide a Video Streaming - Group option for groups who choose not to use the Bible study books. For the best experience, we recommend each group member have a Bible study book.

When do group leaders need a DVD Set?

Because the Bible study book includes video streaming access, the purchase of the DVD set is optional (not essential) for group leaders. This option is for groups who may not have reliable streaming internet access.



Lifeway women

ACADEMY

Dig Deeper into the Cultural Context of the Bible

The Bible was written thousands of years ago to, by, and about people who were very different from us today. In this course, learn to see the Bible through the lens of a different time, place, and people. Through lectures, quizzes, and downloadable resources, learn about the lifestyles, values, outlooks, and geography that shaped Scripture.

THE WORLD OF THE BIBLE: HISTORICAL AND CULTURAL CONTEXT 101



Taught by Jen Wilkin, Katie J. McCoy, Amy Williams,
Kristie Anyabwile, and Dr. Courtney Veasey

DISCOVER MORE



lifeway.com/academy