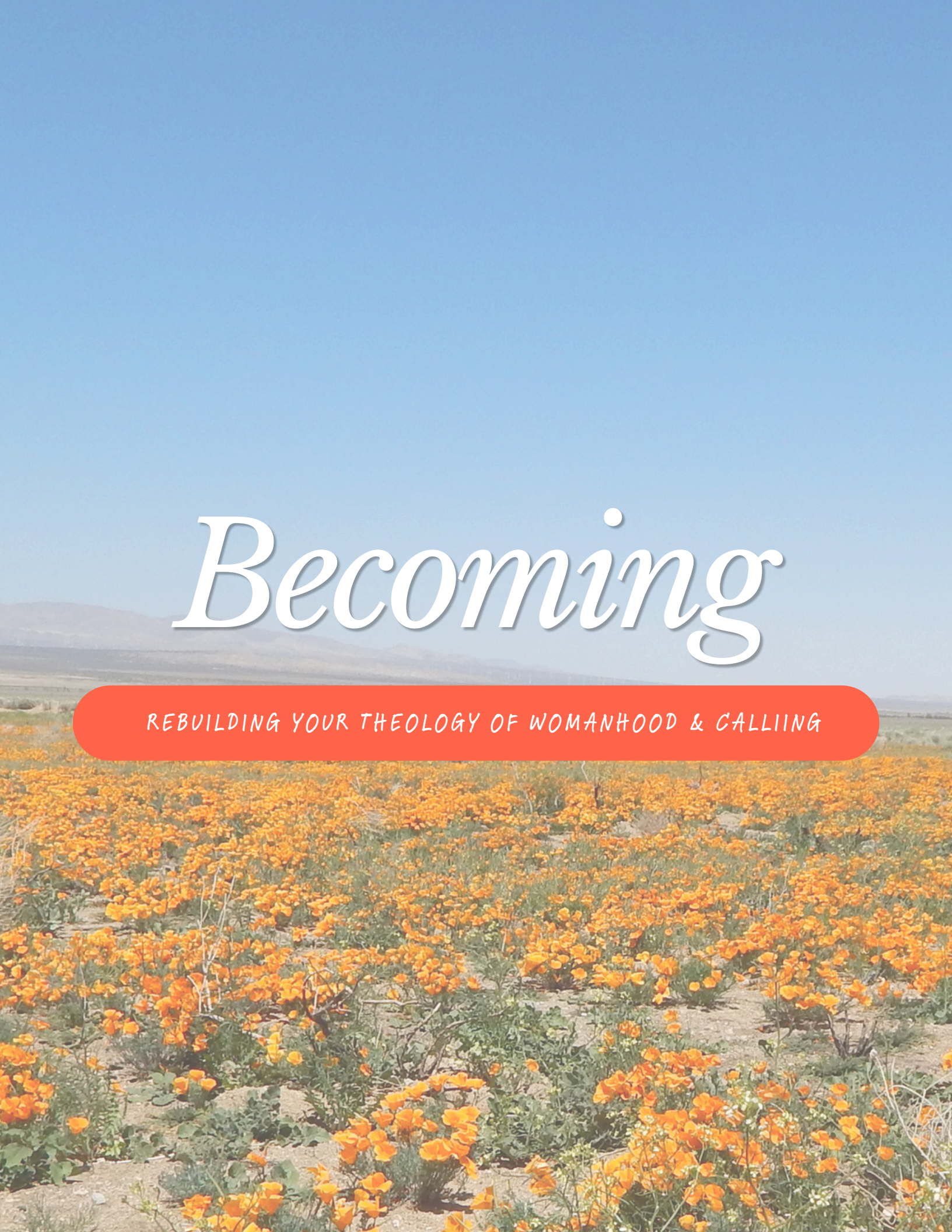

Becoming
REBUILDING YOUR THEOLOGY OF WOMANHOOD & CALLIING

Hi friend,

I am really glad that you're here. Truly.

My prayer is that this resource feels different than anything you've worked through before — not simply because it offers information, but because I believe you deserve more than surface-level faith.

I pray this workbook helps you think critically, engage personally with Scripture, identify theology you may have inherited, articulate your convictions, understand why you believe what you believe, and ultimately see yourself more clearly within God's story.

Over the last few years, I've spent a lot of time wrestling with my own inherited theology surrounding women — in their families, workplaces, leadership, and the local church. I began asking difficult questions, untangling beliefs I had accepted without examination, and returning to Scripture to discover what was actually true.

This workbook was born from that process.

As you move through these pages, my hope is not that you simply adopt my perspective, but that you learn how to wrestle faithfully with Scripture for yourself. That you would grow in wisdom, discernment, confidence, and intimacy with God.

I pray this resource challenges you.
I pray it encourages you.

And most of all, I pray it reminds you that God is still forming you for more.

This workbook is my gift to you.

Kati Wood



Awareness Is the Beginning

YOU ARE BEGINNING TO NOTICE WHAT SHAPED YOU.

What do I mean by theology?

Theology simply means what we believe about God. Every person has theology, whether they realize it or not. Our beliefs shape how we view God, ourselves, suffering, leadership, prayer, and purpose.

If we believe God is distant, we may struggle with intimacy. If we believe God only values performance, we may live trapped in striving and shame. What we believe deeply affects how we live.

Good theology is not about sounding intelligent or winning arguments. It is about pursuing truth with humility and allowing Scripture to shape our understanding of God.

The goal of theology is not pride. The goal is deeper trust, worship, and obedience.

Core Scriptures

- Colossians 1:10
- Matthew 22:37
- Romans 11:33

Becoming Reflection

- What beliefs about God have shaped my life most deeply?
- Which beliefs come from Scripture, and which come from fear or culture?
- In what areas is God refining my understanding?

I want my beliefs about God to be shaped by truth and intimacy with Him.

01

Part One

What have you been taught?

Before we can understand what we truly believe, we have to be willing to examine where our beliefs came from.

Many of us inherited ideas about women, leadership, calling, marriage, submission, motherhood, ambition, and ministry long before we ever personally studied Scripture for ourselves. Some beliefs came from our families. Some came from church culture. Some came from painful experiences. Others came from social media, tradition, or fear.

And while inherited beliefs are not automatically wrong, they should still be examined.
Because sometimes what we inherited was rooted more in culture than in Scripture.

This section is not about rebellion.
It is not about deconstructing for the sake of destruction.
And it is not about abandoning faith.

It is about learning to wrestle honestly with what you believe and why.
God is not intimidated by your questions.

Faith that has never been examined often becomes faith that cannot withstand pressure. But when we bring our questions, assumptions, fears, and experiences before God, He has a way of forming deeper conviction within us.

01

Part One

What have you been taught?

As you move through this section, resist the urge to rush.
Pay attention to:

- what makes you uncomfortable
- what challenges you
- what immediately feels “wrong”
- what creates curiosity
- what brings freedom
- what brings tension
-

Those reactions often reveal theology we’ve absorbed without realizing it.
You do not need to have every answer right now.

This is simply the beginning of awareness.

So grab your journal, a fun pen, a good cup of coffee, and let’s get ready to begin- Amen?

01

Part One

Reflection Questions

- What messages did I hear growing up about women?
- What did I learn about a woman's role in the home? In leadership? In the church?
- What qualities were celebrated in women around me?
- What qualities were discouraged?
- Did I grow up believing women should lead, remain quiet, support from the background, or something else?
- What examples of women in leadership did I see growing up?
- What beliefs about womanhood came more from culture than Scripture?
- What beliefs have I accepted without personally studying them?
- Have I ever been afraid to ask questions about theology? Why?
- What emotions come up when I think about women, leadership, calling, or influence?

01

Part One

Pause & Process

Write down one belief about women, leadership, or calling that you have never deeply examined before.

Then ask yourself:

- Where did this belief come from?
- Who taught it to me?
- Have I personally studied Scripture about it?
- Does this belief produce fear, freedom, shame, confidence, or confusion?
- What might it look like to approach this belief with honesty and openness before God?

01

Part One

Scripture Reflection

"Test everything. Hold on to what is good."
— 1 Thessalonians 5:21

God never asked us to blindly inherit faith without understanding it.
He invites us to seek wisdom, pursue truth, and know Him personally.

Formation begins with honesty.


Permission to Wrestle
QUESTIONS ARE NOT SPIRITUAL FAILURE.

How to study Scripture

Studying Scripture faithfully means approaching God's Word with humility, wisdom, and a willingness to be transformed. The goal is not simply to gain information but to know God more deeply and live according to His truth.

Faithful study requires context. Every passage was written to a specific audience during a specific time for a specific purpose. Before applying Scripture, it is important to slow down and ask:

- What is happening in this passage?
- Who wrote it?
- What does this reveal about God?

Faithful study also requires humility. We should not approach Scripture only looking for verses that support our opinions. God's Word is meant to teach, correct, encourage, and refine us.
A simple Bible study framework:

- Observe — What does the passage say?
- Interpret — What does it mean?
- Apply — How should this shape my life?
- Pray — Ask God to help you live it faithfully.

Core Scriptures

- 2 Timothy 3:16–17
- James 1:22
- Psalm 119:105
-

Becoming Reflection

- Do I approach Scripture with humility?
- Am I studying for transformation or just information?
- How can I grow deeper in God's Word?

I will study Scripture with wisdom, humility, and a heart willing to grow.

02

Part Two

What does Scripture Actually Say?

One of the most important things you can do in your spiritual formation is learn how to engage Scripture for yourself.

Not just through someone else's interpretation.
Not just through tradition.
Not just through what you've always heard.
But personally.

For many women, theology has been handed to us without ever inviting us into the process of wrestling, studying, questioning, or understanding context. We were often taught what to believe without learning how to study Scripture faithfully for ourselves.

But God's Word was never meant to intimidate you.
It was meant to transform you.

This section is an invitation to slow down and approach Scripture with curiosity, humility, wisdom, and discernment.

Not every difficult passage has a simple answer.
Not every theological question will be resolved overnight.

But growth happens when we are willing to engage honestly instead of avoiding hard conversations altogether.

02

Part Two

What does Scripture Actually Say?

As you work through this section, remember:

- Context matters.
- Audience matters.
- Culture matters.
- Genre matters.
- And above all, the character of God matters.

The goal is not simply to “win” theological arguments.
The goal is to know God more deeply and understand how His truth shapes the way we live, lead, serve, and become.

When approaching Scripture, ask yourself:

- What is happening in this passage?
- Who is speaking?
- Who is being spoken to?
- What is the cultural and historical context?
- What does this passage reveal about God?
- What assumptions am I bringing into this text?
- Am I reading this passage through fear, tradition, experience, or openness?

02

Part Two

Scripture Study Exercise

Choose a passage that has shaped your understanding of women, leadership, calling, or identity.

Read it slowly several times.
Then reflect:

Observation
What does the text actually say?

Interpretation
What do I think this passage means in its original context?

Reflection
How has this passage traditionally been taught to me?

Discernment
Are there assumptions or cultural influences affecting how I interpret this text?

Application
What does this passage teach me about God, obedience, wisdom, leadership, or identity today?

02

Part Two

Theology Check-In

Sometimes we inherit conclusions without ever seeing the full conversation.

Healthy theology requires:

- humility
- study
- discernment
- context
- prayer
- and a willingness to continue learning

You do not have to fear asking questions.
Questions do not make you rebellious.

Often, they are part of how God leads us into deeper wisdom and maturity.

Reflection Questions

- What passages have most shaped my understanding of women and calling?
- Have I personally studied those passages in context?
- What theological topics feel difficult or uncomfortable for me?
- Do I tend to avoid difficult Scripture or engage with it honestly?
- What voices have most shaped my theology?
- How can I become more grounded in Scripture for myself?

02

Part Two

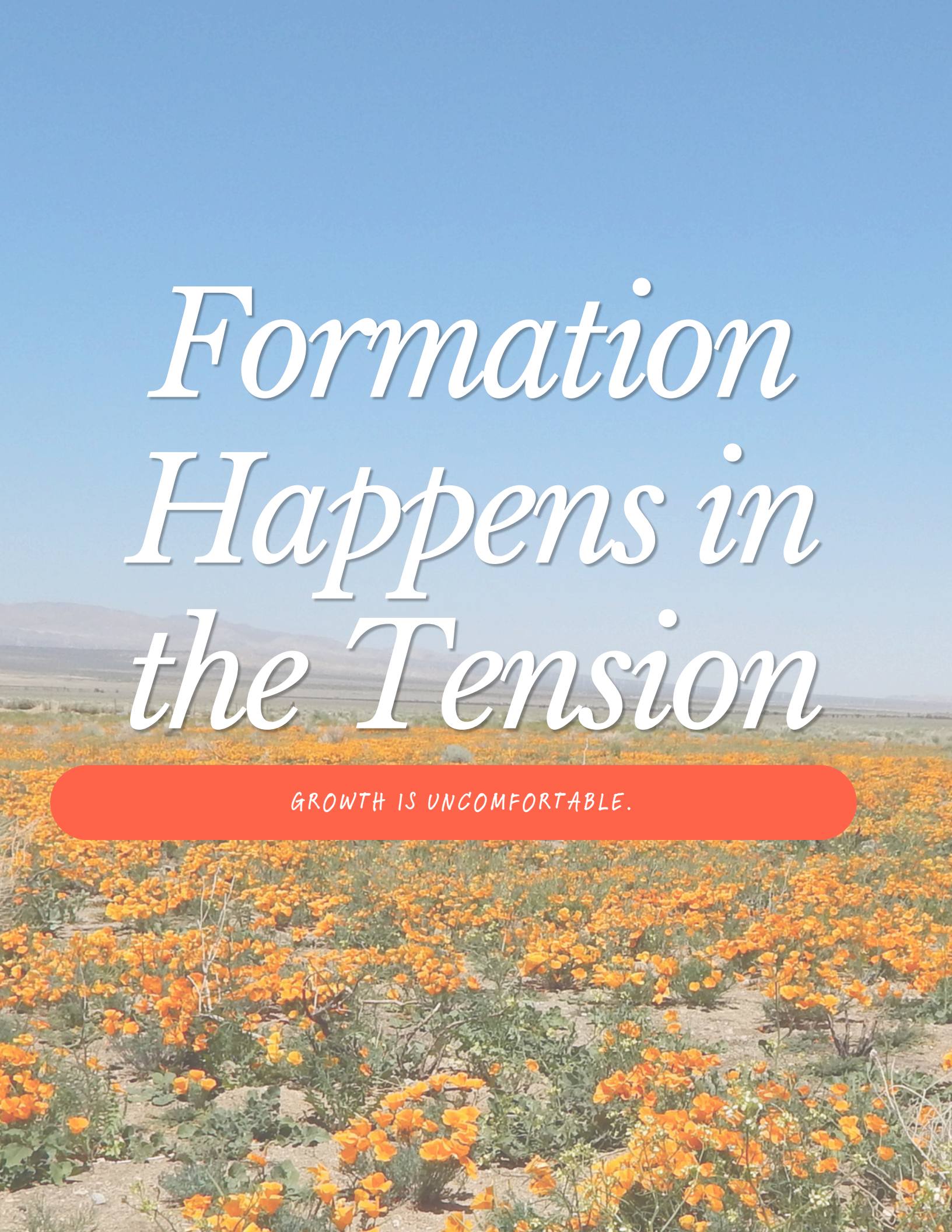
Theology Check-In

“Now the Berean Jews were of more noble character… for they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true.”
— Acts 17:11

God invites you to know His Word personally.

Not from fear.
Not from pressure.

But from relationship, wisdom, and truth.



Formation Happens in the Tension

GROWTH IS UNCOMFORTABLE.

What is Spiritual Formation?

Spiritual formation is the lifelong process of becoming more like Christ through relationship with God, surrender, and the work of the Holy Spirit. It is not simply about gaining more Bible knowledge or appearing spiritually mature. It is about allowing God to transform your heart, mind, habits, and character from the inside out.

Formation happens slowly. Throughout Scripture, God often shaped people in hidden seasons before leading them into public ones. Moses spent years in the wilderness. David was anointed long before he became king. God cares deeply about who we are becoming, not just what we accomplish.

Spiritual formation requires partnership. As we spend time with God, study Scripture, practice obedience, and remain open to correction, the Holy Spirit forms Christ within us.

Core Scriptures

- Romans 12:2
- John 15:4–5
- Galatians 4:19

Becoming Reflection

- Where have I confused performance with spiritual growth?
- What might God be forming in me during this season?
- Am I allowing God to transform both my heart and my habits?

God is faithfully forming me, even when growth feels slow.

03

Part Three

What is God Forming in You?

Spiritual formation is rarely comfortable.

Most of us want clarity, certainty, and quick answers from God. But often, God is far more interested in shaping our character than simply revealing the entire plan.

Formation happens in the waiting.
In the stretching.
In the refining.
In the moments when we feel unqualified, uncertain, or hidden.
And if we are honest, many of us spend more time resisting the process than embracing it.

We want purpose without pruning.
Calling without sacrifice.
Confidence without dependence on God.

03

Part Three

What is God Forming in You?

But throughout Scripture, God consistently forms people before He fully positions them.

Moses was formed in the wilderness.
David was formed in obscurity.
Esther was formed in preparation.
Peter was formed through failure.
Even Jesus spent years in hiddenness before public ministry.

God is not wasting your process.

The season you are in right now may feel slow, frustrating, uncomfortable, or unclear — but it may also be the very place where God is developing the wisdom, endurance, humility, discernment, and faith you will need for what comes next.

Formation is not punishment.
It is preparation.

03

Part Three

Reflection Questions

Reflection Questions

- What season am I currently in?
- Where do I feel stretched or uncomfortable right now?
- What emotions keep surfacing in this season?
- What parts of myself is God asking me to surrender?
- Where have I been resisting growth?
- What fears tend to make me shrink back?
- What do I believe God may be developing in me right now?
- Am I more focused on arriving or becoming?

03

Part Three

Identify the Narrative

Write down a fear, insecurity, or belief that has been holding you back.

Examples:

- “I’m not qualified.”
- “Someone else could do this better.”
- “I’m too late.”
- “I’m not a leader.”
- “I don’t know enough.”
- “God could never use someone like me.”

Now ask yourself:

- Is this belief rooted in truth or fear?
- What does Scripture say?
- How might this belief be limiting my obedience?

03

Part Three

Pause, Process & Pray

Sometimes we assume that feeling uncertain means we are unprepared.

But often, dependence on God is exactly where formation begins.

God does not wait for perfect people.
He works through willing ones.

Prayer Prompt
God, show me where I have been resisting the process of becoming. Help me trust that You are still working in me, even when growth feels uncomfortable. Give me the courage to surrender fear, insecurity, and false narratives so I can walk faithfully in what You are forming within me. Amen.

03

Part Three

Scripture Reflection

“And we all… are being transformed into His image with ever-increasing glory…”
— 2 Corinthians 3:18

Transformation is ongoing.

You do not need to have everything figured out today.
You simply need to remain willing to be formed.


Conviction
Takes Time
YOU ARE ALLOWED TO STILL BE GROWING.

How to Articulate what you believe

Many believers love God deeply but struggle to explain what they believe or why they believe it. Learning to articulate your beliefs builds confidence, strengthens conviction, and helps you communicate your faith clearly.

Start by identifying core beliefs about:

- God
- Jesus
- Scripture
- salvation
- identity
- discipleship

Then ask:
“Where do I see this in Scripture?”

You do not need complicated language to speak confidently about your faith. Mature faith is both grounded and humble. It is okay to continue learning, ask questions, and grow in understanding over time.
The more consistently you study Scripture and reflect on truth, the more confidently you will be able to articulate your beliefs.

Core Scriptures

- 1 Peter 3:15
- Ephesians 4:14–15
- Hebrews 5:14

Becoming Reflection

- How confident am I in explaining my beliefs?
- Which areas of my faith need deeper study?
- Are my beliefs rooted in Scripture or inherited assumptions?

I am growing in wisdom, clarity, and confidence as I root my beliefs in God's truth.I am growing in wisdom, clarity, and confidence as I root my beliefs in God's truth.

04

Part Four

Build Your Theology

At some point, faith has to become personal.

Not inherited.
Not borrowed.
Not based solely on what someone else told you.
Personal.

Throughout this workbook, you've reflected on the beliefs you inherited, engaged Scripture more intentionally, and considered the ways God may currently be forming you.

Now it's time to begin articulating what you actually believe.
Not perfectly.
Not exhaustively.
And not without room for continued growth.

Theology is not simply about having all the right answers. It is about understanding God more deeply and allowing those beliefs to shape the way you live, lead, love, serve, and obey.

Healthy theology should not only inform your mind — it should transform your life.

04

Part Four

Build Your Theology

This section is not about creating polished statements that sound impressive. It is about honesty.

You are allowed to still be learning.
You are allowed to still be wrestling.
You are allowed to hold humility while also developing conviction.

Formation is ongoing.
But there is power in learning to articulate:

- what you believe
- why you believe it
- and how those beliefs shape your becoming

04

Part Four

Build Your Theology

Complete the following statements honestly and prayerfully.

I believe God created women to...

I believe calling means...

I believe obedience requires...

I believe leadership should look like...

I believe spiritual maturity is...

I believe God forms people through...

I believe women often shrink back because...

I believe Scripture invites women to...

A belief I am unlearning is...

A truth I am embracing is...

04

Part Four

Reflection Questions

- What beliefs have changed or deepened while working through this resource?
- What areas do I still want to study further?
- What fears have been challenged through this process?
- How has my understanding of womanhood, leadership, or calling shifted?
- What kind of woman do I believe God is forming me into?
- What does “formed for more” mean to me now?


You Are
Becoming
GOD IS STILL FORMING YOU FOR MORE.

Well friend you did it.

Actually, it's more likely that you've just begun one of the most important journeys you can take for yourself.

The journey of asking questions.
Of seeking truth.
Of understanding what you believe and why you believe it.

I want to encourage you: don't just work through this resource once.
Come back to it quarterly.
Return to it yearly.

Revisit the questions, the Scriptures, the reflections, and the convictions you're continuing to develop.

Keep refining your theology.
Keep growing in wisdom.
Keep allowing Scripture to shape you more than culture, fear, assumptions, or inherited beliefs.

Because formation is ongoing.

As you grow, heal, lead, struggle, surrender, and follow God more deeply, your understanding will continue to deepen too.

And that's a beautiful thing.

Kati Wood

You're allowed to ask questions.

You're allowed to grow.

You are allowed to wrestle faithfully with Scripture.

You are allowed to become.

FORMED FOR MORE

