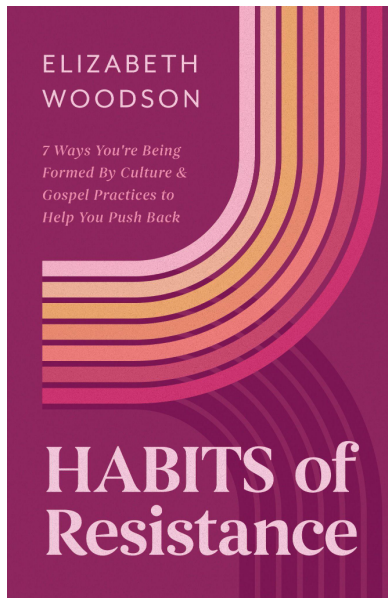


Habits of Resistance: Author Elizabeth Woodson on Breaking Free from False Gospels and Living in God’s True Story



In a culture saturated with competing narratives, Bible teacher and author **Elizabeth Woodson** calls Christians to resist the false gospels shaping their lives and embrace the true story of Jesus Christ. In her new book, “Habits of Resistance” (B&H Publishing, February 3, 2026), Elizabeth Woodson unveils **seven pervasive cultural lies** and equips readers with **seven gospel-centered habits** that reform them into Christ’s image.

“Unless you are intentional about not only *knowing* the false stories swirling around you, but *resisting* them so that you might be formed by a better one, you *will* be formed according to the way of the world.” -Elizabeth Woodson

What are Seven Cultural Lies?

1. Peace through control
2. Identity through achievement
3. Love through selfishness
4. Justice through vengeance
5. Joy through overconsumption
6. Hope through escapism
7. A “good life” through freedom (unhindered autonomy)

What are Seven Habits of Resistance?

1. Prayer
2. The (spiritual family) gathering
3. Service
4. Confession and forgiveness
5. Fasting
6. Meditation
7. A rule of life

Through biblical teaching, personal stories, and practical tools, Elizabeth Woodson empowers believers to:

- Identify the false gospels pervasive in modern culture;
- Step into the true gospel story told by God;
- Discover why intentional discipleship is essential for experiencing wholeness and abundance;
- Recognize when cultural spiritual malformation is taking root; and
- Replace cultural practices with gospel habits that resist lies and re-form believers into Christ’s image.

Interview Sample Questions

1. What inspired you to write “Habits of Resistance?” Was there a personal moment when you realized how deeply cultural “false gospels” were shaping us?
2. You talk about “false stories” that disciple us. Can you unpack what you mean by that, and why they’re so persuasive?
3. How do you see the tension between the story culture tells us and the story God tells us playing out in everyday life?
4. You identify seven false gospels in the book. Which one do you think is most pervasive in the church today, and why?
5. For someone listening who feels overwhelmed by cultural pressures, what’s one first step they can take to begin resisting false gospels?
6. What encouragement would you give to someone who feels like they’ve already been shaped more by culture than by Christ?
7. Why do you think the church sometimes struggles to name or resist cultural lies?
8. You write that “wholeness and delight can only come through our connection to God, because God is the ultimate and unending source of shalom.” What keeps us from experiencing this peace/shalom?
9. How can believers engage culture without being consumed by it?
10. What role do community and accountability play in forming gospel habits?

Meet the Author



Elizabeth Woodson is a Bible teacher and author who is passionate about equipping believers to understand the rich theological truths of Scripture. She loves helping people internalize their faith and connect it practically to everyday life. She is a contributing author for “World on Fire,” and the author of “Live Free: From Beginning to Forever,” and “Embrace Your Life: How to Find Joy When the Life You Have Is Not the Life You Hoped For.” Elizabeth is a graduate of Dallas Theological Seminary with a Masters in Christian Education, and the host of the Starting Place podcast and the co-host of the Shalomies podcast. She regularly serves as a teacher for Lifeway Women Academy.

To request an interview with Elizabeth Woodson, please email Elizabeth Bristow for scheduling (elizabethbristow@gmail.com).