



“Very Good” by Jen Oshman
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Readers discover ‘what God says about being a woman’ in ‘Very Good’, new study from Jen Oshman

BRENTWOOD, Tenn., Jan. 15, 2026— In a time when [Barna research shows that women—particularly younger women—are attending church less frequently than men](#), a new Bible study from Lifeway Women invites readers into the beauty of God’s good design.

With theological depth and cultural insights, Bible teacher Jen Oshman navigates her way through the entirety of Scripture to aid female learners to explore God’s good purposes in her new study, [“Very Good: What the Bible Says About Being a Woman.”](#)

The **7-session** study combines group discussion, personal study and video teaching to **help women move from confusion to clarity about identity, calling and worth.**

“Women today hear a lot of voices telling them who they are and what they’re worth,” said Oshman. “In ‘Very Good,’ we’ll explore what Scripture says about God’s good design for women and learn to combat lies with the truth.”

Oshman works through some of life’s big questions, such as:

- What does the Bible say about being a woman?
- Where do women fit in God’s grand story?
- Is the church for me?

Important topics like marriage, family, gender expression and sexual ethics are also covered. “Very Good” calls women to reflect deeply on their own thoughts, consider the influence of modern narratives and find their way forward with the Scriptures.

A free sample session is available now at lifeway.com/verygood.

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In operation since 1891, [Lifeway Christian Resources](#) is one of the leading providers of Christian resources, including Bibles, books, Bible studies, group curriculum, Christian music and movies, Vacation Bible School and church supplies, as well as camps and events for all ages. Lifeway is the world’s largest provider of Spanish Bibles.



About Jen Osman

Jen Oshman is an author, speaker, church planter’s wife and mom of four daughters. She has served as a missionary and church planter for over two decades on three continents. She currently resides in Colorado, where she is the director of women’s ministry at Redemption Parker, which her family planted eight years ago. Jen’s book titles include “Enough About Me,” “It’s Good to Be a Girl,” “Cultural Counterfeits” and “Welcome.” You can keep in touch with Jen at jenoshman.com.

SUGGESTED INTERVIEW QUESTIONS

- What prompted you to create a study that spans from Genesis to Revelation?
- Where does this title “Very Good” come from?
- Which misconceptions about women in Scripture do you address most directly in “Very Good”?
- How are women an essential part of God’s redemptive story?
- What do you think are the cultural stories told to women about their worth and their lives?
- What can we learn from the women of the Bible like Deborah, Esther, Mary, Priscilla and others?
- What is one passage of Scripture you hope women will always remember after completing the study?
- How can churches partner with men and women well as co-laborers in God’s mission?
- What do you feel are the biggest struggles women face in the church? What do you think is keeping some of them away?
- You say there is “freedom” in living within God’s story. What does this mean? How is this true?

Please direct interview requests to Elizabeth Bristow at elizabethbristow@gmail.com.
High-resolution images, media assets and excerpts are also available.