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New Book Invites Women to Rethink Clothing through Scriptural Lens

Bible teacher Caroline Saunders explores what the Bible really says about what we wear

BRENTWOOD, Tenn., June 11, 2026 — Author and Bible teacher Caroline Saunders offers a biblical view on clothing that looks beyond rigid rules and cultural expectations in her new book, "*But What Do I Wear?: The Biblical Story of Clothing, How It Helps Us Think About Getting Dressed, and Approximately Seventeen Stories I May Regret Telling,*" releasing September 15 from B&H Publishing.

Blending the Bible's narrative with humorous, heartfelt stories, Saunders traces the theme of clothing from Genesis to Revelation, equipping readers with a deeper understanding of what it means to be "clothed in Christ" as they turn a daily task into an opportunity for worship.

"I began this journey as a personal study of clothing throughout Scripture, and I found God's word actually says a lot about the theme of covering," said Saunders. "Along the way, I encountered many women who were desperate for answers to questions they'd carried for years about God's thoughts on attire and appearance."

In *But What Do I Wear?,* Saunders addresses practical and spiritual questions, including how much time and money should be spent, what may be happening beneath the surface when emotions and panic set in and ultimately how to honor yourself, others and God with clothing. Rather than answering these questions with a list of dos and don'ts, she invites readers into the God's bigger story, helping women approach what they wear with truth and joy.

"The Bible doesn't give us a detailed dress code, but it does shape us—and that shapes how we get dressed," said Saunders. "We walk by the spirit, in the good lighting of God's word,

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surrendering our hunger for mindless legalism for something more lasting: wisdom from The God Who Covers and all the ways our clothing experiences can stitch us back into his story."

Recognizing the exposure and plethora of emotions getting dressed often brings for women, Saunders encourages women to let truth transform the dread of choosing an outfit to a call to worship and delight in Jesus.

"The tension and emotion you sometimes feel when getting dressed is really normal," writes Saunders. "God's Word has lots of encouragement, help and wisdom for you. I hope this book helps you better know The God Who Covers and that the way He clothes you delights you four million times more than _____ (fill in with whatever is your favorite outfit)."

But What Do I Wear? releases September 15, 2026, from B&H Publishing. For more information, visit butwhatdoiwearbook.com.

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About Caroline Saunders

Caroline Saunders is a writer, Bible teacher, pastor's wife, and mother of three who believes in taking Jesus seriously and being un-serious about nearly everything else. She loves biblical theology, Sonic runs, and time with her family. She's authored three children's books, a few Bible studies for teen girls, and a women's Bible study called *Come Home: Tracing God's Promise of Home in Scripture*. Find her writing, resources, and ridiculousness at WriterCaroline.com and on Instagram @writercaroline.

About B&H Publishing Group

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Thought Leadership Topics

- Redefining beauty in a post-Christian culture
- What purity culture misses about covering up
- How ministry leaders and parents should approach the modesty conversation
- What the Bible says about clothing from Genesis to Revelation
- How to view getting dressed as a call to worship
- Why getting dressed feels so emotional for women

Suggested Interview Questions for Caroline Saunders, Author of 'But What Do I Wear?'

1. What compelled you to trace the theme of clothing throughout the Bible?
2. What are some key themes you discovered about clothing between Genesis and Revelation?
3. What are the biggest struggles women face related to clothing and appearance?
4. Many women have baggage from their upbringing. Some have endured severe rules and regulations about covering up on one side of the spectrum, while on the other side, others have endured constant cultural expectations to show off their physique. How do you approach these extremes differently?
5. Why was it important to you weave in personal stories and humor throughout *But What Do I Wear*?
6. You discuss "The God Who Covers." Explain that attribute of God.
7. What does it look like to worship God through our clothing?
8. What encouragement would you give to the woman who feels frustrated, discouraged or exhausted with clothing?
9. What is one key truth you hope the audience remembers the next time they choose an outfit?
10. Where can women go to learn more about *But What Do I Wear?*