



**GENDER DESIGN &  
REDEMPTION**

ISAIAH 50:10-11

<sup>10</sup> Who among you fears the LORD  
and obeys the word of his servant?  
Let the one who walks in the dark,  
who has no light,  
trust in the name of the LORD  
and rely on their God.

<sup>11</sup> But now, all you who light fires  
and provide yourselves with flaming torches,  
go, walk in the light of your fires  
and of the torches you have set ablaze.  
This is what you shall receive from my hand:  
You will lie down in torment.



*The imagery of being firefighters is a metaphor for how we choose to trust in ourselves and not God in the midst dark broken world.*

JEREMIAH 2:11-13

<sup>11</sup> Has a nation ever changed its gods?

(Yet they are not gods at all.)

But my people have exchanged their glorious God  
for worthless idols.

<sup>12</sup> Be appalled at this, you heavens,  
and shudder with great horror,”

declares the LORD.

<sup>13</sup> “My people have committed two sins:

*They have forsaken me,  
the spring of living water,  
and have dug their own cisterns,  
broken cisterns that cannot hold water.*



*The imagery of rejecting drinking from the spring of living water so that we can drink from faulty water vessels that we create for ourselves, shows our refusal to depend on God and instead to depend on ourselves.*

*The problem with depending on ourselves is that we are broken and we are cannot give life to ourselves.*

ALLENDER  
*THE WOUNDED HEART*

“A style of relating is the characteristic manner of both offering and protecting oneself in social interactions...Why is style of relating important? Simply put, it is the primary x-ray that tells us the condition of our heart. The best way to know our attitude towards God is to look at how we deal with Him and others (Mark 12:28-34). Do we love selflessly, passionately, boldly? Or are we committed to self-protection, to the autonomous oath that we will not be hurt again?”

ALLENDER  
*THE WOUNDED HEART*

“It seems that the natural desire to avoid pain directs us toward a path of independence, when in fact, the desire for relief and satisfaction, if the hunger is deeply felt, will lead to a path of chosen dependence on a Person greater than ourselves...Protecting oneself and relying on one’s own resources for self-preservation has seemed like the only reasonable way to live in a fallen world...The honest man or woman will eventually acknowledge that self-preservation has not worked and, even when it seems to, leads to a diminishment of the soul.”



**FEMALE DESIGN & REDEMPTION:  
NOT CONTROLLING BUT  
INVITING OTHERS INTO  
RELATIONSHIP**

## RELATIONSHIPS GONE WRONG SPECTRUM

Helpless Controllers

Emasculating Controllers



Little Girl	Good Girl	Party Girl	Busy Girl	Tough Girl
uses naiveté and helplessness to get what she wants	uses goodness, helpfulness, or service to get what she wants	uses flirtation and seduction to get what she wants	uses competence, administration, or service to get what she wants	uses sarcasm, shame, intimidation to get what she wants

## STYLES OF RELATING

### Little Girl

- **Naïve:** tries to avoid seeing the fullness of depravity
- **Simple-minded:** but NOT indicative of low IQ
- **Comes across as adolescent**
- **Dependent upon the care and movement of others:**
- **She uses her naivete in a flirtatious manner**
- **Lack of internal depth**
- *The message: “I will draw life from you by being fragile or naïve.”*

## STYLES OF RELATING

### Good Girl

- People pleaser, rescuer, compliant
- Avoids conflicts
- Rarely loses her temper
- Filled with an enormous amount of guilt.
- *The message: “I will give you my hands at the expense of my heart.”*

## STYLES OF RELATING

### Party Girl

- More overtly flirtatious or seductive
- Likes to have a good time
- Wild mood swings, unpredictable
- Comes off less afraid and more courageous; less whiny and more bold
- Avoids commitment: Bounces between relationships
- *The message: “I will draw life from you by being flirtatious.”*

## STYLES OF RELATING

### Busy Girl

- Very active and busy
- Less a rescuer and more an administrator
- A take-charge, task-oriented person, competent, in control
- Hates dependency
- Far more apparently in control, her mind more on the task than other people
- *The message: I will offer my competency but not my heart.*

## STYLES OF RELATING

### Tough Girl

- Uses intimidation, especially with men
- Works very hard to intimidate in situations where there is conflict
- Uses shame and sarcasm to humiliate
- Predominantly blames others rather than take ownership
- Takes hold of life for you
- *The message: I will take hold of life for you so that I never have to expose my heart.*



**THE ROAD TO REDEMPTION IS  
THROUGH REPENTANCE**

## DEFINITION OF REPENTANCE

“**Repentance unto life** is a saving grace, by which a sinner, being truly aware of his sinfulness, understands the mercy of God in Christ, grieves for and hates his sins, and turns from them to God, fully intending and striving for a new obedience.” - *The Westminster Shorter Catechism Question 87*

LUKE 9:24

<sup>24</sup> For whoever wants to save their life will lose it, but whoever loses their life for me will save it.

*This idea that Jesus preaches about is repeated in all four gospels. Clearly Jesus is trying to let us know that we must die to everything in this life before we can find true life.*

ALLENDER  
*THE WOUNDED HEART*

“Repentant behavior will be markedly different between and within each style of relating, so it is impossible to make conclusions about what are the “right” things to do or not do on the road toward change. All that can be said is that change for any style of relating will never involve the choice to pursue sin...The goal is to move away from self-protective patterns, often in what appear to be the most simple and reasonable ways which are, for many, the most difficult.”

**WHAT DOES REPENTANCE &  
REDEMPTION LOOK LIKE?**

*Repentant behavior will generally be uncomfortable because we will be acting in ways that are contrary to the styles of relating we took on for safety from hurt. Therefore loving God and others, instead of yourself, will be risky in a messy world.*

## WHAT DOES REPENTANCE & REDEMPTION LOOK LIKE?

### Some Examples:

#### **Little Girl:**

- Instead of being helpless, repentantly take on responsibilities that you are capable of but in the past you would have felt overwhelmed by.
- Instead of being naïve, repentantly seek to understand the complexity of people and this world; repentantly seek to understand your own and other's depravity with the hope of deeper sorrow for sin and experience of God's grace.

#### **Good Girl:**

- Instead of being helpful for the sake of others being ingratiated to you, repentantly be helpful out of love for God and others with no desire of personal gain.
- Instead of being nice, repentantly express your opinions about things; repentantly express your displeasure about something; repentantly express anger when appropriate.

## WHAT DOES REPENTANCE & REDEMPTION LOOK LIKE?

### Some Examples:

#### **Party Girl:**

- Instead of being flirtatious, repentantly seek to understand who you are apart from your ability to make people feel special and wanted.
- Instead of just having a good time and bring others along in it, repentantly seek find out what your deeper passions and giftings are.
- repentantly make commitments to your relationships and persevere in them even when things get messy or hard.

#### **Busy Girl**

- Instead of being competent for the sake of others being respecting you and following you, repentantly be competent out of love for God and others with no desire of personal gain.

## WHAT DOES REPENTANCE & REDEMPTION LOOK LIKE?

### Some Examples:

#### **Busy Girl (contd)**

- Instead of taking charge of everything, repentantly seek to simply serve by following someone's lead.
- Instead of focusing on tasks; repentantly seek to enjoy relationships.

#### **Tough Girl**

- Instead of using shame or intimidation, repentantly ask for what you want with tenderness.
- Instead of blaming others for things that go wrong, repentantly evaluate what you contributed to things going wrong.
- repentantly be vulnerable to others in relationships that are safe.

ALLENDER  
*THE WOUNDED HEART*

“Repentance decreases shame, increases passion, and welcomes restoration. Penance increases contempt, decreases life, and resists involvement.”

1 JOHN 3:8-9

<sup>8</sup> If we claim to be without sin, we deceive ourselves and the truth is not in us. <sup>9</sup> If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.



**FEMALE DESIGN & REDEMPTION:  
INVITING OTHERS INTO  
RELATIONSHIP**

