Help! Can I Choose My Own Gender?

How to use this journal:

- Read through ***Help! Can I Choose My Own Gender?*** by Gracie Nelson.
- As you read through each chapter, write down at least three **key truths** that impact you. Space for notes is provided below.
- Thoughtfully work through the **Questions for Reflection**[1] after you read each chapter. Space for journaling your answers is provided.

Introduction/ Chapter 1 ***Impacting Truths:***	1. _____ _____ _____ 2. _____ _____ _____ 3. _____ _____ _____
Chapter 1 ***Questions for Reflection:***	• What were some feelings you had when you had to step into a role you didn't feel ready for? How does that relate to the pressure of feeling you have the responsibility of choosing your own gender? • Read Isaiah 46:9-10 and Isaiah 55:8-9. How do God's attributes uniquely qualify Him to have authority over all creation, including gender?

[1] The *Questions for Reflection* are taken from *Help! Can I Choose My Own Gender?* by Gracie Nelson, (Shepherd Press, 2025).

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Chapter 2 ***Impacting Truths:***	1. _____ _____ _____ 2. _____ _____ _____ 3. _____ _____ _____
Chapter 2 ***Questions for Reflection:***	• What is at risk if humans define male or female differently than God, the Author? How could this interfere with God's good design and plan? • If God could use Adam and Eve's sin to bring about something good (the coming of a Redeemer), can He do the same with my sin and yours? How can this bring us hope?
Chapter 3 ***Impacting Truths:***	1. _____ _____ _____ 2. _____ _____ _____ 3. _____ _____ _____

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Chapter 3 ***Questions for Reflection:***	• Explain how wrongly defining words can lead to confusion and relate that to our topic of gender? • Think of a sibling or friend. When you see him obey authority, how does that obedience prove his humility and submission? Likewise, how does his disobedience prove his lack of humility and submission? Now, apply these questions to yourself. • Be honest with yourself. Have you submitted your life to God, by faith in His Son Jesus?
Chapter 4 ***Impacting Truths:***	1. _____ _____ _____ 2. _____ _____ _____ 3. _____ _____ _____

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Chapter 4 ***Questions for Reflection:***	• Think of something you did/said today. Trace it backwards from action to desire to belief. I'll go first—I put my headphones on (action) because I want to focus to communicate well (desire) because I believe communicating clearly about gender is important (belief). o Action: o Desire: o Belief: • Repentance gets a bad rap but think of the positive effects of biblical repentance in relation to God and others. How can living a life of repentance help you?

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