REAL HOPE FOR WOMEN IN THE AGE OF SELF

In Today’s Self-Focused Culture, Author Jen Oshman Calls Women Away from DIY Spirituality by Pointing Them to Jesus

WHEATON, Ill.—For decades women have been told that they can have it all—the perfect home, the perfect children, the perfect outfit, the perfect coffee—it’s all within reach. But rather than being the happiest generation, women today are more depressed than ever, with more than one in five women on antidepressants. Why is this the case? Why are women languishing in a world that tells them they can have it all?

In Jen Oshman’s first book, Enough about Me (Crossway, 2019), she gets to the root of this problem by calling women to look away from new self-improvement strategies in order to find the abundant life and joy God offers them. In the book she writes, “We twenty-first-century women have been running on ourselves, rather than our God. We’ve been running on self-help, self-empowerment, and self-actualization. The fuel of self has run out, and that’s why we’re tired and discouraged and even in crisis. Enough about me. And enough about you. If we want to keep running, we need to run on the fuel we’re made for—God himself. We will indeed be restless until then.”

Oshman pushes back against the “siren call of self” and encourages women to find true life in Jesus by spending quality time in the Bible, pursuing holiness, and dying to self. Oshman debunks the “believe in yourself gospel,” which she defines as “a nice pep-talk we give to ourselves and one another to conquer another day of college, singleness, motherhood, or work life. ‘Just believe in yourself.’”

Enough about Me reminds women that while today’s culture pushes women to look to and believe in themselves for their own happiness, ultimately only Jesus can satisfy the desires of their hearts. “Your life is not your own. You are not enough. You are not all you need,” writes Oshman. “But Jesus is there. And he is enough. He is your life. He is all you need. Breathe.”

ABOUT THE AUTHOR

Jen Oshman is saved by grace, a missionary, pastor’s wife, writer, speaker, podcaster, and mom to four beautiful daughters who have been raised on three continents.

A native of Denver, Colorado, Jen married her husband Mark at the young age of twenty. After the honeymoon, finishing school, and seminary, they served with Cadence International as missionaries in Okinawa, Japan. There they ministered to American service members and their families and Jen found deep joy in teaching, leading, discipling, and counseling women.

One decade and four daughters later, they transitioned from Asia to Europe. They served with Pioneers International as church planters in the Czech Republic, where the Evangelical Christian population numbers less than 0.5%.

In 2015, they were unexpectedly called off the mission field to care for Jen’s dad who suffered from Alzheimer’s and Dementia. They now reside in Parker, Colorado, where they have planted an Acts29 church, Redemption Parker, and they remain on staff in a supporting role with Pioneers International. Her family isn’t sure yet which continent to call home.

Outside of missions in Europe and church planting in Parker, Jen teaches women’s Bible studies, speaks at conferences, writes regularly at jenoshman.com, and hosts a weekly podcast called All Things. She is especially passionate about encouraging women to deepen their faith and gain a strong Biblical worldview.

Jen’s writing has been featured at Desiring God, the Gospel Coalition, Tim Challies, Risen Motherhood, the Ethics and Religious Liberty Commission, Unlocking the Bible, Church Leaders, and A Life Overseas, and she is a staff writer at Gospel-Centered Discipleship.

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All Things Podcast

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