"This Book" is a transformative memoir and self-help guide that explores the author's journey from a life of fear and self-sacrifice to one of submission and liberation. Through candid storytelling and insightful reflection, the author shares her personal experiences of grappling with toxic dynamics, including feeling like a doormat, tolerating Jezebel-like behavior, and confronting the Ahab spirit within herself and others.

Key Themes:

* Submission and Empowerment: The book delves into the complex dynamics of submission, particularly within the context of relationships and societal expectations. It explores how fear, insecurity, and childhood conditioning can shape one's perception of submission, and offers practical strategies for breaking free from toxic patterns and in living in true biblical submission.
* Tolerating Toxic Behavior: Drawing from personal anecdotes and biblical insights, the author examines the detrimental effects of tolerating toxic behavior, particularly the Jezebel spirit in both men and women. She highlights the importance of recognizing and confronting toxic dynamics in order to find healing and restoration.
* Confronting the Ahab Spirit: The book delves into the counterpart to the Jezebel spirit: the Ahab spirit in relationships. It explores the characteristics of living in the fear of man and its role in perpetuating unhealthy relationships, while offering guidance on how to break free from its influence.

Unique Selling Points:

* Personal Authenticity: This book offers a raw and honest portrayal of the author's own struggles and triumphs, allowing readers to connect with their journey on a deeply personal level.
* Biblical Insights: The book incorporates biblical teachings and scriptures to provide a spiritual foundation for navigating toxic relationships and finding freedom in submission to God's will.
* Practical Guidance: Alongside personal anecdotes, the author offers practical tools and strategies for readers to apply in their own lives, empowering them to break free from toxic patterns and embrace true freedom in submission.

Target Audience:

This book is targeted towards individuals who have experienced or are currently grappling with toxic relationships, feelings of fear and disempowerment, and a desire for healing and restoration. It will resonate with readers seeking personal growth, spiritual guidance in navigating challenging dynamics, and wanting to experience a rewarding life—through submission.

Book Outline:

I. Introduction

* Brief overview of the author's journey
* Introduction to the themes of shame, fear, identity, and spiritual growth

II. Childhood Wounds

* Exploration of early experiences of rejection and shame
* Impact on the author's self-perception and relationships
* Reflect on early experiences that shaped the author's understanding of submission and authority.
* Discuss how fear and insecurity influenced the author’s perception of submission, leading to a pattern of people-pleasing and self-sacrifice.

III. Marriage and Shame

* Discussion of the author's marriage and decision-making rooted in shame
* Revelation of the voice of shame and its influence on the author's choices
* Share personal anecdotes of navigating submission within the author’s marriage, highlighting moments of tension and conflict.
* Explore the biblical concept of submission in marriage and how it clashed with the author’s experiences.

IV. Wrestling with Fear and Identity

* Examination of fear and pride in the author's life
* Struggles with submission and obedience in the context of marriage
* Order and the Home
* “And if you are Sarah’s daughters”...

V. Tolerating Jezebel

* Introduce the concept of the Jezebel spirit and its manifestation in relationships in both men and women.
* Reflect on Revelations 2:20 and its relevance to tolerating toxic behavior in the name of submission.
	+ (Delve into the complex dynamics of submission, particularly in the context of feeling like a doormat and tolerating toxic behavior.)
* Discuss the consequences of allowing Jezebel-like behavior to persist unchecked.

VI. Confronting Ahab

* Examine the counterpart to the Jezebel spirit: the Ahab spirit in men and women.
* Dive into the characteristics of the Ahab spirit and its role in perpetuating toxic dynamics.
* Share insights from biblical examples of Ahab and his influence on those around him.
* Ahab will be punished too: Releasing Yourself from a Victim-Mindset

VII. Awakening and Transformation

* Divine encounters and moments of revelation
* Embracing humility and seeking intimacy with God

VIII. Breaking Free

* Offer practical strategies for breaking free from the cycle of submission to toxic authority and the fear of submission.
* Provide tools for identifying and confronting the Jezebel and Ahab spirits in relationships.
* Offer practical strategies for recognizing and avoiding the “red flags” before an investment is ever made.
* Share personal victories and testimonies of finding freedom and empowerment through submission, first to God.

IX. Healing and Empowerment

* Journey towards healing from past wounds and traumas
* Rediscovery of identity as a beloved child of God
* Illustration of Water and Bags—knowing your value and what you require

X. Surrender and Submission

* Choice to submit to God's will and authority
* Overcoming rebellion and embracing God's perfect love
* Experience of God's transformational power and glory
* Realigning with God's purposes and plans

XI. Truth and Exodus

* Breaking free from generational bondage and curses
* Interceding for future generations and embracing spiritual authority
* Seeking God's presence and pursuing deeper intimacy
* Discovering the truth about oneself and experiencing God's love

XII. Conclusion

* Reflections on the journey and lessons learned
* Encouragement for readers to embrace their own journey of healing and restoration
* Help readers live in the freedom of submission by aligning themselves with God's truth and rejecting the bondage of toxic dynamics.