

FUNDIE CHEATSHEET

Behind the Scenes of Christian Fundamentalism

WHAT IS

Quiverfull

This refers to a verse in Psalms that relates children to arrows intended for war. Fundies believe they are raising an army for God in the next holy war and that one can never have enough arrows/children.

Blanket Training

The concept is to train a child to suppress urges and obey the parent from the earliest age. Training is done with "a rod of correction" and begins as soon as an infant can crawl.

SAHD

Stay-At-Home-Daughters are young women who have been taught to care for siblings and serve their fathers until a courtship is arranged for her marriage.

Federalist Marriage

Federalism puts the husband in charge (and holds him responsible for) everything that goes on under his roof, including his wife and children's behavior. His family is his dominion; if they misbehave, it's his job to address it.

Complementarianism

The idea that men and women have specific, separate roles that complement one another. These roles are strict gender lines that must not be crossed.

Purity culture (extreme modesty, shame around sexual development, strict dating or courtship rules) prevail.

The Duggars

Discipline

Vision Forum

Dominion & Submission

God wants you to suffer

WHO IS



Bill Gothard

Founder of the **Institute of Basic Life Principles** (IBLP) and **Advanced Training Institute** (ATI). Never married or a parent, Gothard dishes out extensive family advice and spearheaded a fundie movement.



Michael Pearl

Puritanical author and pastor who wrote **To Train Up a Child**. Teaches the mechanics of spanking, choice of rod, and how to add psychological terror to a spanking session. Not kidding.



Doug Phillips

Founder (now disgraced for getting caught with his nanny) of **Vision Forum**, a book supply & conference company. He encouraged the SAHD practice, courtship, and **Head of Household voting** on his popular blog.



Doug Wilson

Pastor, author, and college founder, Wilson teaches "A man penetrates conquers, colonizes, plants. A woman receives, surrenders, accepts."



John Piper

Author and pastor who teaches women should remain in domestic abuse and suffer a little. Especially hates feminism and women who speak. Piper's estranged son, Abraham, breaks down his horrid philosophies on TikTok.

This is by no means an exhaustive list! McArthur, Dobson, Falwell, Sproul, Sproul Jr...the list goes on. They are all connected.

THE FUNDIE MISSION

How Christian Fundamentalism impacts America's laws, government, and headlines

Dominionist Theology

Seeks to institute a nation that is governed by Christians based on their understanding of biblical law. Dominionists believe it's their calling and destiny from God that men (specifically white, cis-gendered men) take dominion of the Earth and govern it. They practice for this in the home.

They play a long game

Most of what we see in our headlines today has strategic origins that go back 40-50 years. They're okay raising generations, outlasting presidencies, and waiting for judicial seats to open—but they never take their eye off the prize.

Complementarian Roles

Men and women have clearly defined roles and responsibilities assigned according to their gender. This excludes women from leadership as well as trans and non-binary individuals.

Calvinist Reconstructionism

Christian reconstructionists advocate for the restoration of certain Old Testament biblical laws. These include the death penalty not only for murder, but also for propagators of all forms of idolatry, open homosexuals, adulterers, practitioners of witchcraft, and blasphemers. Watch out for what they call a "sin" because chances are, they'll make laws prohibiting it.

Train Children for "God's Army"

Families are encouraged to forego birth control so that they can have as many children as possible. Their strategy is to out populate nonbelievers and to train large numbers of citizens for a cultural holy war against western civilization.

They start local, with school boards, city councils, and judicial seats

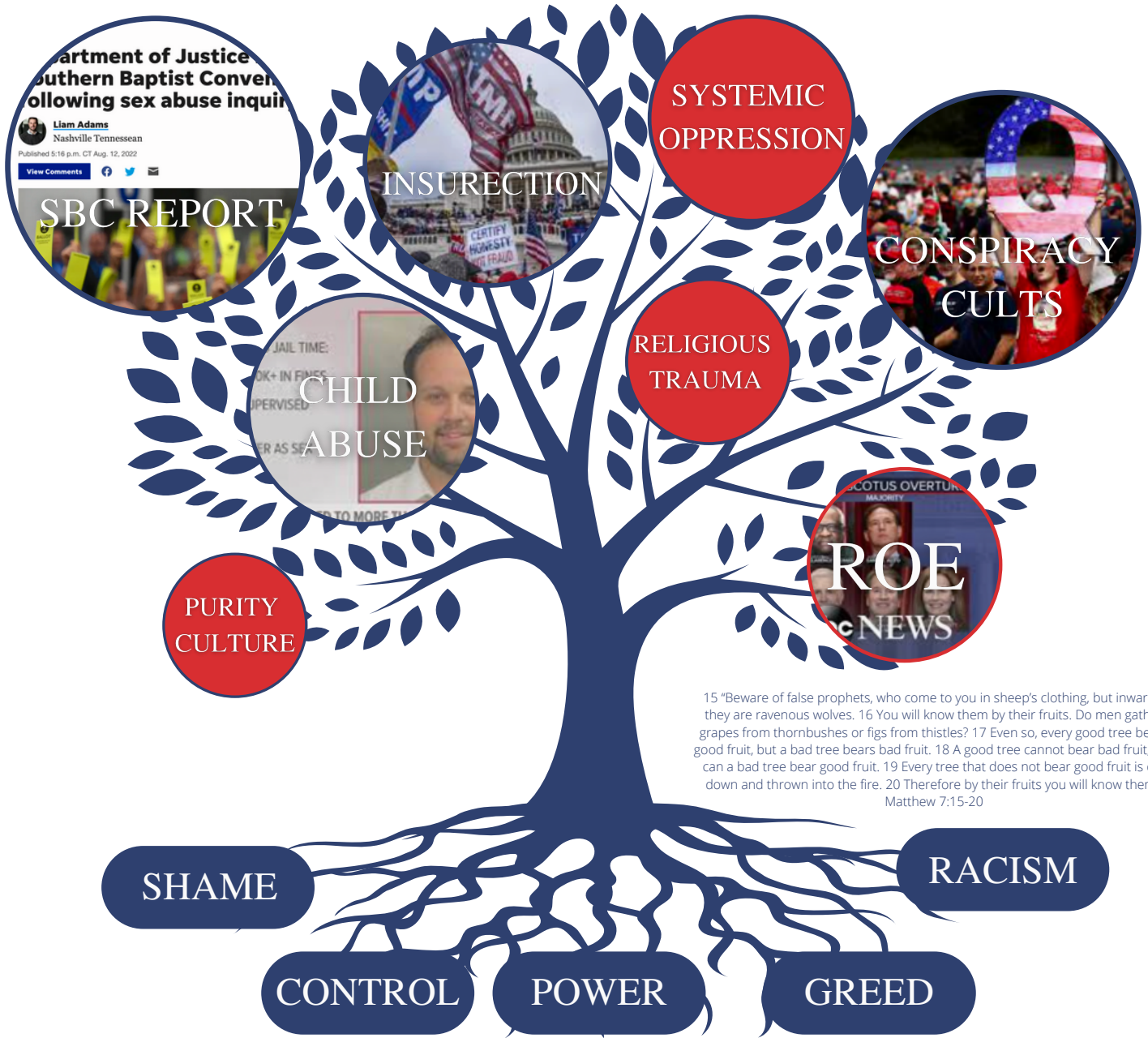
While it's tempting to focus on the congressional and national elections, fundies gain ground in quieter elections every day. This way they gather considerable influence over local government, libraries, public school systems and local ordinances—which those in higher offices certainly appreciate.

Head of Household Voting

In addition to prohibiting women from voting differently than their Head of Household, Fundamentalists also encourage Head of Household voting, where the man casts a single vote that represents every adult in their household. Women's suffrage would end.

FUNDIE ROOTS & FRUIT

What It Looks Like Manifested in Society



Fundamentalism:

a person who believes in the strict, literal interpretation of scripture in a religion.

Said Another Way:

valuing **ideas** over **people**.

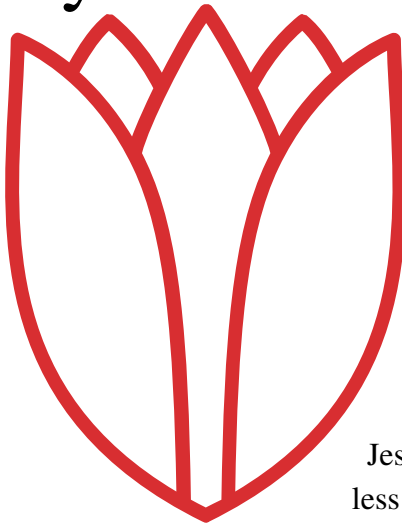
FUNDIE CALVINISM

What it's Really Like to Live Under TULIP

At its foundation, Reformed Theology is the fruit of Luther's call for the Catholic church to reform. Theologians built up from there. John Calvin's TULIP describes the 5 main tenets of Reformed Theology (there are also groups that adhere to 7 or 9). As with many ideologies, there's a difference between arguing the doctrinal concepts (apologetics) and what it's actually like to live under these beliefs. When Jinger Dugger Vuolo released her book *Becoming Free Indeed*, she describes her journey from Bill Gothard's IBLP, which focused on external high-control, and how she found "freedom" in Reformed Theology. But as survivors share, living under TULIP isn't less high-control. It's simply driven inward.

Total Depravity

Taught as a consequence of the fall of man through the choice of a woman, Total Depravity underscores misogyny and shame. You are a worm in need of a savior but too gross for the savior to look upon. You were born bad. Without groveling, you'll always be bad. Verbal abuse while being taught about depravity feels constant and any healthy self-worth plummets.



Unconditional Election

Also known as Predestination. It means Jesus died for some of you. The rest are going to hell. This was decided before time began and there's nothing you can do about it—either for or against. You have "free will" but not really, because God. Even if you try to get away, you can't. Free will just means it's a matter of time before you agree

Limited Atonement

Jesus shed the exact right amount of blood—no more, no less than the elect needed—and it was enough. The spin is that if you guess you're elect, what sweet security you must know! The reality is that you'll never know this. You can be elect and your children may not—many reformed mothers are taught their dead babies may burn in hell. You'll never know. Insecurity hounds.

Irresistible Grace

The effectual calling you can not resist. God's timing overcomes any thought or feeling you may have. This benevolent force is meant to reassure you again: there's nothing you can do to escape. Even if you sink to the bottom of the sea. If your faith hurts, if your life hurts, and if you suffer...no matter. Your need for comfort can't sway the power of your calling to be and do all God has elected you for. You are elect, his blood was enough, and there's nothing you can do to resist it.

Preservation of the Saints

Hold on. If life feels too hard, don't worry. You'll be preserved. There is no try, there is only do. You're guaranteed a good outcome so please ignore any signs or symptoms the system is not working for you or your family. If you are truly born of God, you will believe and behave until you die. Your election + that irresistible grace has enabled you to keep going, even if you think otherwise. Tired? Weak? Weary? This is just evidence of your sin nature and we can not hear you la-la-la-la. Husband hurting you? Well, just wait until you meet God! Especially if it turns out you were never elect after all. "Endure it."

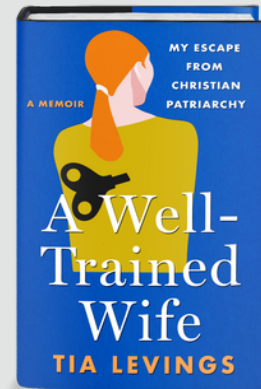
-- John Piper

RESOURCES FOR YOU

I believe knowledge is power & that you are the heroine of your own story. Every resource I create is with your empowerment & healing on my heart & mind. Click on the title to make a selection.

Religious Trauma Resources

Religious Trauma is deeply distressing damage caused by the authoritarian and dogmatic indoctrination of high-control religion.



Video Directory

A topical directory for my reels on what it's really like to live in Christian Fundamentalism. Videos are on Instagram, Facebook and Tiktok.

Office Hours

An "Ask Me Anything" about fundamentalism, writing, relationships, religious trauma, Mom advice—you name it, we can probably talk about it. Book your 30 minute spot.

SHINE: The Newsletter



A twice deep dive into the process of reclamation after trauma. Currently only available through the patreon

My Book!

My memoir releases in 2024.
A Well-Trained Wife: My Escape from Christian Patriarchy, published by St. Martin's Press

[PREORDER HERE](#)

"When a woman tells the truth she is creating the possibility for more truth around her."

— Adrienne Rich

My work exists to expose the hidden abuses in Christian Fundamentalism and to support my fellow survivors. Your stories matter to me. Share them with me anytime on social media -- I frequent Instagram the most. Want advice? I write an occasional Substack column called Dear Fellow devoted to your questions.

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