

Introduction

“Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewellery or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.” 1 Peter 3:3-5

THE BEAUTY OF HOLINESS OUTWARD AND INWARD

“He was tempted in every way just as we are but was without sin”. Hebrews 4:15

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” Romans 12:1-2

THE BEAUTY OF LOVE SERVING AND SPEAKING

“Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death— even death on a cross!” Philippians 2:6-8

Serving

“[Jesus] did not come to be served, but to serve, and to give his life as a ransom for many” Mark 10:45

Speaking

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” Ephesians 4:29

Personal questions

1. In what one area do you need to be more holy?
2. In what areas of your life are you prone to have a 'pity party'?
3. What sacrifices do you need to make in your schedule to develop friendships?
4. Do you need to ask forgiveness from someone for speech which hasn't been thoughtful?
5. Write down the names of Christian women who you consider to be beautiful and why?

Discussion questions

1. How can we tell if our emphasis on outward beauty is disproportionate to the attention we give our character and spirit as Christians?
2. What are the pressures which are hardest to resist when you are pursuing holiness?
3. Where do you see other Christian women serving sacrificially in various situations? What challenges you?
4. Can you think of any examples of speech that has been thoughtful, helpful, inspiring, necessary and kind?
5. What has inspired you to become more beautiful today?



Who are you like?

True Beauty Reflecting the beauty of Jesus



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