Welcome to Heart-to-Heart!
Putting on the Armor of Light…
by RECOGNIZING MY BEAUTY

Week 6 | 04.11.12 (AM) | 04.16.12 (PM)
“... the Lord shall be to you an everlasting light, and your God your glory and your beauty.”

Isaiah 60:19b (Amplified Bible)
“Beauty is less about your face and more about your smile. Less about the shape of your eyebrows and more about the light in your eyes. Less about the length of your legs and more about the bounce in your step. Real beauty is being a viable, vital human being. As you participate in your life with a warm smile and a generous spirit, you will be beautiful!” -- Nicole Johnson (Fresh Brewed Life)
Why do we often feel so torn when it comes to subject of beauty?
The emphasis on beauty in our culture is causing women to reject their looks.
How our culture shapes our beauty-image and how Biblical thinking shapes our beauty-image.
Our culture shapes our beauty-image by placing value on:

1) The Words of Others
2) Self Reasoning
3) External Adornment
1) Our culture shapes our beauty-image by placing value on the **words of others**.
“Words kill, words give life; they're either poison or fruit—you choose.”

Proverbs 18:21 (The Message)
• beauty-full
• ugly-full
• just not full enough
God gave every woman a gift within, something of beauty for the assignment of her life; something far more significant than her looks.
2) Our culture shapes our beauty-image by placing value on **self reasoning**.
The enemy lies to us in order to lead us to the wrong conclusions!
II Corinthians 11:2,3

Biblical “beguile”: to deceive through false reasoning
To be beautiful, you have to be ...

- Sexy
- Skinny
- Young
- Natural
- Tan
- Have Money
- Have different hair, nose, eyes, skin tone, etc.
“Be well balanced (temperate, sober of mind), be vigilant and cautious at all times; for that enemy of yours, the devil, roams around like a lion roaring [in fierce hunger], seeking someone to seize upon and devour.”

1 Peter 5:8 (Amplified Bible)
When we agree with the world or the enemy about our beauty, one or two things will happen that keep us from balance:

- We become self-loathing and dismiss our beauty all together.
- We become obsessed with our beauty, desperately trying to live up to some standard.
3) Our culture shapes our beauty-image by placing value on **external adornment**.
1 Peter 3:3, 4
A quiet heart is…

tranquility rising from within,
causing no disturbance to others;
peaceable
“Beauty is inherent loveliness that stirs the soul.”
-- Ed Young
Biblical Thinking Shapes our Beauty-Image
by Placing Value on:

1) Submission
2) Worship
3) Humility
1) Biblical thinking shapes our beauty-image by placing value on **submission**.

   Staying soft-hearted toward God
“At the heart of our communion with God is the whisper, ‘As you wish.’”  – Gary Moody
Submission is a soft heart toward God no matter how hard life is or has been!
“… Father, if You are willing, remove this cup from Me; yet not My will, but [always] Yours be done. And there appeared to Him an angel from heaven, strengthening Him in spirit.”

Luke 22:42, 43 (Amplified Bible)
2) Biblical thinking shapes our beauty-image by placing value on *worship*.

*Giving my all*
Mark 14:1-6
Beauty is in the eye of the Creator.
3) Biblical thinking shapes our beauty-image by placing value on **humility**.

Letting go of control
“For the LORD takes pleasure in His people; He will beautify the humble with salvation.”

Psalm 149:4 (NKJV)
“Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised.”

Proverbs 31:30 (NIV)
“fleeting” is like a vapor

“to be praised” is to shine with God’s favor, to flash forth light!
“Charm can mislead and beauty is like a vapor; here now but fading more quickly than one can ever imagine. However, the woman who reverently fears God will shine with His favor as a light for herself, and for others!”