Heart-to-Heart

Beauty-FULL: The Longing of Every Woman’s Heart

Week 2 | Feb. 17 (PM) | Feb. 19 (AM) | 2014

Biblical Beauty: the hidden person of the heart

Proverbs 31:30 (NIV) Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised.

1 Peter 3:3-4
(NKJV) Do not let your adornment be merely outward—arranging the hair, wearing gold, or putting on fine apparel—rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God.
(NLT) Don’t be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God.
(AMP) Let not yours be the [merely] external adorning with [elaborate] interweaving and knotting of the hair, the wearing of jewelry, or changes of clothes; But let it be the inward adorning and beauty of the hidden person of the heart, with the incorruptible and unfading charm of a gentle and peaceful spirit, which [is not anxious or wrought up, but] is very precious in the sight of God.

Sherilyn’s Personal Philosophy on Beauty: Doing all I can to feel good about me, on the inside and the outside, so that I can keep my mind off of myself.

Practical Tips on External Beauty:

• FACE
  Take care of your skin!

• SMILE
  Be pleasant and mannerly and happy. Be kind and loving and not easily offended.

• SELF-IMAGE
  Pray about beauty “issues” – ask God to help you in this regard.
• **BODY**
  Make ONE change toward a healthier weight.

• **ROLE MODEL**
  Emulate someone who has not only an external style you like but also an attitude and demeanor you admire. Observe them and consider asking them questions.

• **HAIR**
  Find a way to have a hairstyle and color that enhances your beauty and helps you to feel like YOU.

• **MODESTY**
  Use your power to protect men, and the women who love them! Cover yourself up, especially those places that are meant for one pair of eyes only; that of your husband.

• **COLORS**
  Be intentional about colors that look good on you, and colors that don’t.

• **THOUGHTS**
  Pay attention to your thoughts, they become you!
  Proverbs 23:7 “As a woman thinks in their heart, so is she….”

“Beauty is inherent loveliness that stirs the soul.” – Ed Young

“Our enemy delights in disquieting us. Our Savior delights in comforting us.” – Elisabeth Elliot

1 Peter 5:8 (AMP) “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.”

When you and I believe the lies of the enemy about beauty, we risk one of two things happening:

• We can become self-loathing about our looks and appearance.
• We can become obsessive about our looks and appearance.
Self-loathing

When self-loathing seeps into our soul, unattainable beauty becomes about being a VICTIM in a culture in which we can’t compete.

Obsessive

When obsessed with our beauty, by the world’s standards of outer adornment, beauty becomes about VANITY in a culture that insists we must stay physically beautiful at all costs.

Biblical Beauty

Biblical beauty is about VALUE and is always connected to one’s heart, the hidden person, not one’s body, face or external adornment.

1 Samuel 16:7 But the LORD said to Samuel, “Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart.”

Proverbs 31:30 (NIV) Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised.

1 Peter 3:3-17 New King James Version (NKJV)

3 Do not let your adornment be merely outward—arranging the hair, wearing gold, or putting on fine apparel—^4 rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God. ^5 For in this manner, in former times, the holy women who trusted in God also adorned themselves, being submissive to their own husbands, ^6 as Sarah obeyed Abraham, calling him lord, whose daughters you are if you do good and are not afraid with any terror.
A Word to Husbands

Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.

Called to Blessing

Finally, all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous; not returning evil for evil or reviling for reviling, but on the contrary blessing, knowing that you were called to this, that you may inherit a blessing.

“He who would love life
And see good days,
Let him refrain his tongue from evil,
And his lips from speaking deceit.
Let him turn away from evil and do good;
Let him seek peace and pursue it.
For the eyes of the LORD are on the righteous,
And His ears are open to their prayers;
But the face of the LORD is against those who do evil.”

Suffering for Right and Wrong

And who is he who will harm you if you become followers of what is good? But even if you should suffer for righteousness’ sake, you are blessed. “And do not be afraid of their threats, nor be troubled.”

But sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear; having a good conscience, that when they defame you as evildoers, those who revile your good conduct in Christ may be ashamed.

For it is better, if it is the will of God, to suffer for doing good than for doing evil.

Five areas of our inner-person that we can cooperate with God to work IN us and thus, enjoy and embrace our beauty as women:

1. A Quiet Heart

Psalm 94:12-13a (AMP) Blessed (happy, fortunate, to be envied) is the woman whom You discipline and instruct, O Lord, and teach out of Your law, that You may give her power to keep herself calm in the
days of adversity….

**John 14:1 and 27 (AMP)** Do not let your hearts be troubled (distressed, agitated). You believe in and adhere to and trust in and rely on God; believe in and adhere to and trust in and rely also on Me. Peace I leave with you; My [own] peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]

2. **A Submissive Heart**
   1 Peter 3:5

3. **A Trusting Heart**
   1 Peter 3:6

4. **A Generous Heart**
   1 Peter 3:8-9

5. **A Set-Apart Heart**
   1 Peter 3:15

**Proverbs 4:23** Above all else, guard your heart, for everything you do flows from it.

Protecting the Hidden Person of My Heart from:

- Comments of others
- Wrong patterns of thinking
- Comparisons
- Exhaustion; physical, emotional and spiritual
For Further Study

1. Review the practical list of Beauty Tips and chose one-three of them (no more than three) that you will begin to give attention to and seek, with God’s help, to change.

2. Read 1 Peter 2:11-3:17 and do the following:

   • Read the passage one time each day over the next two weeks. Meditate, pray and journal on the part/s that the Holy Spirit seems to be tugging at your heart about.

   • Write ONE verse, or even a phrase from one of the verses in the text on an index card and seek to memorize it.

   • Make a list of the “to do’s and to don’ts” in the text – there are many. Reflect on that list and how it applies to your life and relationships.

   • Look up meanings to words in these verses that grab your attention; either on NETBible.com or dictionary.com

   • Apply the verses by asking God, “What does this mean to me, my marriage, my singleness, my sense of self and identity, my perspective on beauty, my relationship with You and with others, etc.” Record the answers.

My Princess, You are My True Beauty

Your real beauty is a work of art
   - hand carved by Me.

I have given you beautiful lips to speak words of life, beautiful eyes to see Me in everything, beautiful hands to help those in need, and a beautiful face to reflect My love to the world.
I know you don’t see yourself the way I do because you compare yourself to beauty idols that will soon be forgotten.
I will work wonders that will radiate true beauty from within.
And when My work is complete, your character will show off My craftsmanship, and your beauty will be remembered by all that were loved by you.

Love,

Your Radiant King
(written by Sue Corl, Crown of Beauty)