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

Week 2 | 02.17.14 (PM) | 02.19.14 (AM)
1. The message the world is giving women about beauty is wrong, or at least incomplete.

2. Woman are wired with an innate need to feel beautiful so passing it off as unimportant, denying or ignoring it has the potential to create emotional unhealthiness for us.

3. When women understand and personalize Biblical beauty, it frees them up to get their mind off of themselves (insecurity, comparison, jealous, inadequacy, etc.) and on to serving and loving others well.
4. A woman who is secure inwardly and outwardly, and who feels beautiful, will have a strong, healthy sense of herself in Christ. And thus, she will have a powerful influence on others and can more fully enjoy her life and relationships! (Colossians 3:3)

5. We *NEED* this message for ourselves, our daughters and granddaughters, our nieces, sisters and friends, and more!
Biblical beauty = the hidden person of the heart
“... do not let your adornment be merely outward ...”

merely in Greek: “only as specified and nothing more; simply”
“Do nothing out of selfishness or empty conceit but w/humility of mind, consider others as more important than yourself. Do not merely look out for your own interests but also for the interests of the others. Have the same attitude in you that was in Christ Jesus, who, although He was God, He did not consider equality with God a thing to be grasped but took on the form of a servant ….”

Philippians 2:3-6
Philosophy on Beauty

Doing all I can to feel good about me, on the inside and the outside, so that I can get and keep my mind off of myself.
• **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.

• **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 ….”

• **NUTRITION:** It matters! Find ways to be balanced in your approach to eating.
“Beauty is inherent loveliness that stirs the soul.”
– Ed Young
Satan’s core to all of us: In order for me to be beautiful, I have to …

• Be sexy
• Look skinny
• Stay young
• Be natural
• Get tan
• Have money
• Have different hair, nose, eyes, skin tone, etc.
When it comes to beauty, Satan’s focus is always on the external.
“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 (AMP)
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 or appearance.
- We can become obsessive about our looks or appearance.
Our outer person and external adornment was never meant to be source of our worth/value.
When self-loathing seeps into our soul, unattainable beauty becomes about being a VICTIM in a culture in which we can’t compete.
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 is about VALUE and is always connected to one’s heart, the hidden person, not one’s body, face or external adornment.
Victimized: to dupe, swindle or cheat

Vanity: excessive pride or conceit; futility or worthlessness

Value: worth in usefulness or importance to the possessor; merit
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.”
Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised.

Proverbs 31:30
beauty is fleeting (some versions say “vain”): empty, temporary, unsatisfactory

praised:
• to be clear (as with color, not muted)
• to shine
• to make a show
• to boast
On your hand-out ...

1Peter 3:3-17 (NKJV)
KJV … the hidden person of the heart is “in the sight of God of great price”

Literally: precious, requiring great outlay; very costly; excellent, of surpassing value
Five areas of our inner-person we can cooperate with God to work IN us and thus, enjoy and embrace our beauty as women. We want Him to develop in us:

- A Quiet Heart
- A Submissive Heart
- A Trusting Heart
- A Generous Heart
- A Set-Apart Heart
A QUIET HEART
verse 3 “a gentle and quiet spirit”

quiet: tranquility rising from within, causing no disturbance to others; peaceable
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….

Psalm 94:12-13a (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.] 

John 14:1 and 27(AMP)
A SUBMISSIVE HEART
verse 5 “submissive to their own husband”
A TRUSTING HEART

verse 6 “do not give way to fear”
A GENEROUS HEART

verse 8-9 “be of one mind, have compassion for one another; love as brothers (and sisters), be tenderhearted, be courteous; not returning evil for evil or reviling for reviling, but on the contrary blessing”
A SET-APART HEART

verse 15 “sanctify the Lord with your heart”
Above all else, guard your heart,
for everything you do flows from it.

Proverbs 4:23
Protecting the Hidden Person of My Heart from:

- Comments of others
- Wrong patterns of thinking
- Comparisons
- Exhaustion