

## Who Calls Me Beautiful?

*I Samuel 16:7 Man looks on the outward appearance but the Lord looks on the heart.*

Who am I trying to please? What measuring stick do I use for my beauty?

**I. The world's beauty:** A way of gaining a positive response to ourselves from someone other than God.

A. The world says physical attractiveness gives us value.

*How does the world our culture communicate this? Where do we receive these messages? Does the church communicate the same idea? (If so, how? )*

1. The world's beauty standards always change in order to sell me more.  
Miss Universe: 1951 — Miss Sweden was 5'7", 151 lbs.  
1983 — Miss Sweden was 5'9", 109 lbs.
2. Changing physically is often easier than asking myself the hard questions about what God wants from me.
3. If perfect beauty is impossible, focus on your sexuality — exhibitionism and promiscuity is very achievable. And very destructive.

*Satan desires to destroy the hearts of young girls through the destruction of their bodies.*

B. Thinking the world knows more about true beauty than the Lord does, we follow along, trading purity for sensuality, integrity for acceptance.

*How much do we follow along? In what ways—actions or thoughts or both? Is this a conscious decision or deeper than that?*

*“Do we spend more time preparing our faces or our hearts? Worry more about what we feed our bodies than our souls? Are we drawn to those who show the world’s success or those who desire to follow the Lord and radiate His image?”*

## **II. What is lacking in this?**

God's ideal for His creation will never match the world's. *John 5:44* We can't seek the glory of the world AND the glory of God.

A. **Why?** Being preoccupied with physical attractiveness:

1. Indicates that the world's standards are more important than God's standard.

*How? Why do we focus on outward beauty? (Our motive isn't usually related to our desire to reflect more accurately the body of Christ. We desire to make ourselves “pleasant to the eyes,” which is what the flesh—not the spirit, is attracted to. *Genesis 3:6*)*

2. Can lead you to idolize the jewelry, makeup or fashionable clothing that **you think** makes you valuable.

*How? (We place it ahead of God, in receiving our value from it and the “beauty” it provides. God, our Creator is the only One who gives us value.)*

3. Makes me look in the mirror and criticize what God has made.

*Why do we get into negative habits, talking about our bodies?*

*(Sometimes we already think these things, sometimes we are influenced by others. This is very disrespectful). How can we quit doing this? (change thoughts and assumptions.)*

*What about if I look “right”? Do I get contentment from that? Does it last? (When we have God’s perspective, we can be grateful to him for our physical bodies, no matter how they look because it’s just not that important that they look a certain way. Maybe? Haven’t gotten there yet.)*

4. Makes me compartmentalize God. I accept Him as my righteousness for sin, but not as my beauty.

*How is God our beauty?*

5. Leaves me broken and unable to recognize the woman God has created me to be.

*How does this affect our life, confidence, ability to minister and follow God’s leading?*

- A. Sometimes we **believe** that our beauty is found in Christ, but our actions don’t show that.

*Why? Can someone be beautiful by the world’s standards and still be following Christ wholeheartedly?*

### **III. What does Godly beauty look like?**

*Does it look like no makeup, unstylish clothes, no-nonsense hairstyle? (Maybe...maybe not.)*

Your soul is precious to God. Your beauty is in your soul. Each moment, we face the choice of seeing ourselves through God’s eyes or the world’s eyes.

- A. *Isaiah 53:2* Jesus is our example. There was no beauty or majesty to attract us to Him. He was “*despised and rejected by men.*”

*Are we afraid of that happening to us? How about guys? Is there a concern that no one will be interested in us if we give up this quest for worldly beauty? (You don’t want someone who is interested in worldly beauty anyway, right?)*

- B. The only way we will ever know true, pure physical beauty is to seek a life of true, pure spiritual beauty.

*We need to spend more time and energy on our spiritual beauty than physical. Not as a rule, but because we place such a high importance on it*

1. *Psalm 27:4 True beauty is achieved by gazing on the beauty of the Lord and seeking Him. If we gaze upon His beauty, we will reflect it.*
2. *John 3:16 Salvation is true beauty — because I have been bought with that which is eternal, I cannot find my understanding of beauty in the temporal.*
3. See Proverbs. Wisdom is what creates true beauty. (*Prov. 11:22*)

- C. *Romans 12:1–2* The key to finding my beauty is not in the transformation of my body, but in the transformation of my mind. It is a choice that I make.

*What would it take to change the way you think to conform to what Christ*

*thinks? Minute-by-minute prayer? Being convinced that what God thinks is really true? Being convinced that God's standards are more important? That it's worth the effort... and consequences?*

*What would you give up to make this change? (pride, stress, competition, acceptance, being in control...)*

*What would you gain? (mind conformed to Christ, being undistracted, better focus, peace, confidence, bearing fruit that will last, obedience, true beauty ...)*

1. *Galatians 2:20* This is who we are in Christ. My understanding of physical beauty has been crucified, too.
2. *II Corinthians 5:14–15* We aren't to live for ourselves and to bring attention and glory to ourselves, but for "Him who died for" us. My life is no longer about me and neither is my beauty.
3. *I Corinthians 6:19–20* "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own, you were bought at a price. Therefore honor God with your body."
4. *Matt 22:37–38* "You shall love the Lord your God with all your heart, with all your soul, and with all your mind. This is the first and great commandment." When I pursue God with all I am, my perspective of beauty changes to God's and I will be able to see myself as God sees me in Christ.
5. *II Cor 10:5* Bring every thought into captivity to the obedience of Christ.
6. *Galatians 5:22-23* A life lived in the Spirit is marked by certain behaviors — the fruit of my life — rather than by my appearance.

True beauty: She leans against her Savior, and she finds grace. Knowing that only God can sustain her, she stands in the face of fear and resolves not to give up. She recognizes that the things of God are the only things that matter. Seeking after the things of Christ, she lives a life of integrity. She is a fighter, a survivor, a woman of strength. She is beauty.

*Proverbs 31:30 Charm is deceptive and beauty is fleeting but a woman who fears the Lord is to be praised.*

Taken from the book Who Calls Me Beautiful? by Regina Franklin.