

Beauty Lessons

for

Godly Girls



Striving for a true beauty which is
very precious to God (1Pet. 3:4)

Ken & Renee Anema

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Beauty Lessons
for
Godly Girls

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One final note: We had to publish a second edition because of historical errors in lesson 7. They have been corrected. No other changes were made to the content of this booklet at that time.

Now we have published a third edition. The most significant change is the addition of Lesson 8 "In the Beauty of Holiness." That is the only change to the content of this book. Two other changes modified its appearance. First, we changed the title from *Gorgeous Girls* to *Beauty Lessons for Godly Girls*. Second, we increased the page size to accommodate software updates and other logistics.

If you have taught from this booklet in the past you can continue to use your first or second edition copy with the exception of a few details in lesson 7 (1st edition) and the addition of lesson 8.

May the Lord use these studies to raise up a generation of truly *Godly Girls*.

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Lesson 1

The Beginning of Beauty

Let's Study from the Bible!

1. Read Proverbs 31:30.
2. Circle the following words that are synonyms for "charm."

a. attract	f. snobbish	k. likable
b. bully	g. tease	l. popularity
c. captivate	h. fascinate	m. unappealing
d. agreeable	i. mean	n. unfriendly
e. interest	j. pleasing	o. tempt
3. Use your own dictionary to define the word "deceit." _____

4. In your own words define the word "beauty." _____

5. Circle the following words that are synonyms for "vain."
- | | | |
|-------------|---------------|---------------|
| a. haughty | e. empty | i. pointless |
| b. arrogant | f. useless | j. fruitless |
| c. humble | g. conceited | k. profitless |
| d. boastful | h. purposeful | l. hollow |

6. Use the following Bible passages to complete this sentence:

"The fear of the Lord is..."

- a. _____
 _____ (Prov. 8:13).
- b. _____
 _____ (Prov. 14:2).
- c. _____
 _____ (Prov. 14:16).



Let's Meditate on the Bible!

- Memorize Proverbs 31:30. Be prepared to recite it to your teacher.
- Use one of the synonyms for "charm" from the previous page and explain (or give an example of) how it is deceitful.

Synonym: _____

Explain: _____

The second section *Let's Meditate on the Bible!* answers the question, "What does the text mean?" This section builds on the first by getting the girls to think about how the words and phrases of each verse relate to each other to communicate a complete thought.

The third section *Let's Live by the Bible!* answers the question "How does the text apply?" In this section the girls will be challenged to think about how the passage of Scripture intersects with their lives. When Jesus preached He commanded His hearers to *repent and believe* (Mark 1:15). The apostles understood that the written Word of God would emphasize the same message (2Timothy 3:16-17). Therefore, the application section gets the girls to think about changes (i.e. repentance) that need to be made in their own lives and their need to trust (i.e. believe) in Jesus Christ alone for salvation.

Be sure to pray for the Lord's blessing and direction as you prepare for each lesson. Begin each session with prayer. Impress upon the girls the need to be taught God's Word by the Holy Spirit (Psalm 119:5,9,105; Hebrews 8:10). Also, make it a priority to hide these truths in their hearts through the exercise of memory (Psalm 119:11). Remember that one of the keys to memorization is repetition.

Since this study consists primarily of questions based on Scripture we believe that it could be used for a broad range of ages. Originally it was intended for elementary girls in grades 7 and 8. However, it could profitably be used for ages 11-16. For use in a group setting we would recommend for the girls to do the study on their own or at least with a parent. Then in the group discussion you can expect the first section of each lesson to generate the least amount of discussion, whereas the last section of each lesson will most likely generate the greatest amount of discussion. Sections one and two of each lesson are necessary stepping stones to get to the third. In some cases it might even be to your advantage to spread some of the lessons over more than one class meeting.

We prepared this study for use with the New King James Version of the Bible. If you use a different version this should not be a major obstacle. Simply work through the lesson yourself before assigning it to the girls. Alert them to any minor changes due to differences in versions.

A Note to Parents & Teachers

This series of Bible lessons entitled *Beauty Lessons for Godly Girls* resulted from a request by the girls' club leaders in our church who had, at one time, participated in a "charm course." This study is not simply a Christianized version of the secular girls' and women's magazines. Rather, it focuses on biblical principles that must guide both girls and women. The *Godly Girls* series consists of eight lessons and gives primary attention to the development of inward beauty. This should be evident from the chapter headings followed by their respective Bible references.

- Lesson 1: The Beginning of Beauty (Proverbs 31:30)
- Lesson 2: Lovely Women & Ugly Pigs (Proverbs 11:22)
- Lesson 3: The Most Beautiful Earrings (Proverbs 25:11-12)
- Lesson 4: Beauty Tips for Precious Lips (a selection of Proverbs)
- Lesson 5: "What Shall I Wear?" (Matthew 6:24-34)
- Lesson 6: Attractive Cosmetics (1 Peter 3:1-6)
- Lesson 7: A Small Girl Serves Our Great Big God (2 Kings 5:1-4).
- Lesson 8: The Beauty of Holiness (Psalm 29)

One way to teach girls the content of Scripture is to teach them *how* to study the Bible. The lessons of this booklet are intended to be *inductive* Bible studies. By asking legitimate questions of each Bible passage the girls will learn how to discover the meaning which God intended. Therefore, each lesson is divided into three parts.

The first section *Let's Study from the Bible!* answers the question, "What does the text say?" It gets the girls to grasp the meaning of unfamiliar words and phrases. In some cases the girls will have to examine cross-references in order to understand the passage under study. This will help them to see the passage in the context of the whole Bible.

3. Use one of the synonyms for "vain" from the previous page and explain (or give an example of) why "beauty" would be considered "vain." Synonym: _____
Explain: _____

4. Solve the Riddle: "The woman who fears the Lord receives that for which charm and beauty strive. What is it?" (Hint: Look for the answer in Prov. 31:30.) _____

5. Fearing the Lord affects our whole being. Read Prov.8:13 and match the items on the left with those on the right.

- | | |
|----------|--------------------------------------|
| Thoughts | <i>Pride and arrogance...I hate.</i> |
| Words | <i>...the evil way...I hate</i> |
| Actions | <i>...the perverse mouth I hate.</i> |



Let's Live by the Bible!

In the cloakroom of a certain school the question arose among some girls as to who had the most beautiful hands. The teacher listened to the girls thoughtfully. They compared hands and shared secrets of keeping them pretty. Amanda said that a girl could not keep perfect hands, and wash dishes or sweep. Marsha spoke of the evil effects of

cold and wind and too much sunshine. Frances told of her favorite lotion. Phillipa spoke of proper manicuring. At last the teacher spoke.

"To my mind Jennifer Higgins has the most beautiful hands of any girl in school," she said quietly.

"Jenny Higgins!" exclaimed Amanda in amazement, 'Why her hands are ruff and red and look as if she took no care of them. I never thought of them as beautiful.'

"I have seen those hands carrying dainty food to the sick, and soothing the brow of the aged. She is her widowed mother's main help. She does the milking and carries the wood and water, Yes, and washes dishes night and morning, that her mother may be saved the hard work. I have found those busy hands helping her brother with his kite. I tell you, I think they are the most beautiful hands I have ever seen, for they are always busy helping somewhere."

This is the beauty for which every girl should strive, the beauty that comes from unselfishness and usefulness. Beauty of face and form is secondary in importance, though not to be despised. If used properly, personal beauty is a good gift; but if it turns a girl's head it becomes a curse to her. (Excerpted from *Beautiful Girlhood* by Karen Andreola. Used with permission.)

1. Think of a woman who fears the Lord: _____
2. List three things that make her attractive.
 - a. _____
 - b. _____
 - c. _____
3. Talk about ways you could follow her example. _____

3. The beauty of the LORD 's holiness brings beauty to our own lives. Psalm 29:11 names two ways in which the LORD beautifies His people.

a. Look for ways in which the LORD "strengthens" His people. Give an example from your own individual life or from your family or from your church family or from the church outside of your own congregation, etc.. _____

b. The word for "peace" in v. 11 is the Hebrew word "shalom." It conveys peace in the sense of making life whole or complete. It's the kind of peace that provides a sense of safety, security and well being.

i. Describe the "peace" that comes to each of His people individually through the forgiveness of sins in Jesus Christ? _____

ii. Describe the "peace" that develops in relationships among His people through the working of the Holy Spirit. _____



- ___ The LORD's existence demands our attention.
- ___ Giving does not increase God's fame.
- ___ Worship is acknowledging the LORD as He has revealed Himself to be.

2. Write three lines of worship. Tell the LORD how you recognize His glory, strength and holiness. Look back to #1 & #2 of the previous section and let the ideas of Psalm 29 prompt your thinking as much as possible. Be specific as you complete the following sentences.

a. I recognize the LORD's glory [i.e. significance] in

b. I recognize the LORD's strength in

c. I recognize the LORD's holiness in

Lesson 2

Lovely Women & Ugly Pigs

Let's Study from the Bible!

1. Read Proverbs 11:22.
2. Proverbs 11:22 uses a *simile*. It is tool of language which explains a thing by comparing it to another thing. A simile makes its comparisons by using the words *like* or *as*. Use Proverbs 11:22 to complete the following similes.
 - a. A lovely woman is like a _____
 - b. Lacking discretion is like a _____
3. Look at the use of a nose jewel in Ezekiel 16:12 (also read vv.11-14). These verses use picture language to describe the way God favors the Israelites. How does the nose jewel and other jewelry help them? (Fill in the blanks.)
 - a. "You were _____, and succeeded to royalty."
 - b. "Your _____ went out among the nations because of your _____, for it was perfect through My _____ which I had bestowed upon you."

4. Get a grasp of what the Holy Spirit means by the word "lovely" by looking up the following Bible passages and fill in the missing words.
- Genesis 26:7c, Isaac knew that his wife, Rebekah was "beautiful to _____."
 - Genesis 29:17, "Leah's eyes were delicate, but Rachel was beautiful of _____ and _____."
5. Pigs were dirty animals for two reasons. What are they?
- (See Leviticus 11:2,4,7.) _____

 - (See 2Pet.2:22.) _____

6. Circle the synonyms of "discreet." (There should be 8 of them.)
- | | | | |
|-------------|------------|-------------|---------------|
| a. careful | d. rash | g. alert | j. discerning |
| b. cautious | e. prudent | h. watchful | |
| c. guarded | f. wise | i. careless | |



Let's Meditate on the Bible!

- Review Proverbs 31:30. Memorize Proverbs 11:22. Be prepared to recite both to your teacher.



Let's Live by the Bible!

Beauty attracts our attention. A colorful sunset attracts our eyes. A fragrant flower attracts our noses. A mouth-watering menu attracts our taste buds. Soothing music attracts our ears. And a fluffy carpet attracts the soft touch on our feet.

Similarly the beauty of God attracts our souls. Through faith we see, smell, taste, touch and hear the holiness of our God — even in the physical world. True worship takes place when the soul senses God's holiness and appropriately responds to the beauty of His holiness — of His being "set apart".

- Read Psalm 29:1-2. Notice the repeated commands: Give . . . Give . . . Give . . . Worship. This tells us that "giving" is worship. Some versions have the word "ascribe" instead of "give". **Put a ✓ in front of all the statements which agree with the idea of "give" in verses 1-2.** (If you need help look up the word "ascribe" in a dictionary.)
 - Giving does not add to God's possessions
 - The significance (i.e. *glory*) of the LORD requires us to acknowledge Him.
 - Giving acknowledges what is already true of God.
 - Worship is giving to the LORD the attention He deserves.
 - Giving recognizes the "glory and strength" which already belongs to the LORD.

- b. _____

- c. _____

- d. _____

- e. _____

2. List the words in Psalm 29 which describe God's character or make reference to His position. We call these words "attributes" — that which is true about God. Name three.

- a. _____
- b. _____
- c. _____

3. Pay attention to "sat" and "sit" in Psalm 29:10. A king's official seat has a particular name.

- a. What is its name? (Hint: See Revelation 4:1-4.) _____

- b. What is it used for? _____

- c. Consider what the LORD was doing by "sitting" at the Flood in the days of Noah.
 - i. What did He do to the world? _____

 - ii. What did He do for Noah? _____

- d. Now "the LORD sits as King forever." By what Name do we know this King? _____

2. "Discretion" involves exercising self-control and choosing right behavior — especially in order to avoid error or evil. Which of these examples shows discretion?

- a. ___ Giving the last cookie to your sister instead of keeping it for yourself.
- b. ___ Telling your brother he is stupid for failing his spelling test.
- c. ___ Asking your mom to forgive you for not coming immediately when she called for you.
- d. ___ Phoning your grandmother to tell her she is special for remembering you on your birthday.
- e. ___ Whispering a secret to a friend about a girl who wears worn out, old fashioned clothes that you think are ugly.
- f. ___ Laughing at someone who sings off tune.
- g. ___ Begging for birthday gifts you would like to have from your parents.
- h. ___ Agreeing with your parents about your outward adornment (for example, clothing, make-up, jewelry etc.)

3. When you think of outward beauty what kind of things catch your eye? (example, smooth skin) List four items.

- a. _____
- b. _____
- c. _____
- d. _____

4. Think of two ugly sins that a beautiful girl might fall into as a result of lacking discretion. (Remember the definition in #2 above.)

- a. _____
- b. _____



Let's Live by the Bible!

Measure your sense of discretion when it comes to matters of outward beauty.

1. What do you especially like about the way you look? _____

- a. How many times in a day do you stop in front of the mirror to check yourself over? _____
- b. At bedtime tonight thank your Creator for your beauty.
- c. Also pray that your beauty would not become an idol in your heart, but that you would have discretion.

2. What do you dislike about your outward appearance and how do you wish it were different? _____

- a. Now examine the motives of your heart. Why do you want to look different than you already do? _____

2. The name "LORD" in Psalm 29 is the name which God has given to Himself.

a. How many times does the name "LORD" appear in Psalm 29?

b. What does name "LORD" mean? (See Exodus 3:13-14.) _____

3. Which common word is used most often in Psalm 29? _____

_____ How many times? _____



Let's Meditate on the Bible!

To perceive what makes the LORD's holiness so beautiful you will have to reflect on the rest of Psalm 29. We can think of holiness in two ways — sinlessness and separateness. This Psalm emphasizes the fact that God is "separate."

God is "set apart" in the sense that there is no one like Him. He is one of a kind. Also, there is no one equal to Him. He is above all that exists. His being and His acts distinguish Him. That's what makes Him beautiful.

1. Pick out the statements in Psalm 29 which describe God's works. What has God done or is doing? List at least five. (Be careful not to confuse your answers with the next question.)

- a. _____

Lesson 8

The Beauty of Holiness

Let's Study from the Bible!

Compare the following versions of Psalm 29:2b to answer the following questions. Pay careful attention. Some versions are the same, but there are little differences that will help you get the full meaning of this verse and the "beauty of holiness."

- NKJ . . . worship the LORD in the beauty of holiness.
- KJV . . . worship the LORD in the beauty of holiness.
- ESV . . . worship the LORD in the splendor of holiness.
- NIV . . . worship the LORD in the splendor of his holiness.
- NAS . . . worship the LORD in holy array.

1. In these 5 versions find three different words which describe "holiness." Then use a dictionary to find the most fitting definition for each one.

a. _____ Definition: _____

b. _____ Definition: _____

c. _____ Definition: _____

b. Read Psalm 139:14. Join the psalmist in praising the Lord for the way He made you. Think of your own body and list five things that demonstrate the marvelous works of God.

i. _____

ii. _____

iii. _____

iv. _____

v. _____

c. Next time someone teases you about the way you look remind yourself of this list you have just made.

d. Pray right now and thank the Lord for making you so fearfully and wonderfully. It may be necessary for you to ask for forgiveness for being dissatisfied with your outward appearance.



Lesson 3

The Most Beautiful Earrings!

Let's Study from the Bible!

1. Read Proverbs 25:11-12.
2. Circle the synonyms of the word "fitly."

a. unworthy	e. correct	h. tasteful
b. appropriate	f. unacceptable	i. harmonious
c. proper	g. polite	j. rude
d. suitable		
3. How might you make a fruit basket for a king? (Hint: see v.11.)

4. In your own words write a definition for the word "ornament." (If you need some help use your dictionary).

2. The slave girl served for the well-being of her master. How do your words and actions serve your family's well-being?
 - a. For better...

 - b. For worse...

3. In order for the slave girl to be of service to the Lord she had to live in captivity. Often serving God requires us to do things that we would rather not do. List two things that you know would be obedient to God, but which you have put off because they are unpleasant. Make plans to begin doing them cheerfully when you complete this lesson.
 - a.

 Plan:

 - b.

 Plan:

4. This girl was convinced that the prophet could help Naaman. **Pray** that the Lord would give you an opportunity to point someone to God's Word or invite them to a worship service with your family. **Be ready by learning** your Bible and catechism lessons as well as you can.
5. Think of someone you know who does not know Jesus:

 Pray that your life's conduct would be a faithful testimony to her/him of God's life-changing grace in Jesus Christ.

6. How did this person ever get into the home of such a prominent military commander? (v.2) _____



Let's Live by the Bible!

The Lord used the life of this servant girl to bring about a confrontation between the Prophet Elijah and King Joram. She did not even realize what God was doing, but her life is recorded as a testimony of faithfulness. The Lord accomplishes His purposes even with the smallest members of the covenant community. Therefore, we need to be faithful in the every day things so that we might be of service to the Lord.

1. Joram, like his father Ahab, was a wicked king who did not love God. Usually the king set an example for the people to follow. How many people in Israel did not follow the example of Joram's father? (See 1Kings 19:18.) _____
 - a. Who might have taught this slave girl about Elisha, the prophet of the Lord? _____
 - b. List two people who have taught you about Jesus and the truths of the Bible. Pray, right now, thanking God for such a blessing. ① _____ ② _____

5. What is the "earring" on the obedient ear? _____
(Hint: Sort through the simile in v.12. A simile uses the words "like" or "as" to make a comparison in order to explain.)
6. Draw a line through the incorrect statement.
A "reprover" is one who...
 - a. convinces another person of their disobedience.
 - b. sets someone right.
 - c. corrects another when they are wrong.
 - d. approves of another's wrong-doing.
 - e. reminds another to keep them from sinning.



Let's Meditate on the Bible!

1. Review Proverbs 31:30 and **memorize** Proverbs 25:11-12. Be prepared to recite both of them to your teacher.
2. Jesus' words fit just right whenever He spoke. Here is a list of his words that fit just right: **cheer, compassion, joy, prayer, forgiveness, blessing, parables, silence, reproof, reproof, reproof(woe), reproof(upbraid)**. You will notice that some of these words are the opposites of others. Find out how Jesus used them so that they fit just right. Use the Scripture at the left to put the words from the list above in the appropriate blanks which follow. (Each word is used only once.)

Words of...

- a. Matt. 9:1-2 _____ fit those of faith
- b. Matt. 11:20-24 _____ fit the unrepentant
- c. Matt. 13:3,17 _____ fit the multitudes
- d. Matt. 14:26-27 _____ fit the fearful ones
- e. Matt. 15:32 _____ fit the hungry ones
- f. Matt. 16:1-4 _____ fit Jesus' enemies
- g. Matt. 16:23 _____ fit Peter's error
- h. Matt. 19:13 _____ fit for children
- i. Matt. 21:12-13 _____ fit moneychangers
- j. Matt. 26:39,42 _____ fit Himself&Father
- k. Matt. 27:11-14 _____ fit Pilate's question
- l. Matt. 28:8-9 _____ fit His disciples

3. From the list above find all the words of "reproof."
- a. What happened to those who disobeyed? _____

 - b. Who eventually obeyed? _____



Let's Live by the Bible!

1. When are the words *please* and *thank you* "fitly" spoken? (To put it another way, when are they appropriate?) _____

2. According to Jesus' explanation why did Elisha heal a Syrian leper if there were so many lepers in Israel? (v.24.) _____

3. The healing of Naaman sent a shrill warning to king Joram. In light of Luke 4:24,27 what was Joram's gross error? _____

God arranges the events in 2Kings 5:1-19 to announce His judgment on the wickedness of Joram's kingdom. He could have spoken directly with a thundering voice from the sky. Instead He chose to use the normal events of life. Let's retrace them.

1. Wicked king Joram hated Elisha. But Joram accepted the prophet's help because he thought the king of Syria was seeking a _____ with him (vv.7-8).
2. Naaman could get the king of Syria to write a _____ for him because Naaman was a _____ and _____ man in the eyes of his master (vv.5-6, 1).
3. Naaman's good standing with his master came as a result of the military _____ over Syria's enemies (v.1).
4. Who really conquered Syria's enemies? _____ (v.1)
5. From whom did Naaman get the idea that he should go to Israel for help? _____ (v.3).

- a. _____ His father was a very wicked man.
- b. _____ He did evil in the sight of the Lord.
- c. _____ He continued in the sins of Jeroboam who made Israel sin.
- d. _____ He put up with his mother's witchcraft.
- e. _____ He restored temple worship in Jerusalem.

Read 2Kings 5:8-19

- 3. What did Elisha want to teach Naaman? (v.8) _____

- 4. In v.11-12 Naaman demonstrates a very common sin of the heart. What is it? _____
- 5. Naaman makes a confession after he is healed. Rewrite it in your own words. _____

- 6. What did Naaman hope to gain by giving a gift to Elisha? (v.18)



Let's Meditate on the Bible!

- 1. Read Luke 4:24-27 to interpret the healing of Naaman.

- 2. What are the right words to say when your brother or sister starts telling you a dirty joke? _____

- 3. Imagine you are at your friend's house watching T.V. What should you say if she chooses a program of which your parents do not approve? _____ Suppose the program has bad language and does not please God. What would be the right thing to say? _____

- 4. Name three people who are "wise reprovers" in your life.
 - a. _____
 - b. _____
 - c. _____
- 5. You likely have both gold and cheap plastic "earrings" in your "jewelry box." (Note: This is figurative language.) Explain v.12 to your parents and ask the following questions.
 - a. "Are my earrings more like gold or plastic?" _____
 - b. "When are my earrings more like cheap plastic?" _____

 - c. "What must I DO to put gold earrings in place of the plastic ones?" _____

Lesson 4

Beauty Tips for Precious Lips

Let's Study from the Bible!

1. Read Esther 6:1-11 in order to complete the following quotations.
 - a. "What _____ or dignity has been bestowed on Mordecai for this?"
 - b. "What shall be done for the man whom the king delights _____?"
 - c. "Whom would the king like _____ more than me?"
 - d. "For the man whom the king delights _____, let a royal robe be brought which the king has worn...".
 - e. "...that he may array the man whom the king delights _____."
 - f. "Thus shall it be done to the man whom the king _____ to honor!"
 - g. "Thus shall it be done to the man whom the king delights _____!"
2. Circle the name of the man who was precious to the king.
Mordecai OR Haman

Lesson 7

A Small Girl Serves Our Great God

Let's Study from the Bible!

1. Read 2Kings 5:1-4 in order to match the item on the left with the best one on the right.

Naaman	slave girl's mistress
slave girl	severe skin disease
leprosy	Capital City in North Israel
Elisha	Naaman's master
Samaria	Israelite child
King of Syria	Prophet in Samaria
Naaman's wife	Syrian army commander.

Read 2Kings 5:5-7.

2. The king of Syria sends a letter to the king of Israel. Take note that Joram (sometimes spelled "Jehoram") is the king in Israel. Using 2Kings 3:1-3, 9:14-26 find out what kind of king he is. On the next page put a ✓ in front of the lines that are true about Jehoram.

- d. My beauty must be the hidden person of the heart.
 - e. My beauty must be a gentle and quiet spirit.
2. Sit down and talk with your mom AND dad. Using these principles discuss the following questions.
- a. Should Christ-like girls wear jewelry? _____ Why or why not? _____

 - b. Should Christ-like girls wear makeup? _____ Why or why not? _____

 - c. What kind of clothes should Christ-like girls wear. . .
 - i. to go to worship services? _____

 - ii. to go to a friend's house to play? _____

 - iii. to attend a banquet/dinner? _____

3. List two ways in which you most often fail to demonstrate a "gentle/meek spirit."
- a. _____
 - b. _____
4. List one specific way you will change to become more "gentle":

3. Read Proverbs 20:15.
- a. What two things mentioned would be most "precious" to someone who **only** wanted to get rich?
 - i. _____
 - ii. _____
 - b. How many "rubies" are mentioned? _____
 - c. What does God think is "precious"?

 - d. Think about the importance of your lips. Using your thumbs and pointer fingers hold your upper lip to your nose with your right hand and hold your lower lip to your chin with your left hand. Now read this sentence: **"My messy puppy would bump forcefully between rubber volley balls."** Talking is difficult without _____.



Let's Meditate on the Bible!

- 1. Review Proverbs 31:30 and memorize Proverbs 20:15. Be prepared to recite both of them to your teacher.
- 2. One of the first things you learned in school was the A,B,C's. Is that where knowledge begins? _____ (See Prov. 1:7.) Explain: _____

3. How do "lips of knowledge" act? (Use the Proverbs listed below to answer the question.)

- a. Pr. 10:19 _____

- b. Pr. 10:21 _____

- c. Pr. 10:32 _____

- d. Pr. 15:2 _____

- e. Pr. 15:7 _____

- f. Pr. 17:27 _____

4. Choose three proverbs from the previous question and explain how each would apply to your life.

- a. _____

- b. _____

- c. _____



Let's Live by the Bible!

It's time to apply the lipstick of knowledge. Follow the instructions given in Proverbs 22:17-19. (See the next page.)

3. How do each of the above draw attention to the woman?

- a. _____
- b. _____
- c. _____

4. Circle the synonyms for "gentle."

- | | | |
|-------------|-----------|----------------|
| a. Patient | c. Meek | e. Arrogant |
| b. Boastful | d. Humble | f. Self-esteem |

5. Put a box around the synonyms for "quiet."

- | | | |
|------------------|--------------|----------------|
| a. Loud | c. Peaceable | e. Calm |
| b. argumentative | d. Still | f. Quarrelsome |

6. Who is our example of a gentle and quiet spirit? (See Matthew 11:29.) _____

7. Why is inward beauty more valuable than outward beauty? (1Pet.3:4) _____

8. Which beauty does the world value most highly? _____ Give an example: _____



Let's Live by the Bible!

- 1. Memorize the five principles for enhancing your beauty.
 - a. My beauty must be a testimony to unbelievers.
 - b. My beauty must show reverence to my God.
 - c. My beauty must not draw attention to myself.

6. Match the modern English terms on the left with the Bible phrases on the right.

- | | |
|------------|--------------------------------|
| jewelry | "outward adorning of the hair" |
| fashion | "wearing of gold" |
| beautician | "putting on fine apparel" |

7. What two things are precious in the sight of God?

- a. _____
 b. _____

8. In v.6 we get the idea that all Christian girls are daughters of Abraham. Explain. (See Romans 4:16.) _____



Let's Meditate on the Bible!

1. Reread v.1 and review answer #2 in the previous section. Think about the Great Commission (Matthew 28:19-20). Why must you be so careful about enhancing your beauty? _____

2. List three things that do not contribute to true beauty.

- a. _____
 b. _____
 c. _____

Step #1: *Incline your ear and hear the words of the wise.*

The only perfectly wise word is God's Word, the Bible. Make a commitment to read the Bible on your own every day.

- Find a place to read that will not have many distractions (such as noise or TV). The place for me will be: _____
- Try to choose the same time so that it becomes a regular habit (maybe just before you go to bed or first thing in the morning). My Bible-reading time will be: _____
- To get started read for at least 10 minutes every day. It is best to read from only one book at a time. The Gospel according to *Mark* would be a good place to start. When you finish *Mark* then go to the book of *Acts*. Then ask your parents or your pastor what to read next.

Step #2: *Apply your heart to God's knowledge.*

After reading from God's Word try to remember what you have read. It might be helpful to have a special note-book. (On the front cover you could put the title *God's Knowledge for My Heart*.) For each day write just one sentence or at least some of the key words to summarize your reading. You could also write down questions of things you did not understand.

Step #3: *It is a pleasant thing if you keep them within you.* In order to *keep* knowledge inside of you it is important to memorize. Ps. 119:11 says, "Your word I have hidden in my heart, that I might not sin against You." If you are already memorizing Scripture or doctrines for catechism classes then you could work on that for the next 5-10 minutes after your Bible reading time. Otherwise choose your own favorite passage to memorize.

Step #4: *Let them all be fixed upon your lips.*

At the next meal time report to your family what you have learned from your Bible-reading. This would also be a good time to ask your parents about things you did not understand.

Step #5: *So that your trust may be in the Lord.* This is your goal!

Lesson 5

"What Shall I Wear?"

Let's Study from the Bible!

1. Open your Bible to Matthew 6:24-34.
2. List the three pairs of antonyms (opposites) in v.24.
 a. _____ b. _____ c. _____

3. What are the symptoms and feelings of "worry"? (Circle at least 7.)
 a. Calm d. Troubled g. Uneasy
 b. Anxious e. Fretting h. Nervous
 c. Fear f. Content i. Distress
4. What two things ought you not worry about? (v.25)
 a. Life = _____

 b. Body = _____

Lesson 6

Attractive Cosmetics

Let's Study from the Bible!

1. Read 1Peter 3:1-6.
2. In this portion of Peter's letter he writes to married women. How do some of their husbands behave? (v.1) _____

3. What can these wives hope to gain by their conduct? (v.1) _____

4. Read v.2. Circle the words that are synonyms of "chaste."
 a. Pure e. Boy crazy i. Extravagant
 b. Loud f. Virtuous j. Reckless
 c. Modest g. Frivolous k. Plain
 d. Decent h. Tasteful l. Simple
5. Read v.2 again. Who ought Christian girls to fear?
 (See 1Peter 1:17.) _____

5. What habit of eating and drinking (or any selfish pleasure) must stop in order for you to seek first the kingdom of God?

6. What habit must replace the one you just wrote down in #5?

7. In what circumstances do you tend to "worry" about your clothing? _____

What must you do instead, in order to seek first the kingdom of God? _____



5. Which part of creation teaches us not to worry about "life"? (See vv. 26-29.) _____

6. Which part of creation teaches us not to worry about the "body"? (See vv. 26-29.) _____

7. Read v.29. Then read about Solomon's glory in 1Kings 10:14-27 List two things that display his glory.

a. _____

b. _____

8. How were the "Gentiles" (Matt. 6:32) inferior to the Jews? (See Ephesians 2:11-12,19.) _____



Let's Meditate on the Bible!

1. Review your list of antonyms in #2 of the previous section. Then notice the word "therefore" at the beginning of v.25. It connects the application of v.25 to the teaching of v.24. This helps us to understand the ugliness of worry. With that in mind answer the next two questions.

a. What do you love and to what are you loyal when you worry?

b. Who do you hate and despise when you worry? _____

2. Read Matt. 6:32. The Gentiles "seek". They have wants. But God knows what you "need." What is the difference between "wants" and "needs"? _____

3. Verse 32 refers to God as our "heavenly Father." List nine things that your earthly father provides for you without your worry.

- a. _____ d. _____ g. _____
- b. _____ e. _____ h. _____
- c. _____ f. _____ i. _____

4. Notice the word "first" in Matt. 6:33. Wherever there is a first there is usually a second. According to this verse what must be "first"?

- a. _____
- b. _____

What must be "second"? _____

5. In the game of "Hide 'n Seek" all the kids hide, but one must seek. Usually nobody wants to seek because it is hard work. This is true of real life. Often it is easier to hide in our worry than to seek the kingdom of God. How do you seek the kingdom of God? _____

Are you seeking or hiding (be honest)? _____



Let's Live by the Bible!

1. List two ways that you "worry" about "life," that is, what you will eat and what you will drink.

- a. _____
- b. _____

2. Learn from the birds. Watch the birds from your window. (If there aren't any birds, then observe another animal--maybe your pet.) Note two ways in which the Creator takes care of them.

- a. _____
- b. _____

3. List three ways that you "worry" about "your body," that is, what you will wear.

- a. _____
- b. _____

4. Now go look at one of the plants in your house. (If you don't have house plants go look at one of the trees outside.) Note two ways in which the Creator takes care of them.

- a. _____
- b. _____