

29 TRUE BEAUTY



What does true beauty consist of? How can we obtain it?

There was once a very attractive young lady whose face was very pretty and whose body was slender and symmetrical. She had lovely silky hair, and smooth, rosy skin. She could have won a beauty contest. A young man who admired her very much had the opportunity to get to know her in her own environment. He soon realized that she was selfish, proud and false and expressed herself in a very vulgar way. He was deeply disappointed, because he had been deceived by her appearance.

True beauty is not found in the external appearance or personal care, such as make-up, jewels or fancy clothes, but in a gentle, attractive character.

How nice it is to be in the company of a person who has a beautiful character even if she is not that physically beautiful!

It is not important how man sees us; what counts is how God sees us.

ADORNMENT OF THE SOUL

1. **What is true beauty called, which shines from the inside out, with the help of the Holy Spirit? 1 Thessalonians 4:3, 7; Romans 6:22.**

*When a potter works with clay and shapes a pot, he works from the inside out. God also wants to change us inside so the expression of His holy will can be seen on the outside. **This process is called sanctification.***

2. **What part of our being is sanctified by the Holy Spirit's work in us? 1 Thessalonians 5:23.**

Our thoughts, feelings and actions must be sanctified. In our manner of eating, dressing, speaking and living, it should be noticeable that we are followers of Jesus.

3. **What advice is given regarding our clothing and personal appearance? 1 Timothy 2:9, 10.**

4. **What does the true adornment of the Christian woman consist of? 1 Peter 3:2-5.**

5. **What truly enhances a person's appearance? Proverbs 15:13.**

The women of ancient Israel were commanded by God to wear a blue ribbon stitched to a fringe on their garments to distinguish them from the heathen. What is the blue ribbon that sets us apart? Modesty in the way we dress, avoiding jewelry, make-up and the coloring of the hair, which affects our health and contributes to vanity and deform the person God created. By following such practices, we are telling the Creator, "I am not happy with the way You made me." A happy, natural countenance and a meek, sincere character should be the Christian's true adornment.

6. **What type of clothing displeases the Lord? Deuteronomy 22:5.**
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7. Does the Bible say anything about the length of ladies' hair? 1 Corinthians 11:14, 15.

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- Will an unkempt, filthy, disheveled person please God? Certainly not. We should wear things that are in good taste, purchase or make clothes of good quality, when possible, and abide by the rules of good hygiene.
 - We should radiate freshness, gentleness and simplicity so everyone can see something different in us. However, we should avoid being influenced by fashion or the opinion of others.
 - Let us maintain a noble independence, trying to live for God. The joy of having loved and obeyed Jesus will be our reward. In Isaiah 3:16-26, we can read the fate of vanity and disobedience.

AMUSEMENTS

**8. What principles in the Bible can we apply to amusements and entertainment? Philip-
pians 4:8.**

In light of this text, we should assess the appropriateness of our choice of entertainment. Check your reading, TV programs, sports, etc.

9. Can our spiritual life be affected by watching scenes of violence, crime and adultery, even if they are not true? Isaiah 33:15-17.

**10. What advice is given to the person who wants to look for things that are good and uplift-
ing? 1 John 2:15-17.**

**11. What does God instruct those who wish to show gratitude to Jesus for having saved
them? 1 Peter 1:13-19 (mention 3 things).**

There are those who think they can purchase heaven with their deeds, but this is impossible.

12. What alone should motivate us to obey God? 1 Peter 2:21-25.

When Saul was a persecutor and Jesus appeared to him and invited him to follow Him, he asked, "What wilt Thou have me do (Acts 9:6)?" This should be our attitude. We will receive the answer if we ask ourselves: "What would Jesus do in my place?" Let us tell Him: "Lord, I want to act as you would if you were in my place," and He will show us what we should do.

CONCLUSION

13. Where can we gain strength to change our habits and customs? Philippians 2:13; 4:13.

14. What reward awaits overcomers? Mark 10:28-30; 1 Corinthians 9:23-27.

My decision: *I want to glorify God through my clothing and entertain myself according to His will.*

Yes No
