

# I Feel Pretty

## Outer and Inner Beauty

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### Decorations

Place mirrors and assorted women's beauty magazines on the tables. You usually can obtain sample fragrances or makeup items at most large retail stores' cosmetic counters to give to the women.

On the walls place pictures of godly women who reflect inner beauty. Some suggestions are: Mother Teresa, Mary the Mother of Jesus, Lucy Stone, Catherine Booth, Susan B. Anthony, Joni Eareckson Tada or Corrie ten Boom.



### Program Ideas

#### Speakers

Invite a cosmetologist to do a makeover demonstration or contact a color analyst to explain the best colors for the women to wear. If you want to focus on the inner beauty, invite someone who has suffered from a facial injury to share her experiences and define beauty from her perspective.

#### What I See In You

As the women arrive, have them write their names on small slips of paper. Put the papers into a jar. Place a chair in the middle of the room. As you draw a name from the jar that person is to sit in the chair. Proverbs 31:30-31 states "Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised. Give her the reward she has earned, and let her works bring her praise at the city gate." Keeping this Scripture in mind, go around the room and have the women take turns affirming the one in the chair by saying, "I see in you ..." and mention a certain Christ-like characteristic. If you have a large group, break into smaller groups so that all can participate.

#### Craft Fragrant Sachet

These easy to make sachets are great hidden inside a dresser drawer or outside in a lovely basket as a decoration.

Supplies needed:

- ◆ 1 spool of fine white 3" wide netting
- ◆ Ribbon (any color)
- ◆ Several small cloth doilies 3 to 4 inch diameter (round)
- ◆ Potpourri

Weave the ribbon in and out around the edge of the entire doily, leaving a small border. Cut a piece of netting the size of your doily and place it on top of it as it lies flat. Place a small portion of potpourri on the netting. Put the doily, net and potpourri in the palm of your hand and gently gather the doily by pulling the ribbon. Tie the ribbon in a bow. Place in drawers or around the house in a small basket.

#### Game—You're Beautiful

You will need enough makeup items for each two woman team face cleanser, lipstick, lip liner, liquid makeup, eyebrow pencil, blush, ribbons and barrettes. The team stands together with one woman in the back who puts her arms in front of the first woman so that they appear to belong to her partner. The person behind must use all of the items that are provided to give her partner a "makeover."

### How Do I Look?

James Dobson, in his book *Hide or Seek*, (Revell, 1974) says that the most highly valued personal attribute in our culture is physical attractiveness. The first question we seek to answer is, "How do I look?" We formulate an image of ourselves from the praise or ridicule of other people. We evaluate ourselves by their reactions to our physical appearance.

What standard does the world have for a woman's physical appearance? A quick visit to the grocery store and a glance at the latest edition of *Glamour* magazine and you'll get the message. The age of the model or actress on the cover doesn't matter she's picture perfect! She's got it all gorgeous hair, perfect makeup, flawless complexion, sparkling white teeth, the latest fashion and is a size four.

Peter 3:3-4 tells us this type of beauty is fading. With today's medical advances and a pretty price, we can prolong the fading. But eventually the law of gravity gets the better of us and the best we can hope for is to stay healthy. Sure, we'd like to see ourselves as cover girl quality; but a healthy self image is being committed to the truth of how God sees us.

Peter says that we have the capacity to possess beauty, but it should be inner beauty and not beauty from outward fussing. This inner beauty cannot be purchased at the local beauty shop. It comes from cultivating the character of Christ in us.

To see ourselves as God sees us, as we really are, we must understand our position in Christ. These truths are found in the first chapter of Ephesians. Read Ephesians 1:3-13. From this Scripture we see that:

- ◆ We are blessed with every spiritual blessing. (verse 3)
- ◆ We are chosen before the foundation of the world that we should be holy and blameless before Him. (verse 4)
- ◆ We are predestined to adoption as His sons and daughters. (verse 5)
- ◆ We are redeemed through His blood. (verse 7)
- ◆ We are sealed in Him with the Holy Spirit. (verse 13)

God is concerned that we see ourselves as He sees us beautiful. Being able to remember who God is and who you are in His sight is important as you meet the traumas and stresses of life. The world's view of beauty clashes with Scripture's definition of true beauty. First Peter 3:3,4 tell us, "Your beauty should not come from outward adornment, such as braided hair and the wearing of gold jewelry and fine clothes. Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight."