

What's a Girl To Do?



How can you handle the things we've discussed and live REAL lives instead of buying into society's beliefs on beauty? Discuss this in your groups and make a list. Each table can share several ideas with the larger group.

We can make the decision to live healthy and not to be a certain size, but to be the amazing people that we are.



Throw off all that hinders you.

Romans 12:1, 2 tells us to throw off all that hinders us in the race of life. This may mean throwing out the magazines, avoiding TV shows that impact how you feel about yourself, and anything else that causes you to feel bad about yourself.



"Your outer beauty is only as striking as your inner beauty."

You may want to go a day without makeup. Or dress more casually when you go out. What is your biggest beauty obsession? Try to go a day without it.



Get realistic.

Your size and body shape and looks are impacted by more than just how much you eat. A lot of it is genetic. You've inherited features and structures from your family. Look at family members—not just mom and dad, but aunts, uncles, cousins and grandparents on both sides of your family. What do they look like? There are some things you can't change no matter how much you want to or how hard you try.



Get moving.

Exercise is about more than losing weight. It releases endorphins that cause us to feel better. It helps us to sleep better, which impacts how we feel. And the results (strong muscles, endurance, etc.) can make us feel better about our bodies, no matter what size we are.



Don't make food the enemy.

Don't diet. Eat well. Eat balanced. Eat healthy. Don't make certain foods off limits—that will make you want them even more.



What you think about yourself shows in your appearance.

Confidence shows. In the way you walk and in the way you carry yourself. Be aware of your posture.



Create your own style.

Your “look” tells the world who you are...like a label or an advertisement. Create your look to reflect who you are. Add color. Add a signature piece. If you wear makeup, go to a makeup counter at a department store and have them show you how to wear it to enhance your looks—make you look healthier—not “made up.”



Smile!

Adding just a simple smile to your face will make you more attractive to the world and will actually make you feel better. Kerri Mitchell, a former Miss Kentucky says: “My favorite beauty tip is simple. Smile!”



Pray.

God longs for you to see yourself the way He does. Ask Him what He thinks. Look for scriptures that tell you. Memorize them. Ask Him to help you believe the truth about who you are and how beautiful you are and to let go of the lies.



Let's pray together about this aspect of our discussion, asking God to help us separate truth from lies and thanking Him for the health and the true beauty He has given each one of us.