

## **Real Beauty Journal**

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## Section 1

### What Beauty Really Is

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*Beauty is not in the face;  
beauty is a light in the heart.*

*I am fearfully and wonderfully made.*  
- Psalm 139:14

.....

#### **What is beauty?**

Think of someone you know who you think is beautiful. Who is she and what makes her beautiful?

What is your definition of beauty?

#### **"Pretty as a picture..." Says who?**

Who defines beauty? Who teaches us what is beautiful and who is beautiful?

#### **But we believe the lies.**

Satan knows how to discourage us. He knows our weak points and is able to consume us with negative thoughts. And sometimes we believe him.

"You're not pretty."

"You're fat."

"No one will ever like someone with a \_\_\_\_\_ like that."

Through the media, the devil convinces us that beauty is all about appearance. We believe that the lies are the truth about who we are.

The devil likes it that way. He knows the impact we would have if we lived like the beautiful women God created us to be.

What are some of the lies you hear?

Do you believe them?

What would it take to convince yourself that you are beautiful?

What would it take for you to feel good about yourself right now?

## What's a Girl To Do?



Make a list of at least five things you like about yourself.

- 1.
- 2.
- 3.
- 4.
- 5.

### **Take care of you.**

What are some things you can do to feel better about yourself?

What makes you YOU?

What are your talents and gifts?

What are your interests?

What makes your personality special?

What do you enjoy doing?

What are you good at?

How would your friends describe you?

What makes you laugh?

God created beauty in everyone. What are some ways God created beauty in you?

## Section 2

### What Are Moms Really Saying?

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*Everything has beauty, but not everyone sees it.*  
- Confucius  
.....

#### **What moms want their daughters to hear...**

Moms want their daughters to know they are amazing. What are some positive things your mom says about you?

#### **What daughters hear...**

Daughters learn to talk about themselves through hearing what their moms and other older women and friends say about themselves and their bodies. What have you learned about self-image from the women in your life?

#### **Words do hurt.**

Unfortunately, one comment can cause us to not like ourselves for a lifetime. Think about a part of your body that you don't like. When do you remember not liking it?

We need to understand why we think the way we do about our bodies. Where did we get that message? Was it accurate?

## What's a Girl To Do?



What are some things you can do to have a better body image?

### **Help each other.**

We can help each other like our bodies better. What are some fun activities you could do with your mom or your friends that would make you feel good about yourselves instead of worrying about your weight?

### **Applaud yourselves.**

Talk about more than just your appearance. What are some of your favorite accomplishments?

**Do more than talk.**

Lifestyle choices such as eating healthfully, exercising, and getting plenty of rest help you feel better, look better, and succeed in school. What are some healthy lifestyle choices you could make?

**Make home a safe place.**

Help make your home a safe place when it comes to image. How can you start spreading positive messages at home?

**Be aware.**

Do you ever say negative things about yourself when your friends are discussing certain topics like calories, food, dieting, or weight? What can you do about it?





## Section 3

### What Are Boys Really Thinking?

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*The best and most beautiful things in the world cannot be seen  
or even touched – they must be felt with the heart.*

- Helen Keller

*It's hard to speak to your hearts when all I see are your parts.*

- Youth Pastor

*Be careful, however, that the exercise of your freedom does not  
become a stumbling block to the weak.*

- I Corinthians 8:9

*But among you there must not be even a hint of sexual  
immorality, or any kind of impurity, or of greed, because these are  
improper for God's holy people.*

- Ephesians 5:3  
.....

#### **Guys are visual.**

This is true not only of teenagers and young adults, but adult men as well. We all face temptations, but this is one of the main ones for guys. What does this mean for you and your responsibilities as a Christian?

What would you like boys to think about when they see you?

**How you dress impacts how he thinks.**

How you dress creates an image of who you are and what you want guys to think about you. What messages do you think your appearance sends?

What message do you think your appearance sends to other people in your life — relatives, friends, teachers, classmates, etc.?

What do you want your clothing and appearance to say?

What do you want people to think when they look at you?

What types of clothes are in your closet?

## What's a Girl To Do?



### **Be careful how you dress.**

If some of your clothes are less than modest, what are some ways you can make them more appropriate?

### **Know that guys want more than just beauty.**

Nine out of ten guys in the *For Young Women Only* survey said they'd be attracted to all different types of girls, and the main thing they're looking for is a girl they can enjoy being with. What personality traits do you want boys to see in you?

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"Besides 'wear sunscreen' and 'tip well,' my advice to teen girls is, understand your identity. You are a valuable creation of God with an awesome future ahead of you. Understand where you're going, or you'll always be looking for guys to make you content. Quit buying into the lies of the media on how to dress and act, and don't be afraid to stand apart from the crowd."

-quote from a college guy in *For Young Women Only*  
by Shaunti Feldham

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## Section 4

### What Is Society Really Teaching?

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*Nothing can be beautiful which is not true.*

—John Ruskin

*I am beautiful, no matter what they say.*

*Words can't bring me down.*

—Christina Aguilera

*Be yourself, because you are more valuable than you think.*

.....

### Who defines beauty for you?

Name three women society claims are beautiful.

1.

2.

3.

Why are they considered beautiful?

Name three women in the Bible who were beautiful.

1.

2.

3.

What made them beautiful?

What differences do you see between beauty in the Bible and beauty in society? Why do you think these differences exist?

The world defines beauty as strictly outer appearance — your size, hair color, weight, etc. Is that really who you are?

Who are your fashion role models? Are they living worthy, holy lives?

**Beauty messages are everywhere.**

We see an average of 2,000 beauty messages each week. What are some beauty messages you remember?

What are some of the positive messages you have seen?

What about negative messages?

How do you feel after seeing fashion models and celebrities in movies, magazines and on TV?

Does a negative self-image ever interfere with your life? If so, how?

Take a minute to look at what you're wearing: clothes, makeup, accessories, etc. Which of your choices did celebrities, trends, or the media influence? Do you want them to influence you?

Look at the covers of some current magazines. How do these pictures make you feel?

How do the magazine covers impact how you look at other people or yourself?



How many articles in these magazines discuss physical appearance, boys, and sex? How many articles discuss people's inner qualities and strengths?

**We're attempting to "buy" beauty.**

Is outer beauty lasting? What about inner beauty?

Will outer beauty matter in eternity?

## What's a Girl To Do?



How can you be yourself instead of buying into society's beliefs about beauty?

### **Throw off all that hinders you.**

Romans 12:1-2 tells us to throw off all that hinders us in the race of life. Are there any magazines or TV shows that make you feel bad about yourself? Try going one week without those magazines or TV shows and see how you feel.

What is your biggest beauty obsession? Try to go a day without it.

### **Get realistic.**

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

**Get moving.**

Exercise is about more than losing weight. It also helps us feel and sleep better. What are some ways you like to get exercise? Is there anything new you'd like to try?

**Don't make food the enemy.**

Don't diet or make certain foods off-limits — that'll just make you want more. Just eat healthy, balanced meals regularly. What are some of your favorite healthy foods?

**Create your own style.**

How do you show the world who you are? Do you have a favorite color or signature piece that you like to wear?

**Pray.**

God longs for you to see yourself the way He does. What do you think He sees? If you don't know, just ask Him!

## Section 5

### What God Really Wants You to Know

.....

*Every woman is a portrait of her Creator.  
Let His autograph shine!*

*The more focused you are on your looks,  
the more insecure you become.*

*And God created the human in his image, in the image of God he  
created them, male and female he created them.  
-Genesis 1:27*

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

*The Lord is disappointed when His people place a low estimate  
upon themselves. He desires His chosen heritage (that's you!)  
to value themselves according to the price  
He has placed upon them.  
-Desire of Ages, p. 668*

*Whatever comes, cannot alter one thing. If I am a princess in rags  
and tatters, I can be a princess inside. It would be easy to be a  
princess if I were dressed in a cloth of gold, but it a great deal  
more of a triumph to be one all the time when no one knows it.  
-Sara in The Little Princess*

.....

#### **Inner beauty and outer beauty.**

The amount of time we spend on something shows how much  
we value it. How much time do you spend working on your outer  
beauty?

How much time do you spend working on your inner beauty?

If I could change \_\_\_\_\_, then I could be more beautiful.

How do you think this change would make your life better?

What do you imagine would change about your life if you looked different?

What do you think has — or hasn't — happened to you because of your physical appearance?

### **Flaws or favors?**

If God created us to be us, then maybe there was a reason He gave us the "flaws" we think we have. It may be that if we didn't have them, we would make different life choices or be in situations that aren't good for us. The "flaws" may cause us to grow closer to God. What are some "flaws" you think He maybe have purposefully given you?

How have your "flaws" shaped you?

**God really knows us.**

God created us. He knows us better than we know ourselves — good and bad. Nothing we can do can shock Him, cause Him to think less of us, or stop Him from loving us. How do you feel about God's endless love for you?

Fairytales have a prince who comes to the rescue. While they aren't true stories, our story is true and we have a Prince who came to rescue us. How does it feel to know God loves you enough that He sent His Son to earth?

## What's a Girl To Do?



### **Believe what's true about you.**

What can you do to help yourself believe what God says about you instead of what the devil says?

Think of scriptures that tell what God says about you. Memorize the ones that are most meaningful so you will have them in your brain when the devil attacks with his lies. Write your list below. See the list on page 27 for ideas.

Getting positive thoughts in your head will help retrain your brain to think positively instead of negatively. Make a list of 3-5 positive things about yourself such as:

- I am attractive.
- I am smart.
- People enjoy being around me.
- I make God smile.
- God dreams big dreams for me.
- I am strong.

**Turn the negatives into positives.**

What negatives have you been telling yourself? Look for ways to turn them into positives. For example, tell yourself God gave you freckles to make you unique.

**Live like you believe.**

Conquering fears and learning new things will help you learn to believe in yourself. What is something you have been afraid to try? What are you going to do about it?

**Assignment to do at home...**

Write a vision statement of who God has created you to be. You may not totally be that person yet, but that's okay. A vision is about what's to come.

Include all aspects of your life:

- Athletics
- Academics
- Characteristics
- Talents and abilities
- Roles
- Jobs
- Dreams

We've started the first line for you with the page titled, "The real beautiful me is..." What would God say if He was writing about you? If you have trouble writing a vision statement, instead you could write a letter from God telling you how He sees you and what He has for your future.





*The Real Beautiful Me Is....*



## What God Really Says

*Here are a few of God's truths about you. Personalize them with your name. Memorize them. Add to the list. Believe that they are God's truths about you.*

"Long before God laid down the foundation of the earth, He chose \_\_\_\_\_— settled on \_\_\_\_\_ — to be the focus of His love, to be made whole and holy by His love."

Ephesians 1:4 MSG

"\_\_\_\_\_ is fearfully and wonderfully made."

Psalms 139:14

"Do you think \_\_\_\_\_ is trying to make people accept her? No, God is the one she's trying to please."

Galatians 1:10 NCV

"The King is enthralled by \_\_\_\_\_'s beauty; honor Him, for He is your Lord."

Psalms 45:11 NIV

"So God created \_\_\_\_\_ in His own image."

Genesis 1:27 NIV

"God has chosen \_\_\_\_\_ and made \_\_\_\_\_ His holy daughter. He loves her. So \_\_\_\_\_ should always clothe herself with mercy, kindness, humility, gentleness and patience."

Colossians 3:12 NCV

"For God so loved \_\_\_\_\_, that He gave His only begotten Son, that because she believes in Him, she will never perish but have everlasting life."

John 3:16



## **Tips for Real Beauty**

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his or her fingers through it once a day.

For poise, walk with the knowledge that you never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone.

Remember, if you ever need a helping hand, you will find one at the end of each of your arms.

As you grow older, you will discover that you have two hands; one for helping yourself, and the other for helping others.

(Shared by Audrey Hepburn)