

## THE BEAUTIFUL CHRISTIAN WOMAN

In this lesson, we will study several verses from scripture that will teach us what we need to know to be beautiful women on the inside as well as outside.

Key Verse:

*Who can find a virtuous woman? for her price is far above rubies. (Proverbs 31:10)*

First, we should look at how we see ourselves. Then compare what we see to what God sees in us. God doesn't look at how old or how young, how tall or how short, how thin or how heavy, our color of skin, the color of our eyes, the color of our hair. God looks on the heart. That is where the true beauty of a woman comes from.

*But the LORD said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the LORD seeth not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart. (1 Samuel 16:7)*

When He looks at us does he see a saved woman, a giving woman, a faithful woman, a happy woman, a good wife, mother, grandmother and sister or does he see an unsaved woman, a gossip, a selfish woman, a woman lost in sin, a hit or miss Christian, a sad woman or a negligent woman?

*Then Peter opened his mouth, and said, Of a truth I perceive that God is no respecter of persons: But in every nation he that feareth him, and worketh righteousness, is accepted with him. (Acts 10:34-35)*

### GOD'S DESIGN

Being a beautiful woman on the outside, without the inner beauty that scripture speaks of really makes us unattractive in God's sight. Let's look at some of the ways God has for us to be more beautiful to Him.

## GOD'S BEAUTY SECRETS

### Godly Actions

#### Using Discretion:

*Discretion shall preserve thee, understanding shall keep thee. (Proverbs 2:11)*

Discretion is nothing more than being wise in decision making and using good judgment and self-restraint in all our life situations.

*As a jewel of gold in a swine's snout, so is a fair woman which is without discretion.  
(Proverbs 11:22)*

The woman of discretion is one who fears the Lord and hates evil. She knows that she must be sober and vigilant for she has an adversary who walks about as a roaring lion. (1 Peter 5:8 "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:") She realizes that in her own strength she is no match for the devil. Hers is a day-by-day walk with the Lord, for she is aware that her life as a woman is one of influence. She is watchful of her conduct and cautious to maintain a good name.

A woman without discretion in life situations is a tool the devil loves to use and countless lives and families have been ruined by a woman like this.

#### Changing the things we say:

*She openeth her mouth with wisdom; and in her tongue is the law of kindness. (Proverbs 31:26)*

*Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer. (Psalms 19:14)*

*Let your speech be alway with grace, seasoned with salt, that ye may know how ye ought to answer every man. (Colossians 4:6)*

Once we become a woman saved by the Grace of God our way of speaking should change. There should never be any kind of communication from our mouth that does not honor God. We should always think before we speak.

#### Changing the things we wear:

*She maketh herself coverings of tapestry; her clothing is silk and purple. (Proverbs 31:22)*

*In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with broided hair, or gold, or pearls, or costly array; But (which becometh women professing godliness) with good works. (1 Timothy 2:9-10)*

As Christian women, we should be very careful with the way we dress. We should no longer dress the way the world dresses but dress to please God. Ask yourself if Jesus were to walk up to me in church or in public would we be ashamed of the way we are dressed?

Changing the things we do:

*She looketh well to the ways of her household, and eateth not the bread of idleness. (Proverbs 31:27)*

*And withal they learn to be idle, wandering about from house to house; and not only idle, but tattlers also and busybodies, speaking things which they ought not. (1 Timothy 5:13)*

This pretty well speaks for itself. We should be taking care of our homes instead of out gossiping or wasting time doing things of no consequence. These things do not honor God.

Things we should be doing:

*She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the need. She is not afraid of the snow for household: for all her household are clothed with scarlet. (Proverbs 31:20,21)*

*Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God. (1 Corinthians 10:31)*

Our lives are no longer our own, we are *bought with a price*. We need to look around and see what we can do for those less fortunate or those that are sick or downtrodden. We definitely have families that need to be taken care of. The things we do now should glorify God.

## HEALTHY HABITS

Be happy:

*A merry heart doeth good like a medicine: but a broken spirit drieth the bones. (Proverbs 17:22)*

A woman who is happy is an honor to God. We have lots of reasons to rejoice. Happiness strengthens our body, our mind and our spirit. When we give in to despondency and discontent we do not honor God. It also can harm us physically, mentally and spiritually.

Speak kindly:

*Pleasant words are as an honeycomb, sweet to the soul, and health to the bones. (Proverbs 16:24)*

There is nothing that makes others around us feel good like pleasant words or encouragement. We need to be uplifting at all times. By encouraging others, we are in turn encouraged.

Be watchful:

*And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares. (Luke 21:34)*

We need to be careful that we don't do those things that will harm our bodies as well as our testimony. Things of this world can sneak up on us if we aren't in constant prayer and study of God's word and fellowship with other Christians.

Don't worry:

*Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. (Philippians 4:6)*

*"Be careful for nothing" means we are not to worry. Worry causes stress and stress causes a multitude of health problems. Worry is like a cancer if not controlled it can ruin our lives. Scripture says give Him our worry and cares:*

*Casting all your care upon him; for he careth for you. (1 Peter 5:7)*

There are a lot of opinions and studies done on this subject. Dr. Hans Selye, a world-famous authority on the subject of stress states:

*"Stress can shorten your life. What we call aging is nothing more than the sum total of all the scars left by the stress of life. For most people, it is really a matter of learning how to live."*<sup>1</sup>

The dictionary defines stress as: Mental or emotional pressure. Some words that describe stress are: pressure, strain, anxiety, hassle, constant worry and tension.

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<sup>1</sup> Selye, Hans, The Stress of Life, McGraw-Hill Education, 2 edition, 1978

We as women have a tendency to put an overwhelming amount of stress on ourselves. We worry about our families, what we look like, what others think of us and what we think of others.

### Stress Overcome by Trust

Here is how we as women can overcome the stress in our everyday lives:

#### The Great Physician's Anti-Stress Formula

“T R U S T”

**T**ake time daily to talk to God.

*My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up. (Psalms 5:3)*

**R**ehearse and recount his blessings upon your life.

*“Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ; (Ephesians 5:20)*

**U**se common sense in caring for your body.

*For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's. (1 Corinthians 6:20)*

**S**erve Him by helping others in their afflictions.

*Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself unspotted from the world. (James 1:27)*

**T**hink good thoughts.

*Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. (Philippians 4:8)*

God's beauty secrets are really not a secret. If we stay in his word, obey his commandments and pray daily, He will make us the beautiful women He intended us to be.

When we are saved, the Holy Spirit comes to dwell within us. He teaches us how to live a beautiful life that is pleasing to God. *(If we listen and are willing to obey)* The only one holding us back is us

## BEAUTIFUL RESULTS

Our walk will be different:

*As ye have therefore received Christ Jesus the Lord, so walk ye in him: (Colossians 2:6)*

Our bodies will glorify God:

*For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's. (1 Corinthians 6:20)*

Our behavior will change:

*Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. And above all these things put on charity, which is the bond of perfectness. (Colossians 3:12-14)*

Our way of talking will honor God:

*And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him. (Colossians 3:17)*

Our completeness will be visible to all:

*Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new. (2 Corinthians 5:17)*

## PSALMS 139:23-24 SUMS IT UP

*Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting. (Psalms 139:23-24)*

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*Dear LORD,*

*Help us to look to you for the guidance to become the beautiful Christian women you desire us to be. Please help us to discern your will for our lives.*

*In JESUS name, we pray and thank You. Amen”*

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