

One of the greatest images that press on women today is beauty. Beauty is defined with nearly impossible standards, falsified with airbrushing and digital enhancement, and distorted through plastic surgery. What is seen in movies, television, and magazines is an unreasonable standard for beauty. Yet, in a time that promotes the freedom of women, women are be enslaved to these unfair and irrational standards. This lesson will look to move our value away from external appearances to God's value in you.

Shattering Your False Image

1 Read 1 Peter 3:3-6. What should not be the primary concern of Christian women?

For married women: Please consider that your husband found you attractive for who you were in character and personality and what you looked like externally. You do not need to try to attain some different level of beauty that the world suggests you should be. Your husband should not expect something different from you now than the day you were first married.

For single women: Please consider that you want a man to find you attractive for who you are in your character and personality and what you truly look like externally now, not some sort of facade that cannot be reasonably maintained. If a man does not enjoy you for who you are and what you look like now, then you have not found the right man.

2 Why is putting your image and value in beauty a foolish pursuit?

What is going to happen to your body in the coming years?

What is going to happen to your evaluation of yourself if your value is tied to your physical appearance?

Establishing Your True Image

Your value is not found in who you are or what you have done. Your value is fully understood by seeing what God has done for us. A worth based on our own skills, achievements, wealth, status, or abilities is empty because none of these worldly things can remain with certainty.

Discuss

If your value is bound in what your body can do, then what will happen to your value if you lose your health? If your value is your success, what is your value when you fail at something? If your value is bound to your wealth, what is your value if you become poor? If your value is in your job, what is your value if you lose your job?

- 3 Read Romans 3:10-12 below.** What is our worth/value now that every one of us has corrupted ourselves by our sins?

“None is righteous, no, not one; no one understands; no one seeks for God. All have turned aside; together they have become worthless; no one does good, not even one.”
(Romans 3:10–12 ESV)

- 4 Read the scriptures below.** What is the basis of our value? How costly was our redemption? What is the value that God places on you? Can this value ever be taken away from you?

But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus.
(Ephesians 2:4–7)

Fear not, therefore; you are of more value than many sparrows. (Matthew 10:31)

For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, but with the precious blood of Christ, a lamb without blemish or defect.
(1 Peter 1:18–19)

TRANSFORMATION:

- 1** Why is it foolish to have a self-image based on beauty? What can you do if you are experiencing pressure to put your hope in beauty?
- 2** How does the death of Christ show you your worth in Christ?