

## **Beauty Secrets**

by Dr. Deborah Newman and Rachel Newman  
Discussion Guide

### **Chapter One**

How are your clothes, your haircut, your perfume, and so on influenced by the media?

How are you influenced to like yourself more by the media?

How are you influenced to dislike yourself by the media?

Read Romans 12:1-2. Discuss the beauty myths and talk about any of them you've been believing.

Go around the room and name the physical quality (appearance) that you admire most about the girl to your right.

Go around the room and name the character quality that you admire most about the girl to your right.

Make a decision to focus on your best physical quality each day. Listen for media messages that tell you that you aren't good enough or are defective in some way and answer them with Psalm 139:14: "God says I am fearfully and wonderfully made." End the group time by saying out loud one at a time, "I praise You, God, because I am fearfully and wonderfully made, and I like the way You made my \_\_\_\_\_ (physical quality you like about yourself)."

## **Chapter Two**

On a scale of 1–10 (10 being the highest), how much do you think you are hurting from words spoken to or about you?

Have you ever really forgiven someone? How did it feel? How do you know when you have forgiven?

What can you learn about the purpose God might have for your life by the way He made you?

Why do you think we are so mean to each other and say negative things about our bodies and others' bodies?

On a scale of 1–10 (10 being the highest), how important is it to you that you have a boyfriend, and why?

How can God heal hurtful words from our past?

Have one girl stand up in front of the group. Then have each girl in the group say the name of the girl who's standing and repeat what God says about her from this list until every statement is made. (In small groups, each girl will say two or three truths; in large groups, just one.) Repeat the exercise until every girl present has stood in front of the group.

Statements to repeat:

- \_\_\_\_\_, you are God's possession.
- \_\_\_\_\_, you were wonderfully made.
- \_\_\_\_\_, God chose you long ago.
- \_\_\_\_\_, God created you to do good works.
- \_\_\_\_\_, you are made in God's image.
- \_\_\_\_\_, you can call God Daddy.
- \_\_\_\_\_, you have been bought with Christ's blood.
- \_\_\_\_\_, Christ loves you so much He died for you.
- \_\_\_\_\_, you are without fault because of Christ.
- \_\_\_\_\_, you are sealed by the Holy Spirit.
- \_\_\_\_\_, God lavishes His grace on you.
- \_\_\_\_\_, you are forgiven.
- \_\_\_\_\_, you are accepted.
- \_\_\_\_\_, there is no condemnation toward you.
- \_\_\_\_\_, God will never leave you.
- \_\_\_\_\_, He loves you.
- \_\_\_\_\_, and so do I.

### **Chapter Three**

What feeling does your body give you that you like best (examples: feeling the sun on your skin at the beach, putting on lip gloss, getting a back rub)?

How can tuning into the pleasure senses that God created in your body help you praise Him?

How can overfocusing on pleasure lead to addiction? Has that ever happened to you?

Demonstrate (with a cartwheel, handstand, touching your toes, etc.) or talk about some ways that you enjoy the feelings your body can take in.

What do you fear will happen if you let go of negative feelings about your body?

How would God comfort you in the fear you mentioned or comfort someone else about a fear she mentioned?

Give shoulder rubs around the room simultaneously. Tell the person rubbing yours how to make it feel better (for example, harder, softer, scratch lightly with fingernails).

#### **Chapter Four**

In what ways do you see girls bashing their bodies?

How have you been a body basher?

What does it mean to offer your body as an instrument of sin (Romans 6:11-14)?

What do you think a glorious body is going to be like?

What should we worry about concerning our souls (Matthew 10:28-32)?

Whose bodily or physical needs can you meet?

Have one girl stand up in front of the group. Go around the group having each person say the girl's name and repeating what God says about her from this list until every statement is made. (In small groups, each girl will say two or three truths; in large groups, just one.) Repeat the exercise for every girl present.

- \_\_\_\_\_, your body is a temple of God.
- \_\_\_\_\_, you were wonderfully made.
- \_\_\_\_\_, you were knit together by God Himself.
- \_\_\_\_\_, nothing about your body is unknown to God.
- \_\_\_\_\_, God saw your body before you were even born.
- \_\_\_\_\_, God knows the number of days you will live in your body.
- \_\_\_\_\_, you are created in the image of God.
- \_\_\_\_\_, God knows the very number of hairs on your head.
- \_\_\_\_\_, your true beauty comes from your inner self.
- \_\_\_\_\_, you can exalt Christ in your body.
- \_\_\_\_\_, God knows everything your body needs.
- \_\_\_\_\_, because of what Christ did with His body, you are without fault.
- \_\_\_\_\_, you are forgiven.
- \_\_\_\_\_, you are accepted.
- \_\_\_\_\_, there is no condemnation toward you.
- \_\_\_\_\_, you are beautiful!

(Genesis 1:27; Psalm 139:13-16; Matthew 6:25-33; Luke 12:7; Romans 8:1; 2 Corinthians 6:16; Philippians 1:20; 1 John 1:9)

## **Chapter Five**

What does it mean to you that God formed you with His hands?

Share a body-care secret that works for you. What's a product or item or routine that helps you care for your body?

What do you think Jesus enjoyed most about having a body?

What do you think Jesus enjoyed least about having a body?

What similarities between our earthly bodies and heavenly bodies do you think there will be?

## **Chapter Six**

How have the girls in the group helped you the most and why?

What do you find most attractive about your friends here?

What do you find most attractive about yourself?

How do you hope you will look on the outside 10 years from now?

How do you hope you will feel about how you look 10 years from now?

What steps can you take to start a new trend toward body acceptance?

How does God's Word affirm your beauty?