




LEADER GUIDE

Beauty by The Book *for Teens*



*Becoming a Biblically Beautiful Young Woman
A 7-week Study of Proverbs*



Laurie Cole
Author & Teacher





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Letter to Small Group Leaders

My Dear Sister,

Thank you, thank you for responding to God's call to lead a small group for **Beauty by The Book** for Teens. I wish I could hug your neck for your willingness to encourage, disciple, and minister to the precious young women in your group!

Whether you are a new or experienced, confident or not-so-confident leader, I hope these words from one of my favorite Christian authors will encourage you as much as they've encouraged me:

Beware of any work for God which enables you to evade concentration on Him. The one concern of a worker should be concentration on God... There is no responsibility on you for the work; the only responsibility you have is to keep in living constant touch with God, and to see that you allow nothing to hinder your concentration with Him.

—Oswald Chambers, *My Utmost for His Highest*

If serving the Lord and ministering to others depended on my own skills, knowledge, and abilities, I couldn't do what God has called me to do—and neither can you. But it's so easy to take God's responsibility upon ourselves, isn't it? And when we do, we begin stressing and striving, feeling inadequate or over-confident—evidence we're focusing on ourselves instead of concentrating on God.

I sincerely pray this Leader Guide will be a helpful tool for you as you lead your small group. But never forget, it's just a resource. God is your real source. May He fill and use you in a mighty way for His glory as you fix your eyes on Him first and serve others second.

Your sister,

Laurie

Study and Leader Goals

GOALS OF **Beauty by The Book** for Teens

The goals of this study are:

1. **To enable** young women to study the Bible and encounter God through the pages of His Word in a life-changing way.
2. **To encourage** young women to become spiritually sensitive and responsive to the work of the Holy Spirit as they apply God's Word to their lives.
3. **To equip** young women to become biblically beautiful.

GOALS FOR SMALL GROUP LEADERS

Your goal as a small group leader is:

1. To facilitate a scripture-based discussion from the weekly Bible study homework.
2. To facilitate a Hebrews 10:24 environment where group members can share and encourage one another to grow in their relationship with the Lord and to apply His Word to their lives.

And let us consider how to stimulate one another to love and good deeds.

—Hebrews 10:24 *NASB*



Weekly Preparation to Lead Your Small Group

Each week, prepare to lead your small group by:

1. Keeping your heart and life spiritually cleansed and pure so that you will be “an instrument for noble purposes, made holy, useful to the Master and prepared to do any good work” (2 Timothy 2:21).
2. Praying for your group members faithfully and diligently. Each time you meet with your group, you will ask them to share their prayer requests. Lovingly pray over these requests throughout the week. Also, as the Holy Spirit brings a group member to your heart during the week, ask Him how to pray for them and you’ll find your prayers going beyond the requests they’ve shared with you in class.
3. Writing your group members a brief note or email as the Lord leads you. Encourage them by letting them know of your concern and prayers.
4. Completing your Bible study homework each week. Be cautious, however, not to get caught up in just the “doing” of your homework. Ask the Lord to do a fresh work in your life each day as you study.
5. Reading through the leader guide for the lesson after you’ve completed your own homework noting the following:
 - a. **The weekly goal(s) stated for that lesson.** These goals will help you keep your small group time focused and on target. Don’t state the goal(s) at the beginning of your share time, but you may want to use them as you conclude and wrap up your group time each week.
 - b. **The questions given for that lesson.** Customize your discussion by asking the Lord to show you which questions to use in your discussion. Check the boxes beside the questions you feel led to include in your small group time.
NOTE: The box beside the closing question on each leader guide has already been checked because you will always want to use this question to close your small group time.
6. Estimating how much time you plan to spend on each question you’ve chosen. Make a note beside the questions you’ve chosen of the specific amount of time you plan to spend on it. You may choose to spend more time on some questions than others.

7. Claiming the following scriptures and resting in God's promises as you lead your small group (you may even want to post one or more of these scriptures on your refrigerator or near the place where you prepare for small group to serve as a source of constant encouragement to you):

I am the vine; you are the branches. If a man remains in Me and I in him, he will bear much fruit; apart from Me you can do nothing.
—John 15:5

Brothers, think of what you were when you were called. Not many of you were wise by human standards; not many were influential; not many were of noble birth. But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong. He chose the lowly things of this world and the despised things—and the things that are not—to nullify the things that are, so that no one may boast before Him. It is because of Him that you are in Christ Jesus. Who has become for us Wisdom from God—that is, our righteousness, holiness and redemption. Therefore, as it is written: “Let him who boasts boast in the Lord.”

—1 Corinthians 1:26–31

But He said to me, “My grace is sufficient for you, for My power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

—2 Corinthians 12:9–10

I can do everything through (Christ) Who gives me strength.
—Philippians 4:13

Faithful is He that calleth you, Who also will do it.
—1 Thessalonians 5:24 (KJV)

How to Lead an Effective Small Group Discussion

Small group discussion time should be interesting, inspiring, and enjoyable. Yet you've probably been in a small group that was just the opposite: boring, irrelevant, and a real drag. What makes the difference? Effective leadership.

Whether you've ever led a small group before or not, you can facilitate an effective, enjoyable small group experience by practicing the following top ten tips:

1. Keep your discussion time focused on the two primary goals for small group leaders (as stated on page "v").
2. Strive to establish a comfortable, conversational atmosphere so your members will feel free to share what they've studied and learned. Think of your discussion time as a group conversation where everyone has the opportunity to share freely and receive encouragement.
3. As the leader, facilitate the discussion but don't dominate. And if a group member is dominating the discussion, encourage others to participate by saying, "I'd really like to hear from some of you who haven't shared today."
4. Ask questions from the weekly leader guides, but don't read or give them the exact question and page number from their workbooks. This will encourage them to restate not repeat (or read) what they've written in their homework. Unless they are unresponsive or directly ask you for the question and page number, try to keep their "heads out of their workbooks." Of course, they can use their workbooks to follow along through the discussion, but encourage them not to read their answers verbatim and not to limit themselves to sharing only what they've written.
5. Be an example of a sincere and eager student of God's Word. Openly and honestly share what God is doing in your own heart. Seek to be transparent, genuine, and real in your leadership.
6. Encourage your group to respect the boundaries of your group discussion. Ask them not to repeat personal information other group members have shared in the weekly discussion time with anyone outside the group.
7. Encourage your group to complete their weekly Bible study homework, but assure them that no one will see or "check" their homework. Also, encourage them to attend small group even if they've been unable to complete their homework.
8. Your group will appreciate it if you will **monitor and use your time wisely. Begin and end your group on time each week.**
9. Be sensitive to the leadership of the Holy Spirit. If your group gets "off track" from the questions you've chosen from the leader guide but you sense the Lord is leading the discussion in a different direction, let Him lead!
10. Finally, if someone in your group is hurting or has spiritual questions or needs, please approach them privately and let them know of your concern for them. Offer to listen, to share scripture, and to pray with them. If needed, you also may offer to assist them in seeking Christian counsel from a minister or Christian counselor.

Weekly Leader Guides

Introductory Week • Physical Beauty vs. Biblical Beauty

Goals

- To allow your group members to get to know you and one another.
- To prepare your group members for their first week of homework.
- To introduce them to Proverbs and to the topic of this study: how to become biblically beautiful young women.

Leader Preparation

1. Pray, pray, pray for those who will be in your group. Ask God to prepare a Hebrews 10:24 environment as you meet together with your group for the very first time.
2. Complete your Week One homework.
3. Make a list of the information you need to share with your group during your first week together (weekly schedule/format, small group guidelines, homework requirements, your phone number/email address, etc.).
4. On the table of contents page of your *Beauty by The Book for Teens* workbook, write the date each lesson will be discussed beside each week's lesson. You will give these dates to your small group members when you meet with them during the introductory week.
5. Gather half-sheets of paper for each member of your group. Bring these with you to use during your first small group discussion.
6. Take time to look through your workbook to get an overview of the study and to become familiar with the topics and layout of the workbook. You may want to make some notes to give your group members a brief overview and description of the study.
7. Review the Small Group Time instructions listed below. Make a few brief notes of your own personal answers to questions 2a, c, & d. If your group is reluctant to share during the discussion time, you will be prepared to share your answers which will encourage them to be open and share as well.

Small Group Time:

1. **INTRODUCTORY INFORMATION** (10–15 minutes):
 - a. Briefly introduce yourself and welcome your members to small group.
 - b. Share information about the weekly schedule, homework, and any other necessary information with your group (see 3 above).
 - c. Ask your group members to open their workbooks. Guide them through the weekly format for each lesson (each week's lesson is broken into five days of homework; a weekly listening guide is provided for them each to use each week during the video lecture time).
 - d. Ask your group members to turn to the table of contents page in their workbooks. Give them the specific dates that each week's lesson will be discussed in your small group, and instruct them to write the correct date beside each lesson. This will help them keep up with the study and will

prevent any possible confusion especially if they're unable to attend small group for a week or more.
NOTE: This is also a good time to encourage them to attend small group even if they fall behind in doing their homework or even if they're unable to complete it.

2. **DISCUSSION** (30–35 minutes):

- a. Begin your discussion by giving each group member a half-sheet of paper. Ask them to write out a very brief description of themselves using a series of descriptive words and phrases that best describe who they are, their personality, their “titles,” their interests, their likes and dislikes, etc. Encourage them to have fun with this, and let them know that there are no “right” or “wrong” answers. Example: 10th-grader, have a love/hate relationship with school (love being with my friends, hate chemistry class), middle child, fashionista (I LOVE clothes), artistic, addicted to Mexican food, etc. Give them a little time to complete this assignment.
- b. Ask everyone to share their names and the descriptions they've just written with the group. This should be a light-hearted time of getting to know one another better.
- c. Have them turn in their Bibles to Proverbs 1:1–7. Read this passage to your group, and ask the following questions:
 - Who wrote Proverbs (verse 1), and why did he write it (verses 2–4)?
 - Define the word “wisdom” in your own words? What does it mean, and how is it different than knowledge?
 - According to this passage, how do people respond to wisdom (verses 5 and 7b)?
- d. Ask your group to look at Proverbs 1:8–9. Read these two verses to your group, and ask the following questions:
 - Who else is Solomon concerned about (verse 8)? Who needs wisdom, instruction, and training, and who is primarily responsible to provide it to them?
 - What characteristics and behaviors does today's culture encourage young women to adopt? (think about what you see on popular TV shows, in magazines, ads, etc.). How does today's culture define beauty, and how does that affect you?
 - How would you define true beauty?
- e. Briefly tell your group that this study will give us the practical wisdom and biblical knowledge we need to become true beauties—biblically beautiful young women—the kind of young women God will bless and use in an amazing way.

3. **SHARE PRAYER REQUESTS** (5–10 minutes):

- a. Ask your group members, “In what areas of your life do you need wisdom? What are you currently seeking God's wisdom about, and how can our group pray for you?”
NOTE: Please write down their requests and encourage your group members to make note of each request, too, so they can pray for one another in the days ahead.
- b. Lead your group in a time of prayer.

4. **CLOSING:**

- a. Thank your group members for sharing, and encourage them to complete their Week One homework.
- b. Dismiss them to attend the lecture which will follow (if you are using the *Beauty by The Book for Teens* DVDs or downloadable videos), but let them know you're available after class if they have questions or other needs. Smile and be encouraging, approachable, and available as your group dismisses.

Week One • Five Beauty Dos & Don'ts

Goals

- To overview the five women from Proverbs.
- To help your group understand what the Bible teaches about true beauty.

Prayer Requests & Prayer *(5–10 minutes)*

Discussion *(45–50 minutes)*

NOTE: Since you probably won't have time to discuss all of the following questions with your small group, please check the box beside each question you want to include in your discussion.

DAY ONE

- 1. As you studied the Immoral Woman this week, what were your first impressions about her as you read Proverbs 5:3–6? *(ques. 2, p. 3)*
- 2. As you look at Proverbs 5:3–6, what are some of the characteristics of an Immoral Woman? *(ques. 2, p. 3)*
- 3. Although your first impression of the Immoral Woman was probably negative, what kind of first impression does she often make with others and why? *(ques. 3a, p. 4)*
- 4. What kind of reputation does the Immoral Woman have in today's world, and what are some places you most consistently see her? *(ques. 4, p. 4)*
- 5. Why do you think God reserved five passages and one entire chapter of Proverbs to describe the Immoral Woman? Why do you, a teenage girl, need to know so much about her? *(ques. 5, p. 5)*

DAY TWO

- 1. Who was the second beauty you met in Day Two, and how is she described? *(ques. 2, p. 6)*
- 2. What is discretion? What does it mean to be “discreet” or “prudent?” *(word search puzzle, p. 7)*
- 3. What did you learn from Proverbs about Beauty #3, the Irritating Woman? What effect does she have upon others, and how does her behavior impact her relationships? *(ques. 4–5, p. 9)*
- 4. Can you relate to the Irritating Woman? How and in what relationships? *(ques. 6, p. 10)*

DAY THREE

- 1. OK, what did you think when you first read about the Captivating Woman in Proverbs 5:18–19? (*p. 11*) **Note: This is an ice-breaker question—it's not included in their homework—but it will help you segue into discussing this sensual, sexual woman.**
- 2. According to this passage, who is God encouraging to enjoy sex, and who is the Captivating Woman? (*ques. 3a–c, p. 12*)
- 3. How does Genesis 2:25 parallel the Captivating Woman passage in Proverbs 5:18–19? (*ques. 5, p. 13*) What do these passages reveal about God's view of sex? How can these passages encourage and even “coach” Christian wives? What's the difference between the culture's view of sex and God's view of sex? (*ques. 6, p. 13*)

DAY FOUR

- 1. What were your first impressions of Beauty #5, the Ideal Woman in Proverbs 31? (*pp. 14–15*)
- 2. Which qualities, characteristics and accomplishments do you most admire about her and desire for your own life? (*ques. 3, p. 15*)
- 3. How is the Ideal Woman different from the Immoral Woman? What did you learn about her that reveals she's very different from the Indiscreet Woman? In what way is she different from the Irritating Woman? What does she have in common with the Captivating Woman?
- 4. How can you prepare today to become an Ideal Woman someday? (*ques. 4, p. 15*)

DAY FIVE

- 1. What did you learn about biblical beauty from 1 Samuel 16:7 and 1 Peter 3:3–4? How does God define beauty? (*ques. 2a & b, p. 17*)
- 2. What did you learn about Jesus' physical appearance? (*ques. 3, p. 17*) What do you think attracted people to Jesus?
- 3. What is your definition of biblical beauty? (*ques. 4, p. 18*)

Closing Question

- 1. Of the five women you studied this week from Proverbs, which one did God most use to speak to you and how?

Week Two • The Immoral Woman

Goals

- To identify the character, behavior, and dress of the Immoral Woman.
- To understand God's dress code.
- To understand what Jesus taught about immorality and why sexual purity is so important to God.
- To understand God's grace and forgiveness to every Immoral Woman who turns from her sin and repents.

Prayer Requests & Prayer (5–10 minutes)

Discussion (45–50 minutes)

NOTE: Since you probably won't have time to discuss all of the following questions with your small group, please check the box beside each question you want to include in your discussion.

DAY ONE

- 1. You met the Immoral Woman in Proverbs 2:16–19. In this passage, she's also called "promiscuous." Just to make sure we're all clear, what does "promiscuous" mean? (*ques. 2a, p. 24*)
- 2. What are some of the characteristics of the Immoral Woman? How does she speak? How does she treat God and others? Why is she so dangerous? (*ques. 2b–d & 3, pp. 24–25*)
- 3. According to Proverbs 30:20, what is her attitude toward her immoral lifestyle? Does she feel any guilt or remorse about her lifestyle or those she hurts? (*ques. 4–5, pp. 25–26*)

DAY TWO

- 1. As you examined Proverbs 7:4–27 (*p. 28*), what else did you notice about the Immoral Woman? What is she like? How does she behave? Share some of the notes and insights you recorded about her. (*ques. 2, pp. 27–28*)
- 2. Does God care what we wear? What did you learn from 1 Timothy 2:9–10 and 1 Peter 3:3–4 about God's dress code? (*ques. 3, 4b, p. 29*)
- 3. Do some of today's popular fashion trends conflict with God's dress code (modesty)? Describe some of them.
- 4. Is it possible to dress in a stylish, fashionable way and stay within God's dress code? (*ques. 4c, p. 29*) How? What can you do to be both fashionable and modest? (**Ask the girls to share some practical examples of how they can modify today's styles so they're modest and fashionable.**)

5. How does the way a girl dresses and behaves affect a guy? What did you learn from surfing the Modesty Survey on therebelution.com website? (*ques. 5a–c, p. 30*)

DAY THREE

1. Where does immorality begin? What did you learn from Mark 7:21–23? (*ques. 2a, p. 32*)
2. Is immorality always a physical act? What does Jesus teach about immorality in Matthew 5:27–28? (*ques. 3a, p. 33*)
3. Is the following statement true or false: “Just because you’re a Christian doesn’t mean you can’t be sexy. And if a guy is tempted because you’re dressed hot, that’s his problem. He shouldn’t be looking.”? (*ques. 4, p. 33*)
4. What are some ways we can resist sexual temptation:
- in our thought life?
 - when we’re watching television?
 - when we’re surfing the internet or online?
 - when we’re reading magazines or books?
 - when we’re watching movies?
 - when guys flirt, speak, or behave in a sexually suggestive way?
 - when conversations with other girls become sexually suggestive or explicit? (*ques. 5, p. 34*)

DAY FOUR

1. What did you learn from 1 Corinthians 6:12–20 about immorality and the Christian? Why is sexual purity so important to God? (*ques. 2 & 3a–e, pp. 36–37*)
2. According to 1 Thessalonians 4:3–7, what is God’s will and sexual standard for you, His daughter? (*ques. 4a, p. 37*) How can you keep yourself pure? (*ques. 4b, p. 37*)
3. Are there consequences for sexual immorality? What did you learn from 1 Thessalonians 4 and Hebrews 13? (*ques. 4c & 5, pp. 37–38*)

DAY FIVE

1. Can God forgive immorality? What did you learn as you studied the genealogy of Jesus in Matthew 1? (*ques. 2, p. 39*) What does this reveal about God?
2. How did Jesus deal with the woman caught in adultery, and what does His example teach us? (*ques. 4b–c, p. 41*)

Closing Questions

1. What’s the most important thing you learned this week that will help you become a more biblically beautiful young woman?
2. **Close your small group time by affirming your group of God’s love for each one of them. Let them know that if they have doubts about their salvation, or are dealing with guilt from past sins or immorality, you are available and would love to visit with them after small group.**

Week Three • The Indiscreet Woman

Goals

- To understand the characteristics and behavior of the Indiscreet Woman.
- To understand the characteristics, behavior, and benefits of becoming a biblically beautiful young woman of discretion.

Prayer Requests & Prayer (5–10 minutes)

Discussion (45 minutes)

NOTE: Since you probably won't have time to discuss all of the following questions with your small group, please check the box beside each question you want to include in your discussion.

DAY ONE

- 1. What is discretion? What is indiscretion, and why is it so dangerous? (*ques. 2, p. 46*)
- 2. According to Proverbs 3:21–26, what are the benefits of discretion? (*ques. 3, p. 46*)
- 3. Discretion and prudence are very much alike, and indiscretion and foolishness go hand-in-hand. What are some of the differences between a discreet/prudent person and a foolish/indiscreet person? (*chart on page 47*)
- 4. How did the scriptures you studied from Proverbs about discretion and prudence speak to you? What practical insights did you gain from them to apply to your life and relationships with others? (*ques. 5, p. 47*)

DAY TWO

- 1. Who was Abigail, and what was she like? What was her husband like? (*ques. 2a–b, pp. 48–49*)
- 2. What was going on in Abigail's life and home when you read about her in 1 Samuel 25? What choice did she make when her servant informed her of Nabal's decision? (*ques. 2c, p. 49*) If she had chosen to ignore discretion and do nothing, what could have happened? How did Abigail's speech and decisions reveal her discretion and wisdom? (*ques. 2d, p. 49*)
- 3. What immediate and future benefits did Abigail receive because of her discretion and prudence? (*ques. 2e & g, pp. 49–50*)
- 4. What insights did you learn from Abigail to help you deal with the foolish people in your life? (*ques. 3, p. 50*)

DAY THREE

- 1. What kind of young man was David? What did you learn about his character in 1 Samuel 16? (*ques. 2a, p. 51*)
- 2. You also studied Joseph, another young man whose life was marked by wisdom, discretion, and discernment. What was the result of Joseph's discretion? How did God use him? (*ques. 3a–b, pp. 51–52*)
- 3. Both David and Joseph displayed wisdom, discretion and discernment at a young age. What does this reveal about discretion, wisdom, and discernment? (*ques. 4, p. 52*)
- 4. As a young woman, how can you display these same characteristics? What did you learn from Proverbs 20:11? (*ques. 4, p. 52*)
- 5. What about you? How are you doing when it comes to discretion? (*ques. 5, p. 52*)

DAY FOUR

- 1. What kind of guy was Daniel? How was he described in Daniel 2:12–19? (*ques. 2a, p. 53*)
- 2. What was the result of Daniel's wisdom, discretion, and prudence? (*ques. 2b, p. 53*)
- 3. Abigail, Joseph, David, and Daniel all possessed discretion, wisdom, and discernment as well as a common faith in God. But what other common ties did you see in their lives and stories? (*ques. 3, p. 54*) **LEADER NOTE: They were all promoted/rewarded for their discretion. Not only is discretion and wisdom often rewarded, these characteristics are also often recognized by people in positions of authority. Joseph, David, and Daniel were also all young which reveals that discretion has no age limitations. Lastly, the discretion God gave them saved and benefited the lives of countless others.**
- 4. Friendship is so important. What did you learn from Proverbs that will help you preserve your friendships with others? (*ques. 4a–e, pp. 54–55*)
- 5. How and with whom are you most challenged to be discreet? What practical things can you do to become a woman of discretion? (*ques. 6, p. 55*)

DAY FIVE

- 1. How can you get wisdom? What did you learn from James 1:5-8? (*ques. 2a–e, p. 57*)
- 2. How can you grow in wisdom? What did you learn from Psalm 119, Proverbs 13, and 1 Peter 2? (*ques. 3a–c, pp. 57–58*)

Closing Questions

- 1. In what areas of your life and relationships do you need a good dose of discretion?
- 2. How did God speak to your heart this week and encourage you to become a biblically beautiful young woman of discretion?

Week Four • The Irritating Woman

Goals

- To understand the characteristics, behavior, and negative effects of the Irritating Woman.
- To understand the characteristics, behavior, and benefits of becoming a biblically beautiful, edifying young woman.

Prayer Requests & Prayer *(5–10 minutes)*

Discussion *(45 minutes)*

NOTE: Since you probably won't have time to discuss all of the following questions with your small group, please check the box beside each question you want to include in your discussion.

DAY ONE

- 1. What adjectives does Proverbs use to describe the Irritating Woman? (*ques. 2a, p. 64*) What do *you* call a woman like this? (*ques. 2b, p. 64*)
- 2. What effect does the Irritating Woman have upon others? How does she make them feel? (*ques. 2c, p. 65*) Imagine that you're sitting at the school lunch table with a group of girls, and one of them is an Irritating Young Woman. Without naming names (remember your lesson on discretion last week ☺), what impact can that one Irritating Young Woman have upon the entire group?
- 3. Does the Irritating Woman's behavior cost her anything? What did you learn from Proverbs? (*ques. 2d, p. 65*)
- 4. What did you learn from your study of Michal (David's wife)? What insights did you learn from her about the heart, mind, and behavior of the Irritating Woman? (*ques. 3a–d, pp. 65–66*) What did her irritating, contentious behavior cost her? (*ques. 3e, p. 66*)

DAY TWO

- 1. Ask your group to raise their hand if, at times, they struggle with becoming an Irritating Young Woman. Next, ask them why all women struggle with the desire to nag, complain, and control. (*ques. 2a, p. 68, and notes on pp. 68–69*)
- 2. What did you learn about Miriam from Exodus 15:19-21? What caused her to go into Irritating Woman mode? (*ques. 3a, pp. 69–70*) What do you think was at the root of Miriam's problem with her brother, Moses, and what do you think she sought to gain by her behavior? (*ques. 3b–c, p. 70*) Did Miriam get what she wanted? What were the consequences of her behavior, and what can we learn from this? (*ques. 3d, p. 70*)

- 3. What about you? Has anything or anyone set off the Irritating Woman in you lately? How? (*ques. 4, p. 70*)
- 4. As you listed the authority figures God has placed in your life, which ones do you most feel the need to nag, complain, control and argue with? (*ques. 5, p. 71*)

DAY THREE

- 1. This week you studied very cool group of sisters: the daughters of Zelophehad. What problems and dire circumstances did they face? How did they handle it? What characteristics did they display through their dealings with those in authority over them? (*top half of chart, p. 73*)
- 2. How would an Irritating Woman likely handle a problem like theirs, and what possible negative fallout could occur? What immediate and long-term benefits occurred as a result of the way the daughters of Zelophehad handled their problem? (*lower half of chart, p. 73*)
- 3. What unjust circumstances or problems have you ever experienced? How did the example of the daughters of Zelophehad encourage you to respond to injustice? (*ques. 3, p. 74*)

DAY FOUR

- 1. What is the cure for 3C behavior and speech? According to Ephesians 4:29, what are the only kinds of words we're allowed to speak? (*ques. 3, pp. 75–76*)
- 2. According to Proverbs, what do 3B words look and sound like? What can 3B words do for those who hear and speak them? (*ques. 4, p. 76*)

DAY FIVE

- 1. What did you learn about biblically beautiful speech and behavior from 1 Peter 3:1–4? (*ques. 2, p. 78*)
- 2. What about cussing? What did you learn from James 3:6-12 about the power of the tongue and the words you speak? (*ques. 3, p. 79*)
- 3. What tips for talking did you pick up from Proverbs? (*ques. 4, p. 80*)

Closing Question

- 1. Based upon everything you studied this past week, why do you think the Irritating Woman is mentioned five specific times in Proverbs? Why would God emphasize and repeatedly warn us girls about her?
- 2. What specific wisdom did God reveal to you this week to help you become a biblically beautiful young woman?

Week Five • The Captivating Woman

Goals

- To understand the sensual, sexual side of biblical beauty that God blesses and encourages within the marriage relationship.
- To encourage them to remain sexually pure until marriage so they can experience God's blessing when they become a captivating wife.
- To learn how to become a captivating young woman by following Ruth's example.
- To learn the characteristics of a godly, potential husband.

Prayer Requests & Prayer (5–10 minutes)

Discussion (45 minutes)

NOTE: Since you probably won't have time to discuss all of the following questions with your small group, please check the box beside each question you want to include in your discussion.

DAY ONE

- 1. Read Proverbs 5:18–19 aloud to your group (*ques. 2, p. 86*). Tell your group that this passage describes the Captivating Woman, an amazing biblical beauty. Ask your group, "What kind of woman is this? Who is the Captivating Woman?" (*answers: a fountain of blessing to her husband; a wife; a married woman; a wife whose love and sexuality captivates and satisfies her husband.*)
- 2. Ask your group, "What does this sensuous passage reveal about how God views sex?" (*answers: He views sex as a beautiful form of love between a husband and wife; He blesses sex within marriage; He says that it is something a husband and wife should rejoice in and enjoy; He encourages husbands and wives to enjoy a satisfying, sexual relationship.*) What does this passage teach you about the kind of wife you should be someday?
- 3. Take time to encourage your group to become a Captivating Woman someday should they marry. But also encourage them to remain sexually pure until marriage so they can experience God's best for them when they do marry. Although the culture may encourage them to become sexually active "when they're ready," or "when they're in a committed relationship with someone special," God reserves sex—the most intimate, sacred act between a man and a woman—for marriage.
- 4. Tell your group that although they cannot be Captivating Women—sensual, sexual women—until they get married, they can be Captivating Young Women, the kind of girls that guys find fascinating and attractive. This week they studied someone just like that: Ruth. What did you learn about Ruth in Ruth Chapter 1? (*cover ques. 4a–e, pp. 87–88*)
- 5. What qualities did Ruth possess that would make her a great friend? (*ques. 5, p. 88*)

DAY TWO

- 1. How did Ruth meet Boaz? What did you learn from Ruth Chapter 2? (*ques. 3a–e, pp. 90–91*)
- 2. What kind of guy was Boaz? (*ques. 3f, p. 92*) What characteristics did you admire and respect about him? In what ways is he like the kind of guy you'd like to date or marry someday? (*ques. 4, p. 93*)

DAY THREE

- 1. How did Ruth and Boaz ever get together? Since they didn't really date back them, what happened that eventually led to their commitment to one another? What did you learn from Ruth Chapter 3? (*ques. 3a, p. 95*)
- 2. Put yourself in Ruth's shoes. If Naomi had told you to go to the threshing floor, wait for Boaz to fall asleep, then lay at his feet, what would you have done? (*ques. 3c, p. 95*) Ruth did exactly what Naomi told her. What does this reveal about Ruth? (*answer: She trusted Naomi's counsel, wisdom, and leadership, and she trusted God; she was also courageous in seeking a commitment from Boaz; he could have rejected her.*)
- 3. Read Boaz's response (Ruth 3:10–15) to Ruth to your group (*pp. 94–95*)
- 4. What commitment did Boaz make to Ruth? How did he prove that he was sincere in his commitment? (*ques. 4, p. 96*)
- 5. Based on what you learned from Boaz, how can you tell whether or not a guy is really sincere in his love and commitment to you? (*ques. 5, p. 96; answer: he will protect you and your purity; he won't pressure or use you; he will provide for your needs; he will follow through with his commitment.*)

DAY FOUR

- 1. Ruth Chapter 4 reveals the beautiful ending of the story of Ruth and Boaz. How did their story end? How did Boaz prove his commitment to Ruth? (*ques. 3a, p. 98*) How do you think Ruth felt when she heard about the way Boaz had publicly proclaimed his desire to marry her? (*ques. 3b, p. 99*)
- 2. How did God bless Ruth and Boaz? (*ques. 3c, p. 99*)
- 3. What did you learn about the importance of making good choices even when it's hard? (*ques. 4a, p. 99*)
- 4. Why do you think God recorded this love story between Ruth and Boaz in the Bible? (*ques. 4b, p. 99*)
- 5. What characteristics in Ruth's life do you most desire in yours? (*ques. 5, p. 100*)

DAY FIVE

- 1. What did you learn from Ruth about how to attract a godly guy? Why do you think Boaz was attracted to her? Why do you think Ruth was attracted to Boaz? (*ques. 2, chart p. 101*)
- 2. What is God's #1 requirement for any guy that you date? (*ques. 3, p. 102*)

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DAY FIVE *(continued)*

- 3. How can you know if a guy meets this requirement? What should you look for? What did you learn from Matthew 7 and Galatians 5? (*ques. 4a–b, p. 103*)
- 4. What kind of guy do you want to say, “I do,” to? (*ques. 5, p. 104*)

Closing Questions

- 1. How was Ruth’s example and the way she handled herself around guys different from the way most girls today try to attract and land a guy?
- 2. What’s the most important thing you learned from Ruth and Boaz? How did God speak to you through His Word this week?

Week Six • The Ideal Woman

Goals

- To understand the character and behavior of the Ideal Woman.
- To learn how you can become an Ideal Woman, too.

Prayer Requests & Prayer (5–10 minutes)

Discussion (45–50 minutes)

NOTE: Since you probably won't have time to discuss all of the following questions with your small group, please check the box beside each question you want to include in your discussion.

DAY ONE

- 1. Who is the Ideal Woman's biggest fan? What did you learn about her relationship with her husband? (*ques. 2, scriptures, p.110*)
- 2. Why is trust essential for a strong relationship? (*ques. 3a, p. 110*) Why is trust especially important between a husband and wife? (*ques. 3b, p. 111*) If you marry someday, how can you earn your husband's trust? (*ques. 3c, p. 111*) OK, so what can you do *today* to become the kind of wife your future husband will trust? (*ques. 3d, p. 111*)
- 3. The Ideal Woman helps and enriches her husband's life (verses 10–12). What are some practical ways a wife can help her husband succeed and excel? (*ques. 4, p. 111*)
- 4. Proverbs 31 never says that the Ideal Woman loves her husband, but how do you know that she did? (*ques. 5, p. 112*)

DAY TWO

- 1. What are some of the specific ways the Ideal Woman takes care of her children? (*ques. 3, p. 113*)
- 2. Has the Lord placed any children in your life? Share some of the opportunities you've had to care for children and be (kind of) the "mom." (*ques. 4, p. 113*) What are some of the challenges involved in caring for children? What specific skills and qualities will it take for you to care for your future children like the Ideal Woman does? (*ques. 5, p. 114*)
- 3. How does the Ideal Woman communicate and motivate her children? How do they feel about her? (*ques. 6, p. 114*)
- 4. How many of you hugged your mom this week and said something sweet to her? How did she respond?
- 5. What kind of mom do you want to be someday? What do you want your kids to tell your grandkids about you? (*ques. 7, p. 115*)

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DAY THREE

- 1. As you read and reread Proverbs 31, what other character qualities did you notice about the Ideal Woman? What are some of the words that you circled? (*ques. 2, p. 116*)
- 2. What are the top three qualities that you admire about the Ideal Woman? (*ques. 3, p. 117*)
- 3. What would your best friend say are your two best character qualities? (*ques. 5, p. 117*). What are a couple of your weakest character qualities, and how can you strengthen them? (*ques. 6, 117*)

DAY FOUR

- 1. How does the Ideal Woman care for her home? What homekeeping responsibilities does she oversee and perform? (*ques. 2, p.118*) What are you doing today to help around your home? What homekeeping skills do you need to learn and practice in order to take care of your own home someday? (*ques. 3, p. 119*)
- 2. Does the Ideal Woman work outside the home? What scriptural evidence did you see? (*ques. 4a–b, p. 119*)
- 3. The Ideal Woman has her hands full! How does she do all that she does? What scriptural evidence did you see in Proverbs 31 about her priorities? (*ques. 5, p. 120*)

DAY FIVE

- 1. What's the real truth about physical beauty? What happens to it? (*ques. 2a, p. 121*)
- 2. What is the “secret” to biblical beauty/true beauty? (*ques. 2b, p. 122*) What is the reward—the payoff—for biblical beauty? (*ques. 2c, p. 122*)
- 3. What's the biggest thing God has taught you as you've studied His Word for the past six weeks? What's the most important thing that He's done in your life as He's taught you about biblical beauty?

Conclude Your Small Group Time by:

- **Letting your group know how much you appreciate their faithfulness to study God's Word and to attend and participate in the group.**
- **Praying for your group asking God to continue to grow each one of them into biblically beautiful young women of God.**

Completed Listening Guides

Beauty by The Book *for Teens*

Introductory Week • Physical Beauty vs. Biblical Beauty

Physical Beauty...

- 1) Is God-Given. *Ezekiel 28:12*
- 2) Is attention-getting. *Ezekiel 28:13–14*
- 3) Is pride-inducing. *Ezekiel 28:17*
- 4) Is spiritually corrupting. *Ezekiel 28:16–17*

Biblical Beauty...

- 1) Is God-Given. *1 Peter 3:4*
- 2) Is gentle and quiet. *1 Peter 3:4*
- 3) Is precious in God's sight. *1 Peter 3:4*
- 4) Is unfading and eternal. *1 Peter 3:4*

Question: How can you become a biblically beautiful young woman?

Answer: By beholding God and upholding the standard of His Word.

Week One • Biblical Beauty According to Proverbs

Background on Proverbs:

- 1) *Author of Proverbs:* Solomon Proverbs 1:1
- 2) *Purpose of Proverbs* (1:2–6): To give wisdom, discipline, understanding, prudence, knowledge and discretion to the wise AND the unwise.
- 3) *Primary Principle of Proverbs* (1:7): The fear of the Lord is the beginning / foundation of wisdom and knowledge.
The fear of the Lord = Reverence for God
that results in obedience to God.
- 4) *Present Day Proverb:*
“You gotta know better to do better.”
Our Goal as we study Proverbs: To know AND
do / obey God better.

Biblical Beauty Dos: According to Proverbs:

- 1) Pure and modest. (Beauty Don't #1: The Immoral Woman)
- 2) Wise and discreet. (Beauty Don't #2: The Indiscreet Woman)
- 3) Edifying and encouraging. (Beauty Don't #3: The Irritating Woman)
- 4) Fascinating and attractive. (Beauty Do #1: The Captivating Woman)
- 5) Strong and spiritual. (Beauty Do #2: The Ideal Woman)

Week Two • The Immoral Woman vs. The Godly Woman

Biblical Beauty Don't: The Immoral Woman:

- 1) *How does she speak?* Prov. 2:16, 5:3, 7:5, 15, 21
Seductive, flirtatious, flattering, and enticing.
- 2) *How does she act?* Prov. 7:10–16
Aggressive, brash, rebellious.
- 3) *How does she dress?* Prov. 7:10
Seductively, immodestly, inappropriately.
- 4) *What is her heart like?* Prov. 5:6, 30:20, 7:14
Religious but ignores God's ways;
she USES and destroys others with no remorse.
- 5) *What is her destiny?* Prov. 5:5, 7:27
Destruction, death, and judgment.

Biblical Beauty Do: The Godly Woman:

- 1) *How does she speak?* 1 Peter 3:4
Gentle, quiet, discreet, and edifying.
- 2) *How does she act?* 1 Peter 3:2, 1 Thess. 4:3–7
Avoids sexual immorality, controls her body so as not to defraud others. *Defraud* = *to take advantage of someone; to cause someone to stumble*.
- 3) *How does she dress?* 1 Timothy 2:9–10
modestly, decently, and appropriately.
- 4) *What is her heart like?* 1 Thess. 4:1, 7
Longs to please God and lead a holy life.
- 5) *What is her destiny?* 1 Thess. 5:9–10
Eternal life, salvation, and the reward of God's blessing.

Week Three • The Indiscreet Woman vs. The Woman of Discretion

OT synonyms for discretion:

*discreet, discerning, prudent,
understanding, insight, wise*

NT synonyms for discretion:

*discreet, sensible, sober, self-controlled,
wisdom*

Biblical Beauty Don't:

The Indiscreet Woman:

- 1) She talks too much and says whatever comes into her head.
- 2) She yawns at personal and spiritual growth.
- 3) She makes poor decisions based on bad judgment.
- 4) She's moody and enjoys drama.
- 5) She flirts with danger and invites it.

Biblical Beauty Do:

The Discreet Woman:

- 1) She controls her tongue and speaks with wisdom. *Prov. 10:13, 11:12*
- 2) She's eager to learn, grow, and mature spiritually. *Prov. 14:6*
- 3) She makes wise decisions based on truth. *Prov. 13:16, 14:15*
- 4) She is even-tempered and not easily angered. *Prov. 17:27*
- 5) She recognizes danger and avoids it. *Prov. 27:12*

Week Four • How's That Irritating Woman Working for You?

The Irritating Woman:

1. Outward signs: * contentious, quarrelsome; hard to get along with
 - * mean and manipulating
 - * pouts, pleads and nags
 - * demanding and bossy / controlling
2. Inward issues: A desire to rule and control others.

How's that Irritating Woman working for you?

1. Miriam's Story. It didn't work for her at all! *Num. 12:1–15*
2. Michal's Story. It didn't work for her either! *2 Sam. 6:12–23*

What will work for you?

1. The Example of the Daughters of Zelophehad: *Num. 27:1–10*
 - a. They took their problem to those in authority.
 - b. They stated their case simply, factually, and respectfully.
 - c. They offered a simple, fair solution.
 - d. They entrusted the results to the authorities.

RESULTS:

They received what they needed *and* helped others, too.

2. The Example of Acsah *Joshua 15:13–19*
3. Speaking 3B: *Ephesians 4:29*
 - a. A biblically beautiful young woman speaks fluent 3B.
 - b. 3B words build, bless, and benefit others.

Week Five • How a Godly Girl Attracts a Godly Guy

Step 1: Embrace God's standard as your standard; only date / marry a Christian.

*“Don't team up with those who are unbelievers. How can righteousness be a partner with wickedness? How can light live with darkness?”
—2 Corinthians 6:14 NLT*

Step 2: Follow Ruth's example; become a captivating young woman.

- 1) Give God priority in your life. *Ruth 1:16, Psalm 37:3–6*
- 2) Earn the respect of others by:
 - * your virtuous character *Ruth 2:10–13, Psalm 37:6*
 - * your willingness to work *Ruth 2:2–3, 6–7*
- 3) Take care of your physical appearance. *Ruth 3:3*
- 4) Do not compromise your sexual purity. *Ruth 2–3*
- 5) Let your desire for a commitment to marry be known. *Ruth 3:6–9*

Step 3: Learn to recognize a godly guy.

- 1) He will give God priority in his life. *Ruth 2:4, 8–15*
- 2) He will be respected by others.
- 3) He will protect you. *Ruth 2:8, 15*
- 4) He will provide for you. *Ruth 2:8–9, 14–16*
- 5) He will make a commitment to you and will publicly follow through with it. *Ruth 3:11–4:10*

Week Six • Becoming an Ideal Woman

An Ideal Woman in the making is *becoming*:

1. A trustworthy, valuable help to others. *Prov. 31:11–12*
2. A self-starter and a hard worker. *Prov. 31:13, 17, 19, 27*
3. A skilled home keeper and servant to her family. *Prov. 31:14–15, 21–23*
4. An organized planner and overseer. *Prov. 31:15, 21, 27*
5. A wise investor and good steward. *Prov. 31:16, 18*
6. A gracious giver to those in need. *Prov. 31:20*
7. An excellent businesswoman. *Prov. 31:16, 24*
8. A strong, dignified, confident woman. *Prov. 31:21, 25*
9. A wise, kind example, educator, and encourager. *Prov. 31:26*

What's her secret? How can she do all this? Answer: Because she is...

10. A woman who reverences God and gives Him priority. *Prov. 31:30*

Beauty by The Book *for Teens*

About Priority Ministries

Priority Ministries exists to encourage and equip women to give God glory and priority by loving Him most and seeking Him first.

Through teaching and proclaiming His Word at retreats, conferences, and events, and by providing practical, in-depth Bible studies and other resources, Priority Ministries will emphasize this truth: when we love and seek God first, He will be pleased and glorified through our lives, and we will experience a life of true joy and eternal significance.

About The Author



Laurie Cole is the Founder and President of Priority Ministries, a ministry dedicated to encouraging and equipping women to love God most and seek Him first. Raised in a strong Christian home, Laurie became a Christian at an early age. But in her early twenties, God tested and taught her the importance of truly giving Him priority in her life.

In 1985, Laurie enrolled in an in-depth women's Bible study. Encouraged by the older women who led the study, Laurie received training and began teaching and leading a group where God affirmed His call upon her life to teach. For over 20 years, Laurie has taught dozens of Bible studies, spoken at numerous women's events and conferences, and is the author of three in-depth Bible studies: *There Is A Season*, *The Temple*, and *Beauty by The Book*. Her passion for God and hunger for His Word continues to grow.

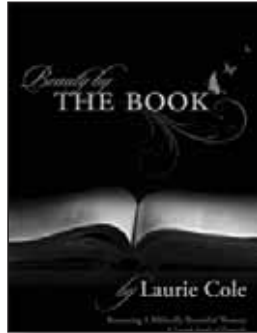
A minister's wife, Laurie and her husband, Bill, serve the Lord at Sagemont Church in Houston, Texas, where he is the Associate Pastor of Worship and Praise. They have been married for 32 years and have three sons (David, Kevin, and J.J.), one beloved daughter-in-law (Stephanie), and two glorious grandchildren (Ezra and Juliette).

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Visit Priority's online store to find out more about Bible studies, DVDs, and CDs by Laurie Cole. Each product will encourage and equip you to give God priority.



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Beauty by THE BOOK

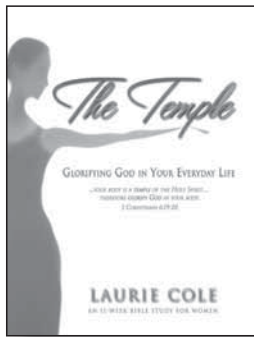
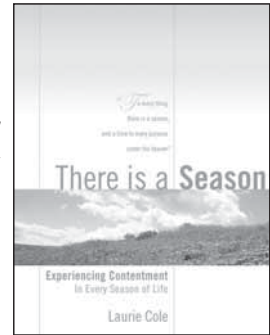
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Discover the do's and don'ts of Biblical beauty at any age in this practical 7-week study from Proverbs.

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Bible Study

An 11-week study for women, designed to help you experience contentment in every season of life.



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Bible Study

Priority's "you glo, girl" 11-week Bible study will help you discover how to *glo*-glorify God.



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Beauty by The Book *for Teens*

LEADER GUIDE

Becoming a Biblically Beautiful Young Woman
A 7-Week Study of Proverbs

Thank you so much for agreeing to serve as a leader for this study! You are in for a special blessing!

As a Bible study coordinator or a small group facilitator, you will prepare each week to guide the members of your class in discussion and application of their homework. There is great responsibility as well as added blessing accompanying your role. You will dig deeper and study more intently in order to be prepared to lead. Consequently, the Lord will bless you with greater insight. This leader guide is a tool that will enhance your study and preparation.

Laurie Cole has written a superior leader guide that will make a seasoned leader smile with appreciation and a novice leader feel more secure.

Highlights of this guide include:

- A clearly defined goal for the lesson/discussion.
- A suggested schedule to help guide your group discussion and prayer time.
- A “smorgasbord” of well-thought questions that will simplify your preparation and discussion time. Pick and choose from among the many scripture-based and application-based questions to customize your weekly discussion.
- A closing question for each week’s discussion that will bring your group to a point of self-examination and personal growth.

We do not think there is a leader guide available that gives you such guided preparation in facilitating a small group. Trust God to use you as you lead your group, and know we are praying for you!

Your sister in Christ,

Pam

Pam Henderson
Executive Director, Priority Ministries



Laurie Cole is the Founder and President of Priority Ministries, a ministry dedicated to encouraging and equipping women to give God glory and priority. She is a frequent speaker at women's events and conferences and the author of three in-depth Bible studies for women: There is a Season, The Temple, and Beauty by The Book. A minister's wife, Laurie and her husband, Bill, serve the Lord at Sagemont Church in Houston, Texas, and they are the parents of three sons.

Priority Ministries
Encouraging Women to Give God Glory & Priority

www.priorityministries.org

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