Completed Listening Guides

Beauty by The Book for Teens

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

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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.

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*