



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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Beauty by The Book for Teens

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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.

- 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*

