




LEADER GUIDE

Beauty by
The Book *for Teens* 

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

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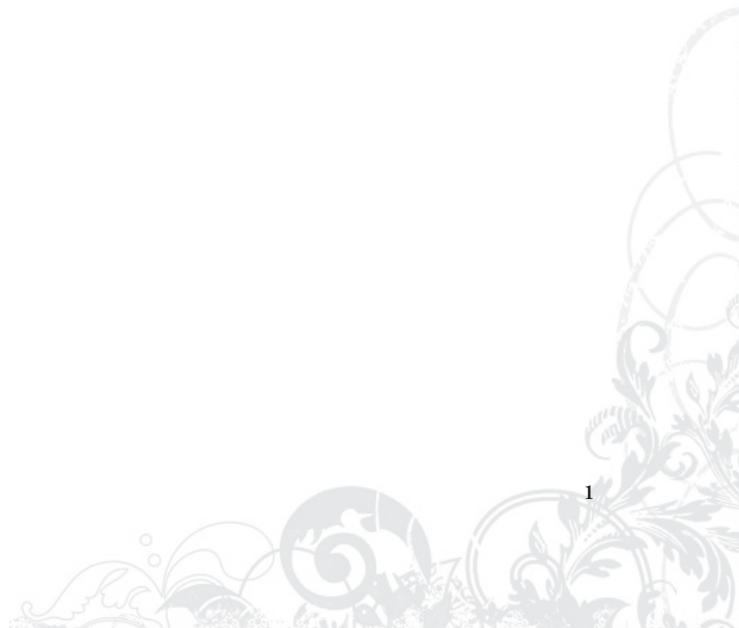

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Weekly Leader Guides



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?

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Completed *Listening Guides*

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)