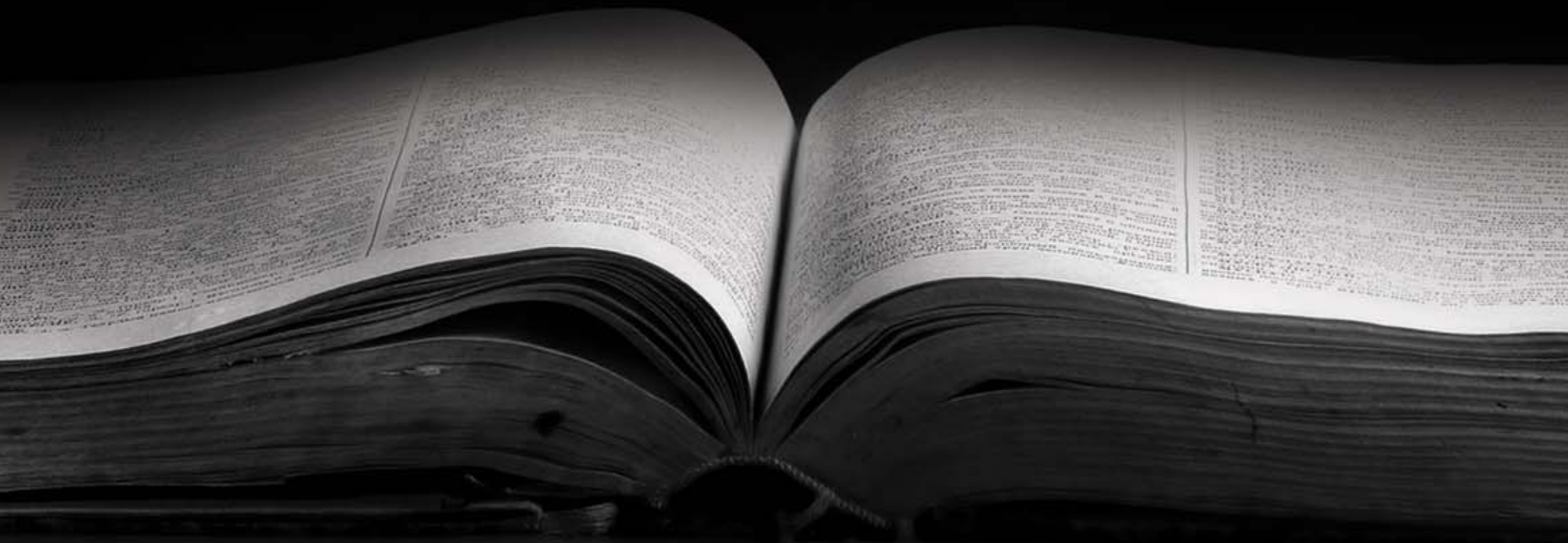


LEADER GUIDE

Beauty by
THE BOOK

A decorative graphic consisting of several pink butterflies of varying sizes and elegant, swirling lines that originate from the right side of the title and extend upwards and to the right.

by Laurie Cole

Becoming A Biblically Beautiful Woman
A 7-week Study of Proverbs

LEADER GUIDE

Beauty by
THE BOOK

A decorative graphic featuring three butterflies of varying sizes and orientations, flying upwards and to the right. Below the butterflies are several elegant, light gray swirls and flourishes that curve downwards and to the left, partially overlapping the text 'THE BOOK'.

Becoming a Biblically Beautiful Woman

by **Laurie Cole**

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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*. I wish I could hug your neck for your willingness to encourage, disciple, and minister to the 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 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 upon my own skill, knowledge, and ability, 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 upon 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 keep your eyes on Him first and lead others second.

Your sister,

Laurie



Study and Leader **GOALS**

GOALS OF *Beauty by* **THE BOOK**

The goals of this study are:

1. **To enable** women to study the Bible and encounter God through the pages of His Word in a life-changing way.
2. **To encourage** 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** 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.

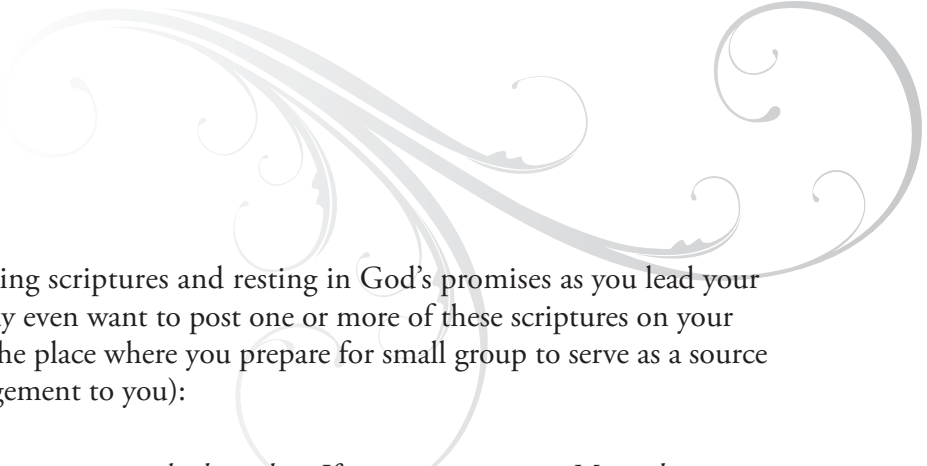
—Hebrews 10:24 *NASB*

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.

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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 the previous page).
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

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 women of God.

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* 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: Mom, schoolteacher, people person, allergic-to-housework, artist, city girl, Mexican food fanatic, 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 responsible to provide it to them?
 - What does today's culture teach girls and young women about womanhood? What does the culture teach girls and young women about beauty?
 - 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 biblically beautiful women. In addition, it will also empower us to instruct and influence our children and others, so that we can make a difference in our world.

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* DVDs), 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)

Please check the box beside each discussion question you have prayerfully chosen to use in your small group time. **NOTE: Application-based questions are shaded.**

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?
- 2. What are some of the characteristics of an Immoral Woman? (*ques. 3a & b, pp. 3–4*)
- 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. 3c, 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 & 5, p. 5*)
- 5. Why do you think God reserved five passages and one entire chapter of Proverbs to describe the Immoral Woman? Why do we (Christian women) need to know so much about her? (*ques. 6, p. 5*)

DAY TWO

- 1. Who was the second beauty you met in Day Two, and how is she described? (*ques. 2, p. 7*)
- 2. What is discretion? What does it mean to be “discreet” or “prudent?” (*ques. 3a–d, 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. 6–7ab, p. 9*)
- 4. Can you relate to the Irritating Woman? How and in what relationships?

DAY THREE

- 1. What are the characteristics of Beauty #4, the Captivating Woman? (*ques. 3, p. 11*)
- 2. What benefits does the Captivating Woman receive outside the bedroom? In other words, what are some of the side benefits of a sexually satisfied husband? (*ques. 4, p. 12*)
- 3. How does Genesis 2:25 parallel the Captivating Woman passage in Proverbs 5:18-19? (*ques. 6, p. 12*) What do these passages reveal about God's viewpoint about sex? How can these passages encourage and even "coach" Christian wives?

DAY FOUR

- 1. What were your first impressions of Beauty #5, the Ideal Woman in Proverbs 31?
- 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? (*ques. 4a-d, 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. 17*)

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 and behavior of the Immoral Woman.
- To recognize areas in which we've accepted the Immoral Woman and allowed her to influence us.
- 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)

Please check the box beside each discussion question you have prayerfully chosen to use in your small group time. **NOTE: Application-based questions are shaded.**

DAY ONE

- 1. What did you learn from Proverbs 2:16-19 about the characteristics of the Immoral Woman? (*ques. 2a, p. 23*) How do these characteristics parallel with Proverbs 5:3–6; what similarities did you see in each of these passages? (*ques. 3a, p. 24*)
- 2. How does the Immoral Woman treat her husband? What does this reveal about her character? (*ques. 2b, p. 23*)
- 3. What is her attitude toward her immoral lifestyle? (*ques. 3b & 4, pp. 24–25*) Is she dangerous and, if so, how? (*ques. 2c, p. 24 & ques. 5, p. 25*)

DAY TWO

- 1. As you examined Proverbs 7:4-27, what else did you learn 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, p. 26*)
- 2. Does God care what we wear? What did you learn from 1 Timothy 2:9-10 and 1 Peter 3:3-4 about how to dress? (*ques. 4, p. 29*)
- 3. What are some practical, positive ways Christian moms can use Proverbs 7 and 1 Peter 3 to teach (without preaching) their daughters to dress modestly? How can we encourage and not discourage our daughters' desire to wear the latest fashions while upholding scriptural standards? How can we prevent shopping for clothes with our daughters from becoming a battlefield?

DAY THREE

- 1. Where does immoral behavior begin? (*ques. 2, p. 31*)
- 2. What did you learn from 1 Corinthians 6:9–20 about immorality and the Christian? (*ques. 3a–d, p. 32*)
- 3. 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 men flirt, speak, or behave in a sexually suggestive way?
 - when conversations with other women become off-color or explicit?(*ques. 4, p. 33*)
- 4. According to 1 Thessalonians 4:6, what are the repercussions of sexual immorality? (*ques. 5b, p. 34*)

DAY FOUR

- 1. What did you learn from Ruth about how to attract the right kind of man? What did she do, and not do, to attract Boaz? How did Naomi help her, and what does this teach us? (*chart, p. 36*)
- 2. Based upon what you learned from Ruth's example, how would you counsel another woman or your daughter to find Mr. Right, or your son to find Ms. Right? (*ques. 3, p. 37*)

DAY FIVE

- 1. What did you learn about the genealogy of Jesus in Matthew 1? (*ques. 2, p. 38*) What does this reveal about God?
- 2. Why did God forgive and bless Rahab in such a beautiful way? What did she do to receive God's grace? (*ques. 4a–d, p. 39*)
- 3. How did Jesus deal with the woman caught in adultery, and what does His example teach us? (*ques. 5a–c, p. 40*)

CLOSING QUESTIONS

- 1. How did the Lord speak to your heart this week?
- 2. What did you learn this week that will help you to become a more biblically beautiful woman?

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 woman of discretion.

PRAYER REQUESTS & PRAYER (5–10 minutes)

DISCUSSION (45–50 minutes)

Please check the box beside each discussion question you have prayerfully chosen to use in your small group time. **NOTE: Application-based questions are shaded.**

DAY ONE

- 1. What's the difference between discretion and indiscretion? What are some of the primary characteristics (telltale signs) of discretion and indiscretion? Why is indiscretion so dangerous? (*ques. 2, p. 45*)
- 2. According to Proverbs, what are the benefits of discretion? (*ques. 3, chart on page 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?

DAY TWO

- 1. Describe who Abigail was and the dire situation she faced. What was going on in her life and home when you read about her in 1 Samuel 25? (*ques. 2, p. 48–49*)
- 2. What choices did Abigail have when her servant informed her of Nabal's decision? What were her options? What kind of "perfect storm" could she have created if she had chosen to ignore discretion? (*ques. 3a, p. 50*)
- 3. A husband like Nabal certainly would have had a history of foolish decisions. Do you think wives should always take action as Abigail did when their husbands make foolish decisions? Why or why not? Why was Abigail's decision to take action in this case correct, and how did her actions and speech reveal her discretion and prudence? (*ques. 2d, p. 49*)
- 4. What did you learn from Abigail's life? How did her story and example affect you?

DAY THREE

- 1. As you studied David's early life (long before he met Abigail or became king of Israel), what did you learn about his character? (*ques. 2a, p. 51*) How did David's character benefit him? (*ques. 2b, p. 52*)
- 2. What did you learn about Joseph this week? How did Joseph display discretion and discernment before Pharaoh? What was the result of Joseph's discretion and wisdom? How did God use him? (*ques. 3a, p. 52*)
- 3. David, Joseph, and Daniel (whom you also studied this week) all possessed and displayed discretion and wisdom at a very young age. How do you think they developed discretion at such a young age?

DAY FOUR

- 1. Abigail, Joseph, David, and Daniel 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: Not only were they promoted/rewarded for their discretion, their stories reveal that discretion is something other people (especially those in positions of power and authority) will recognize. Finally, the discretion God gave them saved and benefited the lives of countless others.**
- 2. When it comes to the workplace, how can a deficit of discretion affect someone's professional life? (*ques. 4a, p. 55*)
- 3. How can a deficit of discretion affect friendships? What did you learn about the dangers of indiscretion and the blessings of discretion from Proverbs? (*ques. 5, pp. 55–56*)
- 4. In your own personal and professional relationships, how and with whom are you most challenged to be discreet? What scriptural steps can you take to practice discretion in these relationships? (*ques. 6, p. 56*)

DAY FIVE

- 1. What did you learn about the two types of wisdom from 1 Corinthians 1:18-2:16? (*ques. 2a & b, p. 57*) What did you learn from this passage that encouraged you? (*ques. 2c & d, p. 57*)
- 2. What can we do to grow in wisdom, discretion, and discernment? (*ques. 3a & b, p. 58*) Who are some of the wise people God has used to enrich your life, and how did they influence you?
- 3. How can we live in a discreet and prudent way, be ready for Christ's return, and be a witness to unbelievers? (*ques. 4, p. 58*)

CLOSING QUESTIONS

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

PRAYER REQUESTS & PRAYER (5–10 minutes)

DISCUSSION (45–50 minutes)

Please check the box beside each discussion question you have prayerfully chosen to use in your small group time. **NOTE: Application-based questions are shaded.**

DAY ONE

- 1. What adjectives does Proverbs use to describe the Irritating Woman? (*ques. 2a, p. 63*)
What other adjectives and words are often used to describe the Irritating Woman? (*ques. 2b, p. 64*)
- 2. What effect does the Irritating Woman have upon her husband? (*ques. 2c, p. 64*)
Based upon your own personal experience, describe how being around an Irritating Woman affects you? (*ques. 3a, p. 64*) Without naming names (remember your lesson on discretion last week 😊), how can one Irritating Woman affect a group or family setting? (*ques. 3b, p. 64*)
- 3. Does the Irritating Woman's behavior cost her anything? What did you learn from Proverbs? (*ques. 4a–c, p. 65*)
- 4. What did you learn about Michal that sheds more light on the heart, mind, and behavior of the Irritating Woman? (*ques. 5a–d, pp. 65–66*) What did her irritating, contentious behavior cost her? (*ques. 5e, p. 66*)

DAY TWO

- 1. Ask your group to raise their hand if, at times, they struggle with becoming an Irritating Woman. Now, ask them why every woman struggles with the desire to nag, complain, and control. (*ques. 2a, p. 68*)
- 2. What did you learn about Miriam from Exodus 15:19-21? What kind of gal was she when she was at her very best? (*ques. 3, p. 69*)

- 3. What caused Miriam to become an Irritating Woman, and what did she do? (*ques. 4a & b, pp. 69–70*) What 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. 4c & d, p. 70*) Did Miriam get what she wanted? What were the consequences of her behavior, and what can we learn from this? (*ques. 4e, 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, and contend with? (*ques. 6, p. 71*)

DAY THREE

- 1. This week you studied an interesting 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? (*ques. 2 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? (*ques. 2 lower left side of chart, p. 73*)
- 3. What immediate and long-term benefits occurred as a result of the way the daughters of Zelophehad handled their problem? (*ques. 2 lower right side of chart, p. 73*)
- 4. What unjust circumstances or problems do we, at times, experience that is similar to those the daughters of Zelophehad faced? Did their struggle remind you of any struggles you’ve faced? How did their example encourage you to respond to injustice?

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, p. 75*)
- 2. What is the result of failing to speak 3B? (*ques. 4a, p. 76*)
- 3. According to Proverbs, what can 3B words do for those who hear and speak them? (*ques. 5, pp. 76–77*)

DAY FIVE

- 1. According to 1 Peter 3:1-4, what kind of “words” are wives married to unbelievers instructed to use? (*ques. 2a, p. 79*) What did you learn about biblically beautiful behavior from 1 Peter 3:3-4? (*ques. 2b, p. 79*)
- 2. How can we deal with our need to nag and control others? (*ques. 3a, p. 79*) Did you nag God this week instead of nagging someone else and, if so, how did it benefit and bless you? How did it benefit and bless your relationship with those you were tempted to nag?

CLOSING QUESTION

- 1. What specific wisdom did God reveal to you this week to help you become a biblically beautiful woman?

Week Five • THE CAPTIVATING WOMAN



- To understand the sensual, sexual side of biblical beauty that God desires for us to experience within marriage.
- To embrace God's attitude (and boundaries) about sex.
- To understand how to become a biblically beautiful captivating woman.

PRAYER REQUESTS & PRAYER (5–10 minutes)

DISCUSSION (45–50 minutes)

Please check the box beside each discussion question you have prayerfully chosen to use in your small group time. **NOTE: Application-based questions are shaded.**

DAY ONE

- 1. Read Proverbs 5:18-19 to your group, and ask them to define whether the Captivating Woman is single or married? What does this passage reveal about the the sensual, sexual side of biblical beauty and its boundaries? How does this conflict with today's culture? (*ques. 2a & b, p. 85*)
- 2. How is the Captivating Woman described in this passage, and what effect does she have upon her husband? (*ques. 2c, p. 86*)
- 3. What are some of the common challenges that quench sexual passion or prevent a wife from enjoying a positive, pleasurable sex life?

DAY TWO

- 1. Why do you think God inspired Solomon to write Song of Solomon? How did it affect you as you read from it this week?
- 2. As you read Chapters 1 & 2 of Song of Solomon, what were some of the ways the Young Woman and Young Man expressed their love to one another using the five senses? (*ques. 2, pp.89–91*) What did you learn from their example?
- 3. You may have noticed how the Young Man and Woman enjoyed spending time together, and how it enhanced their love for one another. Busyness causes many marriages to suffer and drift apart. How can couples prioritize spending time together, connecting and enjoying one another's company on a regular, daily basis?
- 4. Is there a message for singles in Song of Solomon 2:7, and what does this verse mean? (*ques. 3, p. 91*) What daily and personal challenges do many Christian singles experience as they seek not to "awaken love until the time is right"? (*Song of Solomon 2:7*)

DAY THREE

- 1. As you read the passages from Song of Solomon 4, 5, and 7, what were some of the specific ways the Young Woman and Man expressed their love to one another using the five senses? (*ques. 2, pp. 93–95*) What insights did you gain from their relationship? In what way did their relationship inspire you?
- 2. What are some of the common pitfalls and habits many wives develop that prevent them from being appealing to their husbands? What are some creative ways a wife can appeal to her husband's five senses? (*ques. 3, 2nd chart, p. 97*)

DAY FOUR

- 1. Ask your group to turn to Ephesians 5:22-32 in their Bibles, and remind them that God's Word glorifies and upholds sexuality in marriage as sacred. Ask, "What did you learn from Ephesians 5:22-32 about how to have a marriage that honors God?" (*ques. 2a & b, p. 99*)
- 2. In Question 3, you studied several New Testament passages about sex and its biblical boundaries. What did you learn from these passages about how to keep sex sacred? (*ques. 3a–e, p. 100*)
- 3. According to 1 Corinthians 7:3-5, what are Christian couples commanded to do and not to do? (*ques. 4a & b, p. 101*) Is there an exception to this command? (*ques. 4c, p. 101*) What possible consequences could result from disobeying this command? (*ques. 4d, p. 102*)
- 4. Are there any valid reasons why a wife would be unable to have sex with her husband? If so, what are they? (*ques. 4f, p. 102*) **Note: Possible answers to this question would be illness, health-related problems, abuse, separation, etc.**

DAY FIVE

- 1. What did the apostle Paul teach about being single? (*ques. 2a & b, p. 103*) What are the positive aspects of singleness? (*ques. 2c, p. 104*)
- 2. Turn to 1 Corinthians 13:4-8 in your Bible, a passage you studied at the conclusion of this week's lesson. As you review this passage and the description and characteristics of love, which specific characteristic do you most need to develop in your life right now and why?

CLOSING QUESTIONS

- 1. Did the Lord change your heart or attitude in any way this week? If so, how?
- 2. What specific wisdom did God give you this week to help you become a biblically beautiful woman?

Week Six • THE IDEAL WOMAN

goals

- To understand the character and behavior of the Ideal Woman.
- To learn how she prioritizes her relationships and responsibilities.
- To learn how she ministers to and blesses everyone her life touches.
- To understand how we can become Ideal Women, too.

PRAYER REQUESTS & PRAYER (5–10 minutes)

DISCUSSION (45–50 minutes)

Please check the box beside each discussion question you have prayerfully chosen to use in your small group time. **NOTE: Application-based questions are shaded.**

DAY ONE

- 1. As you read about the Ideal Woman in Proverbs 31:10-31, what did you notice about her character? What kind of woman is she? What “hats” does she wear and responsibilities does she oversee? (*ques. 2 & 3, pp. 109–110*)
- 2. Who is the Ideal Woman’s biggest fan? What did you learn about her relationship with her husband? What role do you think she had in her husband’s success? (*ques. 4 & 5, pp. 110–111*) What are some practical ways a woman can help her husband succeed and excel?
- 3. How do the Ideal Woman’s children feel about her, and what would make them feel this way? (*ques. 7, p. 111*)
- 4. Judging from the way the Ideal Woman’s family feels about her, how do you think she felt about them? What can this busy woman who juggles so many responsibilities and roles teach us as women, wives, and moms? How can we follow her example?

DAY TWO

- 1. How does the Ideal Woman care for her home? What homekeeping responsibilities does she oversee and perform? (*ques. 2, p. 113*) What kind strengths, skills, and character are required to manage a well-ordered, well-run home? (*ques. 3, p. 114*)
- 2. According to Proverbs 31, how does the Ideal Woman’s family benefit from all that she does in the home in good times and in bad? (*ques. 4a & b, p. 114*)

- 3. How does the condition of your house affect you? How does it affect your family? What is the upside of a clean house and the downside of a messy house? (*ques. 5 chart, p. 115*)
- 4. Whether you're a Messie or a Cleanie, how did God speak to you about the condition of your house through your study? What changes do you need to make to become a Successful Average Housekeeper?

DAY THREE

- 1. What scriptural evidence did you see in Proverbs 31 that reveals the Ideal Woman worked outside the home? (*ques. 2b, p. 118*)
- 2. What did you learn about her schedule? (*ques. 2c, p. 118*) What did you learn about her work ethic? (*ques. 2d, p. 118*) How does she manage her business, finances, and income? (*ques. 2e, p. 118*)
- 3. Based upon everything you observed in Proverbs 31, what are the Ideal Woman's priorities? (*ques. 2f, p. 119*) What is first, second, third, fourth, and fifth on her list of personal priorities?

DAY FOUR

- 1. How does the Ideal Woman bless and minister to those outside her family? (*ques. 2a, p. 120*) What are some practical, everyday ways you can minister to those outside your family in word and deed? (*ques. 2b & c, p. 121*)
- 2. What did you learn from Proverbs about ministering to others? (*ques. 3a-d, pp. 121-122*)
- 3. In this season of your life, who is God primarily calling you to reach and teach? Who has God placed in your life to receive wisdom and spiritual training? (*ques. 6, p. 124*)

DAY FIVE

- 1. According to Proverbs 31, what is the true secret of biblical beauty? (*ques. 2a & b, pp. 125-126*) What is the #1 priority of every biblically beautiful woman? In our busy, responsibility-laden lives, what are some practical things we can do each day to give God priority?
- 2. Spend the remainder of your small group time giving God praise for what He's done for you as you've studied His Word these past six weeks. Ask your group members to complete the following sentence:

I praise the Lord because He's taught me _____.

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 you into biblically beautiful women of God.



A large, light gray decorative flourish consisting of several elegant, swirling lines that curve upwards and to the right, framing the text.

Completed **LISTENING GUIDES**

Three small, light gray butterfly icons are positioned below the word "GUIDES", appearing to fly towards the right.



Introductory Week • **PHYSICAL BEAUTY vs. BIBLICAL BEAUTY**

Physical Beauty...

- 1) Is God-given. *Ezekiel 16:4–13*
- 2) Is attention-getting. *Ezekiel 16:14*
- 3) Is pride-inducing. *Ezekiel 16:15*
- 4) Is spiritually corrupting. *Ezekiel 16:15–18*

Biblical Beauty...

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

*One thing I have asked from the LORD, that I shall seek:
that I may dwell in the house of the LORD all the days of my life,
to behold the beauty of the LORD and to meditate in His temple.*

—Psalm 27:4

Question: How can you become a biblically beautiful woman of God?

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 1:1, 1 Kings 3:5–12
- 2) *Purpose of Proverbs* (1:1–6): 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) Discreet and prudent. (Beauty Don't #2: The Indiscreet Woman)
- 3) Edifying and gracious. (Beauty Don't #3: The Irritating Woman)
- 4) Sexual and satisfying. (Beauty Do #1: The Captivating Woman)
- 5) Spiritual and strong. (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
Seductive, flirtatious, flattering, and enticing words.
- 2) *How does she act?* Prov. 7:10–16
Aggressive, brash, rebellious, neglects her home, prefers the streets, malls, and markets.
- 3) *How does she dress?* Prov. 7:10
Seductively, immodestly, inappropriately.
- 4) *What is her heart like?* Prov. 5:6, 30:20
Religious but ignores God's ways.
- 5) *What is her destiny?* Prov. 5:5
Destruction, death, and judgment.

Biblical Beauty Do: The Godly Woman:

- 1) *How does she speak?* 1 Peter 3:3–4
Gentle, quiet, discreet, and edifying words.
- 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
Longs to please God and lead a holy life.
- 5) *What is her destiny?* 1 Thess. 5:9–10
Eternal life and salvation.



Week Three • THE INDISCREET WOMAN VS.
THE WOMAN OF DISCRETION

Key Verse: *A woman who is beautiful but lacks discretion is like a gold ring in a pig's snout.*—Proverbs 11:22

OT synonyms for discretion:
*discreet, discerning,
prudent, understanding,
insight, wise, knowledge*

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: discord, strife, manipulating, pouting, pleading, demanding, nagging, etc.
2. Proverbs describes her as “quarrelsome” and “contentious”; both of these words come from the Hebrew root word *adon* which means sovereign, i.e. controller (human or divine), lord, master, root of God's name, “Adoni.”⁸ *Prov. 19:13, 21:9, 21:19, 25:24*
3. Because of the fall, all women struggle with the desire to be Irritating Women; it's our default condition when we are controlled by the flesh. *Gen. 3:16*

How's that Irritating Woman working for you?

1. Miriam's Story *Num. 12:1–15*
2. Michal's Story *2 Sam. 6:12–23*
3. Sarah's Story *Gen. 16:1–5*

What will work for you?

1. 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 and a fair solution.
 - d. They entrusted the results to the authorities.

RESULTS: They received what they needed and helped others, too.

2. Acsah's Example *Joshua 15:13–19*
3. Paul's Example *Philemon*



⁸ James Strong, *Strong's Exhaustive Concordance* (Iowa Falls, Iowa: Riverside Book and Bible House), 113.

Week Five • **THE ABC'S OF THE CAPTIVATING WOMAN**

Introduction: What Sex Means to a Man and What Sex Means to a Woman
from *The Act of Marriage* by Tim and Beverly LaHaye.

Man

- satisfies his sex drive
- fulfills his manhood
- enhances his love for his wife
- reduces friction in the home
- life's most fulfilling experience

Woman

- fulfills her womanhood
- reassures her of her husband's love
- satisfies her sex drive
- relaxes her nervous system
- the ultimate experience for her

1. Anticipation Song of Solomon 1

2. Beautification Song of Solomon 1:10–12, 4:11

3. Communication Song of Solomon 2:8–9, 5:9–16, 7

4. Celebration Song of Solomon 1:7–17, 2:10–13

5. Consummation Song of Solomon 4:10–16



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 homekeeper 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. 31:24, 18*
8. A strong, dignified, confident woman. *Prov. 31:21, 25*
9. A wise, kind example, educator, and encourager. *Prov. 31:26*
10. A woman who reverences God and gives Him priority. *Prov. 31:30, 28*





About **PRIORITY MINISTRIES**

Priority Ministries exists to encourage and equip women to prioritize their relationship with God 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 two in-depth Bible studies: *There Is A Season* and *The Temple*. Her passion for God and hunger for His Word continues to grow.

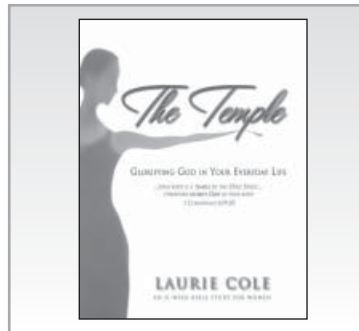
A minister's wife, Laurie and her husband, Bill, serve the Lord at Sagemont Church in Houston, Texas, where he is the Associate Pastor of Worship and Praise. They have been married for 29 years and have three sons (David, Kevin, and J.J.), one beloved daughter-in-law (Stephanie), and two glorious grandchildren (Ezra and Juliette).

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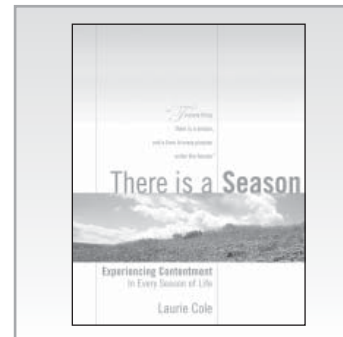
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LEADER GUIDE

Beauty by **THE BOOK**

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.

Personally, I 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 of our love, appreciation, and prayers for you.

Your sister in Christ,



Janet Valentine
Executive Director
Priority Ministries



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. She is a frequent speaker at women’s events and conferences and the author of two in-depth Bible studies: There Is A Season and The Temple. A minister’s wife, Laurie and her husband, Bill, serve the Lord at Sagemont Church in Houston, Texas, and are the parents of three sons.

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