



# Beauty by The Book *for Teens*

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



Laurie Cole  
*Author & Teacher*

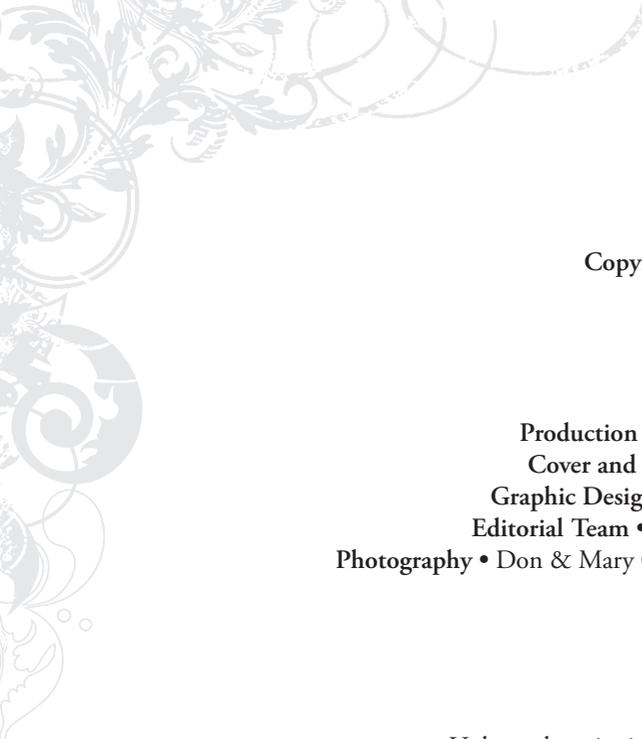


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*A 7-Week Study of Proverbs*

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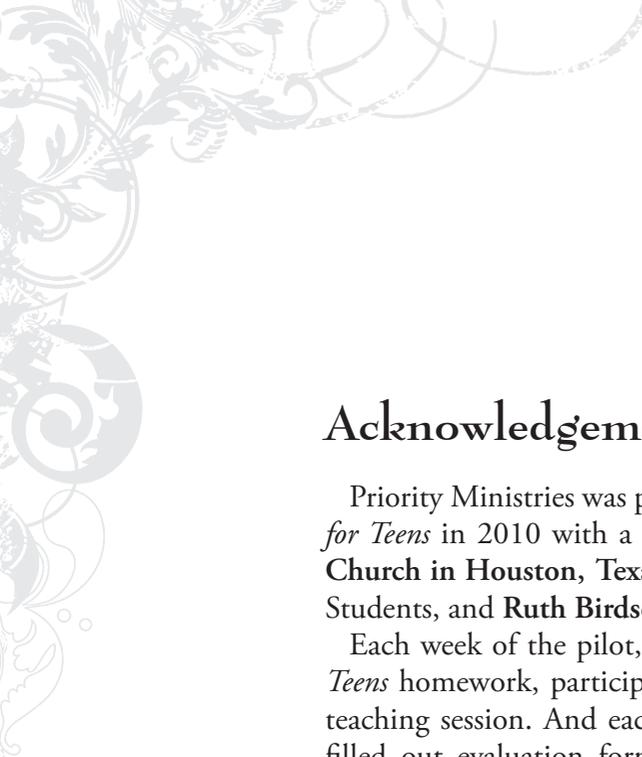
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Priority Ministries  
Encouraging Women to Give God Glory & Priority

[www.priorityministries.org](http://www.priorityministries.org)

# Dedication

*To Juliette,  
my precious granddaughter.  
I love you to pieces.*



## Acknowledgements

Priority Ministries was privileged and blessed to pilot *Beauty by The Book for Teens* in 2010 with a fantastic group of teenage girls from **Sagemont Church in Houston, Texas**, and their leaders, **Scott Conduct**, Minister to Students, and **Ruth Birdsong**, Minister to Girls.

Each week of the pilot, the girls completed their *Beauty by The Book for Teens* homework, participated in small groups, and met with Laurie for a teaching session. And each and every week, they graciously and patiently filled out evaluation forms providing us with invaluable insights which enabled us to revise and improve the study you now hold in your hands. We thank the Lord for each and every girl who participated in the pilot, for their leaders, and for the tremendous blessing they've been to us and, ultimately, to you.

We also want to recognize and express our love and gratitude to **Wanda Shellenbarger**, Women's and Girl's Ministry Director, First Baptist Church Carl Junction, Missouri, whose encouragement, example, and prayer support was absolutely key in the development of *Beauty by The Book for Teens*. Thank you, Wanda, for your heart to reach and teach God's Word to teenage girls. We are especially grateful for your love for the girls in the Missouri Baptist Children's Homes. God used your example and the precious testimonies of the girls you taught there to inspire us to step out by faith and produce *Beauty by The Book for Teens*, our very first Bible study for girls.

*"I thank my God in all my remembrance of you."*  
Philippians 1:3 NAS

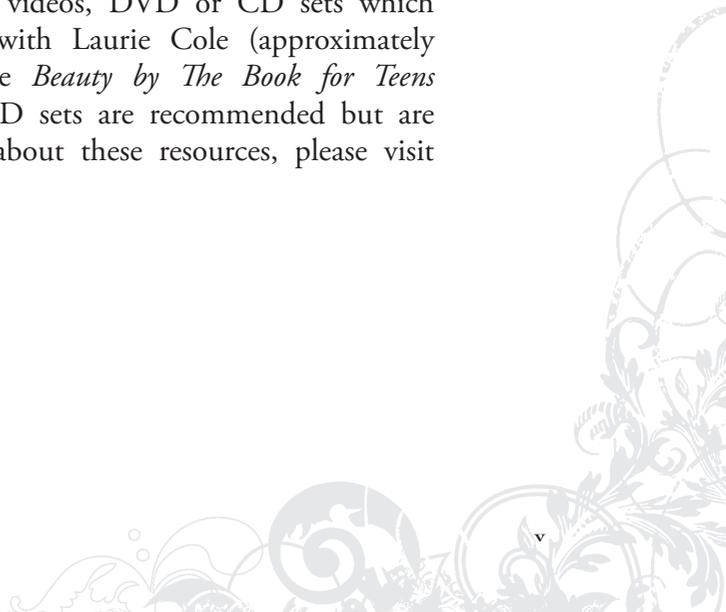
## About the Study

This Bible study is a simple tool to help you discover life-changing truths from God's Word. Think of this workbook as a chisel and your Bible as a gold mine. Each day you'll "dig-in" to God's Word to discover precious treasures that will enrich your life for His glory (Psalm 19:9–10, 119:162). Homework for this study will require approximately 20 minutes per day, five days per week.

The Holy Spirit will be your Divine Tutor throughout this study (John 16:13), and prayer will be essential in facilitating your sensitivity to His leadership. Therefore, a *pray* paragraph is included at the beginning of each day's homework. At the conclusion of your daily study, you'll be encouraged to record any insights the Holy Spirit has shown you in a brief *reflect* section.

A good translation of the Bible will be essential as you use this study. The *New Living Translation*, Second Edition, the *New International Version*, the *New American Standard Bible*, the *New King James Version*, or the *King James Version* are all very accurate translations and are highly recommended. In this study, the author will primarily use the *New Living Translation*.

Also included in this workbook are seven Listening Guides. These fill-in-the-blank guides are designed to be used with the *Beauty by The Book for Teens* downloadable videos, DVD or CD sets which include seven teaching sessions with Laurie Cole (approximately 25–30 minutes per session). The *Beauty by The Book for Teens* downloadable videos, DVD or CD sets are recommended but are optional. For more information about these resources, please visit [www.priorityministries.com/shop](http://www.priorityministries.com/shop).



## About the Author



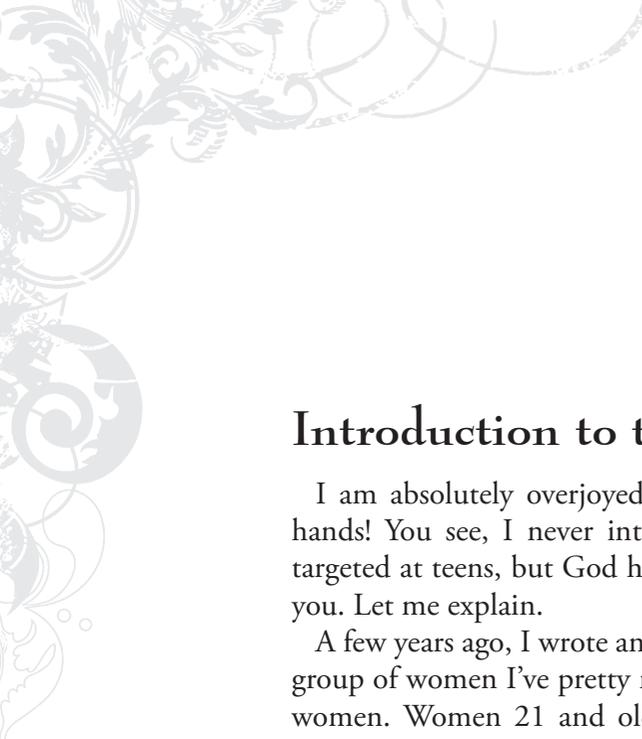
Laurie Cole is the Founder and President of Priority Ministries, a ministry dedicated to encouraging and equipping women to love God most and seek Him first. Raised in a strong Christian home, Laurie became a Christian at an early age. But in her early twenties, God tested and taught her the importance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

I am absolutely overjoyed that you are holding this book in your hands! You see, I never intended to write a Bible study specifically targeted at teens, but God had other plans—and those plans included you. Let me explain.

A few years ago, I wrote and released *Beauty by The Book* for the same group of women I've pretty much always written for and taught: adult women. Women 21 and older. But right after those women started doing the study, something very unexpected happened. Those women began asking me about you. They'd say things like:

*"This study has taught me how to become a godly woman.  
Now I can't wait to teach it to my girls small group.  
Do you have a Beauty by The Book workbook just for teens?"*

*"I can't wait to do this study with my teen-age daughter.  
I want her to learn these truths while she's young. I sure wish I had."*

*"My life would have been radically different if someone had taught me  
these principles when I was a teenager. I hope one day you'll write a  
Beauty by The Book Bible study for young women. They really need it."*

My response to women who told me things like that was always, "Thanks for the encouragement. I'll pray about it." So I did. I prayed, and prayed, and prayed, until God showed me very clearly that you had always been part of His plan for this study. What a delightful surprise that was to me!

But there's another reason why writing this study for you is such a surprise to me. As the mother of three sons, I have never enjoyed the privilege of raising girls or of teaching a daughter how to become a godly woman—and I didn't think I ever would. But God always knew about you. What a gift it is to study and share His Word with you, precious you.

In today's culture, beauty is an idol worshipped and pursued by multitudes of women both young and old. Biblical beauty, however, is vastly different from worldly beauty—but you probably already know that. What you may not know, however, is just how much you have been influenced by the world's definition and beliefs about beauty. Therefore, before you even begin this study, I must warn you: Pursuing biblical beauty will require you to swim against some very strong cultural currents. But you can do it!

Like the constantly changing hemlines of today's fashions, the world's definition of beauty will continually evolve. But one thing will never change: God's Word—The Book. More relevant today than the latest issue of *Seventeen*. More liberating than the most recent reinvention of feminism. God's Word is timeless, transformational, and true. Study its standards, practice its principles and you will become a true beauty—a biblically beautiful young woman of God.

Your Sister,

A handwritten signature in black ink that reads "Laurie". The script is elegant and cursive, with a large initial "L" and a decorative flourish at the end.

*"The grass withers, and the flowers fade,  
but the Word of our God stands forever."*

—Isaiah 40:8 *NLT*



## Introductory Week • *Physical Beauty vs. Biblical Beauty*

### *Physical Beauty...*

- 1) Is \_\_\_\_\_ - \_\_\_\_\_. *Ezekiel 28:12*
- 2) Is \_\_\_\_\_ - \_\_\_\_\_. *Ezekiel 28:13–14*
- 3) Is \_\_\_\_\_ - \_\_\_\_\_. *Ezekiel 28:17*
- 4) Is \_\_\_\_\_ \_\_\_\_\_ . *Ezekiel 28:16–17*

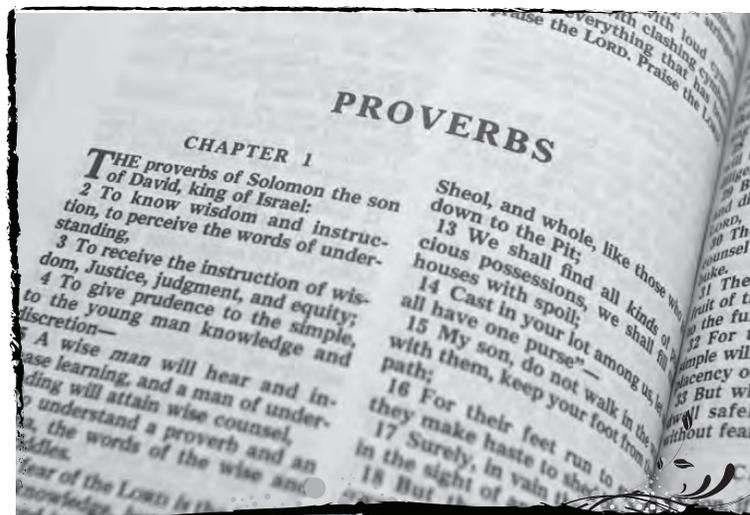
### *Biblical Beauty...*

- 1) Is \_\_\_\_\_ - \_\_\_\_\_. *1 Peter 3:4*
- 2) Is \_\_\_\_\_ and \_\_\_\_\_. *1 Peter 3:4*
- 3) Is \_\_\_\_\_ in God's sight. *1 Peter 3:4*
- 4) Is \_\_\_\_\_ and \_\_\_\_\_. *1 Peter 3:4*

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

**Answer:** By \_\_\_\_\_ God and \_\_\_\_\_  
the standard of His Word.

## Week 1 • Five Beauty Dos & Don'ts



This week, I will be introducing you to five women. These five females all make their home in the Book of Proverbs. For the next six weeks, we will be spending quite a bit of time with them as we learn how to become biblically beautiful. But before you meet them, you need to know something: not all of these women qualify as true biblical beauties.

Let me explain. You've probably seen those "beauty do" and "beauty don't" photos in the fashion magazines haven't you? Well, some of the five women you're about to meet are biblical "beauty dos," but others are biblical "beauty don'ts." And trust me, you won't have any trouble telling which ones are which.

So, c'mon. Let's head to Proverbs—our home for the next six weeks.

## Day One

I almost forgot to tell you, there is a sixth “woman” we’ll be getting to know in Proverbs. Her name is Wisdom. All throughout Proverbs, the author uses the female pronoun “she” to refer to wisdom. Don’t you just love that! But let’s not get too carried away, because there is a seventh “woman” mentioned in the Proverbs, and her name is Folly.

This sixth “woman”—Wisdom—will be the focus of our daily *pray* time. If you want to become a biblically beautiful young woman, it is essential that you get to know Ms. Wisdom well.

- pray* {
1. Good news! Wisdom is available to everyone who needs it, and we *all* need it. James 1:5 promises that “if any of you lack wisdom, let him ask of God who gives to all men generously and without reproach and it will be given to him” (*NASB*). Begin your first day of study by bowing your head and praising God as the source of true wisdom. Ask Him to pour out His wisdom upon you and make you wise.

*Wisdom shouts in the streets.  
She cries out in the public square...  
“Come here and listen to me!  
I’ll pour out the spirit of wisdom  
upon you and make you wise.”*

—Proverbs 1:20–23

2. Brace yourself. You’re about to meet Beauty #1, the first female mentioned in Proverbs, and she’s a doozy. Allow me to introduce you to the **Immoral Woman** as you read Proverbs 5:3–6:

<sup>3</sup> *For the lips of an adulteress [woman] drip honey,  
and her speech is smoother than oil;  
<sup>4</sup> but in the end she is bitter as gall,  
sharp as a double edged sword.  
<sup>5</sup> Her feet go down to death;  
her steps lead straight to the grave.  
<sup>6</sup> She gives no thought to the way of life;  
her paths are crooked, but she knows it not.*

—Proverbs 5:3–6 *NIV*

3. Based upon Proverbs 5:3–6, please answer the following questions about the Immoral Woman:
  - a. What’s the very first thing you learned about her, and what kind of first impression does she usually make (verse 3)?
  - b. According to verse 4, what will others eventually discover about her, and when will they discover it?
  - c. What is her final destination and why (verses 5–6)?

You’ve just experienced your first encounter with the Immoral Woman, but it won’t be your last. Next week, you’ll study her extensively, and you may be surprised to learn that five passages and one entire chapter of Proverbs are devoted to her. She gets more press and attention than any of the other four women we’ll be studying, and she certainly gets the most press in today’s world, which leads me to ask this:

4. If you had to name the top three places you most consistently see the Immoral Woman in our culture, where would they be? For example: on television.

5. Why do you think five passages and one entire chapter of Proverbs are devoted to the Immoral Woman? In other words, why would God want us to get to know her so well?

6. A few minutes ago, you prayed and asked God for wisdom. What wisdom has He given you through your study today?

*reflect* { \_\_\_\_\_  
\_\_\_\_\_

## Day Two

*pray* { 1. Tuning into God has never been more difficult than it is today. Hearing His still, small voice over the nonstop noise of technology—ringing cell phones, texting alerts, and 24/7 access to the internet—is no small feat. But by daily and deliberately making today’s Proverb a priority, you can still hear God speak. So, right now, tune out the racket around you, and tune in to God and His wisdom through prayer.

*Tune your ears to wisdom, and concentrate on understanding.*

—Proverbs 2:2

Today you will meet two more women from Proverbs: the Indiscreet Woman and the Irritating Woman. I know. They probably don't sound like the kind of women who can teach us much about biblical beauty, but here's a great passage to remind us why we can't afford to ignore them:

*All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It straightens us out and teaches us to do what is right. It is God's way of preparing us in every way, fully equipped for every good thing God wants us to do.*

—2 Timothy 3:16–17

2. Keeping 2 Timothy 3:16–17 in mind, meet Beauty #2 by reading the following scripture:

*A woman who is beautiful but lacks discretion is like a gold ring in a pig's snout.*

— Proverbs 11:22



**W**ow! That's one blunt verse, huh? While Beauty #2, the **Indiscreet Woman**, may be rich in the looks department, her lack of discretion is her ruin. Thus, one of the primary principles we can learn from her is that no amount of make-up, spa treatments, Botox® injections, or even plastic surgery can cover up a deficit of discretion.

So what exactly is discretion? To answer that question, find and circle the synonyms of discretion hidden in the Word Search puzzle.

### Synonyms of Discretion



Wisdom  
 Knowledge  
 Good judgment

Discernment  
 Intelligence  
 Good sense

Understanding  
 Self-control  
 Good taste



4. Meet Beauty #3 by reading the following scriptures:

**NOTE:** The word “contentious” means argumentative and quarrelsome.<sup>1</sup>

*It is better to live alone in the corner of an attic  
than with a contentious wife in a lovely home.*

—Proverbs 21:9

*It is better to live alone in the desert  
than with a crabby complaining wife.*

— Proverbs 21:19

We've all met women like this before haven't we? But let's be honest: at times, we've all been her, too. And while these verses may apply to women, you and I both know that crabbiness does not discriminate. Anyone (young or old, male or female, single or married, Christian or non-Christian) can exhibit the classic symptoms of what I call “3C Syndrome”:

(1) Contentiousness, (2) Crabbiness, with frequent bouts of (3) Complaining.

Fortunately, 3C is not generally contagious, and there is a cure (we'll uncover it in the weeks ahead). But for now, let's focus on the primary and possible long-term effects of 3C.

5. According to Proverbs 21:9 and 19:

a. How does 3C affect our relationships with others?

b. What potential long-term effects could 3C cause in our relationships with others?

6. Might *you* have a mild (or possibly serious) case of 3C? Take a quick check-up by circling the word that most accurately completes each of the following sentences:
- a. My friends and family would probably say that I am crabby:  
rarely      occasionally      frequently
  - b. My friends and family would probably say that I complain:  
rarely      occasionally      frequently
  - c. My friends and family would probably say that I am usually:  
easygoing      a little high-maintenance      downright difficult
  - d. My friends and family would probably say that my words are usually:  
encouraging and kind      sweet and sour      negative and nagging
7. If your check-up revealed a possible case of 3C, a quick dose of wisdom and instruction from Proverbs should ease some of your symptoms until we can study the cure in the weeks ahead. Begin applying the following verses to your life as often and as liberally as needed:

*Don't talk too much, for it fosters sin.*

*Be sensible and turn off the flow!*

—Proverbs 10:19

*Kind words are like honey—*

*Sweet to the soul and healthy for the body.*

—Proverbs 16:24

8. Do you agree that there is a lot we can learn from the two women we've met today? What insights has the Holy Spirit taught you today through the Indiscreet Woman and the Irritating Woman?

*reflect* { \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Day Three

pray

1. The fear of the Lord is a very positive and beneficial thing. It is where true wisdom begins. So what exactly is it? Very simply, the fear of the Lord is reverence (deep respect and awe<sup>2</sup>) for God that results in obedience to God. It is both attitude (reverence) and action (obedience); and when you put them together, you get wisdom! Before you begin today's study, submit yourself in reverence before God in prayer, and commit to obey Him. Then watch for wisdom to show up.

*Fear of the LORD  
is the beginning of wisdom.  
Knowledge of the Holy One  
results in understanding.*  
—Proverbs 9:10



2. I am very excited today to introduce you to Beauty #4. This woman bears no resemblance to the three women you have previously met in Proverbs—thank goodness! So, without further adieu, it is my privilege to introduce you now to Beauty #4, the **Captivating Woman**:

<sup>18</sup> *Let your wife be a fountain of blessing for you.  
Rejoice in the wife of your youth.*

<sup>19</sup> *She is a loving doe, a graceful deer.  
Let her breasts satisfy you always.*

*May you always be captivated by her love.*

—Proverbs 5:18–19

Every scripture in the Bible is inspired by God. He is the ultimate Author of every passage and verse (2 Peter 1:21). Therefore, when you read a sensual passage like Proverbs 5:18–19, you need to remember that God Himself wrote it. So it's pretty obvious to see that when it comes to sex, God is no prude. But to more fully understand God's view about sex, you need to take a second look at Proverbs 5:18–19.

3. Circle the correct answer to each of the following questions:
  - a. According to Proverbs 5:18–19, who is God encouraging to enjoy sex?  
Any man                      A husband
  - b. According to Proverbs 5:18–19, who is the captivating woman?  
Any woman                      A wife
  - a. According to Proverbs 5:18–19, who is God instructing and encouraging to enjoy sexual intimacy?  
Any relationship                      A married couple

The first seven chapters of Proverbs are specifically addressed from a father (Solomon, the author of Proverbs) to his son. In Proverbs 5:18–19, the father is exhorting his son to seek love and sexual satisfaction within the bounds of a monogamous marriage to a Captivating Woman.

But Proverbs 5:18–19 has a message for women, too. I believe it teaches women—married women—to be sensually, sexually satisfying wives. So as an unmarried teenager, how does this passage apply to you? I believe God's message to you is this: When you become a wife, you should become a Captivating Woman...but not until then.

4. From the beginning, God designed and reserved sex for marriage. See it for yourself by opening your Bible and reading Genesis 2:21–25. It's the beautiful account of the very first bride and the very first wedding (and note in verse 22 who gives the bride away—so amazing!). After you've read this passage, write out verses 24–25 word-for-word.

5. How does Genesis 2:21-25 parallel Proverbs 5:18-19?

6. Describe the conflict you see between our culture's view of sex and the biblical view of sex.

7. As a young woman, how has God spoken to your heart through His Word today?

*reflect* { \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Day Four

pray

1. What's at the top of your "want list"? You know what I mean—most of us have a list in our head of things we'd really like to have. But do you know what should always be at the very top? Wisdom. Take today's passage before the Lord in prayer, and commit to giving it priority on your "want list."

*Choose (wisdom's) instruction rather than silver,  
and knowledge over pure gold.  
For wisdom is far more valuable than rubies.  
Nothing you desire can be compared with it.*

—Proverbs 8:10–11

2. Thus far, you've met the first four women from Proverbs. Are you ready to meet our final beauty, Beauty #5? You may have heard about her before. Hands down, she's the most well-known woman in Proverbs. Prepare to be dazzled as you meet Beauty #5: the **Ideal Woman**.

### Proverbs 31:10–31

- <sup>10</sup> *Who can find a virtuous and capable wife? She is worth more than precious rubies.*
- <sup>11</sup> *Her husband can trust her, and she will greatly enrich his life.*
- <sup>12</sup> *She will not hinder him but help him all her life.*
- <sup>13</sup> *She finds wool and flax and busily spins it.*
- <sup>14</sup> *She is like a merchant's ship; she brings her food from afar.*
- <sup>15</sup> *She gets up before dawn to prepare breakfast for her household and plan the day's work for her servant girls.*
- <sup>16</sup> *She goes out to inspect a field and buys it; with her earnings she plants a vineyard.*
- <sup>17</sup> *She is energetic and strong, a hard worker.*
- <sup>18</sup> *She watches for bargains; her lights burn late into the night.*
- <sup>19</sup> *Her hands are busy spinning thread, her fingers twisting fiber.*
- <sup>20</sup> *She extends a helping hand to the poor and opens her arms to the needy.*
- <sup>21</sup> *She has no fear of winter for her household because all of them have warm clothes.*
- <sup>22</sup> *She quilts her own bedspreads. She dresses like royalty in gowns of finest cloth.*
- <sup>23</sup> *Her husband is well known, for he sits in the council meeting with the other civic leaders.*

- <sup>24</sup> *She makes belted linen garments and sashes to sell to the merchants.*
- <sup>25</sup> *She is clothed with strength and dignity, and she laughs with no fear of the future.*
- <sup>26</sup> *When she speaks, her words are wise, and kindness is the rule when she gives instructions.*
- <sup>27</sup> *She carefully watches all that goes on in her household and does not have to bear the consequences of laziness.*
- <sup>28</sup> *Her children stand and bless her. Her husband praises her:*
- <sup>29</sup> *“There are many virtuous and capable women in the world, but you surpass them all!”*
- <sup>30</sup> *Charm is deceptive, and beauty does not last; but a woman who fears the LORD will be greatly praised.*
- <sup>31</sup> *Reward her for all she has done. Let her deeds publicly declare her praise.*

After reading such an extensive passage extolling the virtues of the Ideal Woman, the phrase “total package” comes to my mind. Wow! This woman’s got it all and, furthermore, she’s got it all *very* together.

But don’t get the idea that this passage is describing a typical day-in-the-life-of the Ideal Woman. No one can do everything mentioned in this passage in a single day. Instead, Proverbs 31:10-31 paints a panoramic picture for us of the Ideal Women’s life, character, and career as a wife, mother, entrepreneur, and servant of God. Here we see samples of the seasons of a woman’s life. But we also see something else: a role model for women young and old.

3. As you read Proverbs 31:10–31, which of the Ideal Woman’s qualities, characteristics, and accomplishments do you most desire for your own life?
  
  
  
  
  
  
  
  
  
  
4. Prepare today to become an Ideal Woman someday. Find out how by reading 1 Timothy 4:12, underlining it in your Bible, and writing it out word-for-word below.

5. How has God spoken to your heart through His Word today?

reflect

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## Day Five

pray

1. The Book of Proverbs is a collection of wise sayings written and edited by Solomon to teach us how to live wise, godly lives (Proverbs 1:1–6). The benefits of wise living are obvious in the following Proverb. As you conclude the first week of your study, pray and thank God for the wisdom you’ve already gleaned and for the benefits you’ve already seen.



*Wisdom  
will multiply your days  
and add years to your life.  
If you become wise,  
you will be the one to benefit.  
If you scorn wisdom,  
you will be the one to suffer.*  
—Proverbs 9:11–12





8. It's time to make a choice, precious girl. What kind of beauty will you choose to pursue? Please circle one:

Physical Beauty

Biblical Beauty

9. You've had a great week of study. You've saturated your heart with God's Word, and you've given Him an opportunity to speak truth into your life. So, as you reflect upon all that you've learned and studied, what has the Lord most impressed upon your heart and life?

reflect { \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

On June 14, 2007, a well-known biblical beauty died. After many years of declining health, Ruth Bell Graham (wife of evangelist Billy Graham) went to be with the Lord at the age of 87. At her funeral, her children remembered her as funny, feisty, and full of love for Jesus and His Word.

Although he was not expected nor scheduled to speak, Billy Graham rose spontaneously to his feet and spoke at Ruth's service. In his brief address, he recalled the previous evening when he'd visited the funeral home to see Ruth one last time. Then he said, "I wish you could look into the casket because she's so beautiful." Ruth's beauty transcended even death.

In a world that worships physical, temporal beauty, the life and death of Ruth Bell Graham proves that biblical beauty is timeless and eternal. It has the awesome power to grow and intensify even as our bodies weaken and fade. It is the amazing promise to all who love the Lord and live His Word. It is real beauty. It is rare beauty. It is beauty by The Book.

**NOTE:** Find out more about Ruth Graham's childhood, teen-age, and adult life by reading her biography, *Ruth: A Portrait, The Story of Ruth Bell Graham*, by Patricia Cornwell. You'll love it!

# Beauty by The Book *for Teens*

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

It's easy to see how the culture defines beauty: perfect hair, perfect clothes and, above all, the perfect weight, shape, and size. But is it true, or could it even be a trap? Discover the dos and don'ts of true beauty in this fun, friendly study of five females from Proverbs. Find out how you can become a true beauty – *a biblically beautiful young woman.*



**Also Available** – *Beauty by The Book for Teens* DVD set containing seven teaching sessions with Laurie (and a promo video), audio CD set containing seven teaching sessions with Laurie, and a small group Leader Guide. Preview samples and purchase these and other resources by Laurie Cole (including *Beauty by The Book* for women) online at [www.priorityministries.org](http://www.priorityministries.org).



Laurie Cole is the Founder and President of Priority Ministries, a ministry dedicated to encouraging and equipping women to give God 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.

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