

## Course and Discussion Goals

### GOALS OF Beauty by The Book for Teens

The goals of this study are:

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

### GOALS FOR CLASS DISCUSSION

Your goal as a class discussion leader is:

1. To facilitate a scripture-based discussion from the daily Bible study homework.
2. To facilitate a Hebrews 10:24 environment where students 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

## Basic Information About This Course

*Beauty by The Book for Teens* is a seven-part Bible Study for girls ages 12-19. To complete the study, each student will need:

- 1) A *Beauty by The Book for Teens* workbook
- 2) A Bible or access to an app or online version ([www.biblegateway.com](http://www.biblegateway.com))
- 3) Pencil or pen
- 4) *Beauty by The Book for Teens* weekly video lecture
- 5) Optional: access to the web (a few assignments do include online sources; example: p. 30, question 5)

This study contains an introductory video plus six weeks of daily homework assignments which will require approximately 20-25 minutes of classwork per day.

After students complete the daily assignment, you will lead them in a class discussion. **Daily goals, lesson plans, and discussion guides are provided for you on pages 139-173.**

Each week will conclude with a video lecture by Laurie Cole, author of this study. Fill-in-the-blank listening guides are provided in the workbook for students to use during the video. **Completed listening guides are provided for you on pages 1, 21, 43, 61, 83, 107, and 125.**

**NOTE:** An introductory video lecture should be used on the same day the students start the study.

## GRADING & STUDENT ASSESSMENT

Student grades for this study may be based upon one or more of the following:

- Completion of daily/weekly assignments.
- Participation in the daily discussion.
- Weekly Scripture memory.
- Tests (tests are not provided in this guide).

## SAMPLE WEEKLY LESSON PLAN

*(Daily goals, lesson plans, and discussion guides are provided for you on pages 139-173.)*

### MONDAY-WEDNESDAY:

- Students will complete the daily assignment in their workbooks.
- Teacher-led classroom discussion.
- Scripture memory assignment and memory work.

### THURSDAY:

- Scripture memory quiz (ex: have students write out their memory verses).
- Students will complete Day 4 and part of the Day 5 assignment in their workbooks.
- Teacher-led classroom discussion.

**NOTE:** Depending on how much class time you have, you may need to assign Day 5 as homework.

### FRIDAY:

- Students will complete the Day 5 assignment in their workbooks.
- Brief teacher-led classroom discussion.
- Video lecture (approx. 30 minutes); students will take notes using the listening guide provided in their workbooks.

## Tips for *Leading an Effective Classroom Discussion*

Daily classroom discussion for *Beauty by The Book for Teens* is vital, and it also should be interesting, inspiring, and enjoyable. The following tips are designed to encourage and enable you to facilitate a positive group discussion:

1. Keep your discussion focused on the two primary goals for class discussion (as stated on page 133).
2. Strive to establish a comfortable, conversational atmosphere so your students will feel free to share what they've studied and learned and what they have on their hearts. Think of your classroom discussion time as a group conversation where everyone has the opportunity to share freely and receive encouragement.
3. As the teacher, facilitate, don't dominate.
4. If a student dominates the discussion, encourage others to participate. You can say, for example, "I'd really like to hear from some of you who haven't shared today."
5. Use the daily discussion guides (provided for you on pages 139-173), but try not to read these questions verbatim or to give students the exact page number corresponding to the question from their workbooks. This will encourage them to restate not repeat (or read) what they've written in their workbooks. They can, of course, use their workbooks to follow along during the discussion, but encourage them not to read their answers verbatim or to limit themselves to sharing only what they've written.
6. Seek to be transparent, genuine, and real in your leadership.
7. Be sensitive to the leadership of the Holy Spirit. If your group gets off track from the discussion guide but you sense the Lord is leading the discussion in a different direction, let Him lead.
8. If you sense a student in your class is hurting or has spiritual questions or needs, you may need to visit with them after class or pray with them. You also may want to encourage them to speak to a school counselor, their parents, a minister, or a Christian counselor.

Daily Lesson Plans  
& Discussion Guides





# Week One

## Monday / Day 1

### GOAL:

To introduce students to Proverbs and to the topic of this study: how to become biblically beautiful young women.

### LESSON PLAN:

1. Distribute workbooks and Bibles to students.
2. Brief teacher-led classroom discussion (see Discussion Guide below).
3. Introductory video lecture (25:18 minutes); students will complete the fill-in-the-blank listening guide on page 1 in their workbooks.
4. Students complete Week 1, Day 1 assignment. If they are unable to complete it in class, please assign it as homework.
5. Assign weekly memory verse(s). Recommended passage: 1 Samuel 16:7, 1 Peter 3:3-4

### DISCUSSION GUIDE:

1. Ask students to turn in their Bibles to Proverbs 1:1-7. Tell them the study they are about to begin is based in Proverbs. Ask someone to read the passage aloud, then ask the following questions:
  - Who wrote Proverbs (v. 1), and why did they write it (vs. 2-4)?
  - In your own words, what is wisdom? What does it mean, and how is it different from knowledge?
  - According to this passage, how do people respond to wisdom (vs. 5, 7b)?
2. Ask students to read Proverbs 1:8-9, then ask the following questions:
  - Who else is Solomon concerned about in this passage (v. 8)? Who needs wisdom, instruction, 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 TV, in magazines, in popular music, etc.
  - How does today's culture define beauty, and how does that affect you?
3. Briefly tell your students that this study – *Beauty by The Book for Teens* – will give them the practical wisdom and biblical knowledge they need to become true beauties – biblical beauties – the kind of young women that God will bless and use in an amazing way.
4. Finally, ask them to turn to page 1 in their workbooks and fill in the blanks as they watch the introductory video for this study.

## Tuesday / Day 2

### GOAL:

To introduce students to the first two females from Proverbs: the Immoral Woman and the Indiscreet Woman.

### LESSON PLAN:

1. Students complete Week 1, Day 2 assignment.  
*NOTE:* As the students work, prepare to lead the discussion by reviewing the Day 1 and Day 2 assignment and answers (pages 2-10).
2. Teacher-led classroom discussion covering Day 1 and Day 2 assignments.
3. Scripture memory work.

### DISCUSSION GUIDE:

#### DAYS ONE & TWO

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*)
6. Who was the second beauty you met in Day 2, and how is she described? (*ques. 2, p. 6*)
7. What is discretion? What does it mean to be “discreet” or “prudent?” (*word search puzzle, p. 7*)
8. 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*)
9. Can you relate to the Irritating Woman? How and in what relationships? (*ques. 6, p. 10*)



## Wednesday / Day 3

### GOAL:

To introduce students to the third female from Proverbs: the Irritating Woman.

### LESSON PLAN:

1. Students complete Week 1, Day 3 assignment.  
*NOTE:* As the students work, prepare to lead the discussion by reviewing the Day 3 assignment and answers (pages 11-13).
2. Teacher-led classroom discussion covering Day 3 assignment.
3. Scripture memory work.

### DISCUSSION GUIDE:

#### DAY THREE

1. 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? What's the difference between the culture's view of sex and God's view of sex? (*ques. 6, p. 13*)
4. As a young, unmarried woman, how did the Lord speak to you as you studied the Captivating Woman? What do you think God is saying to you through her?

## Thursday / Day 4

### GOAL:

To introduce students to the fourth female from Proverbs: the Captivating Woman.

### LESSON PLAN:

1. Scripture memory quiz.
2. Students complete Week 1, Day 4 assignment (and some of Day 5 if possible).  
**NOTE:** As the students work, prepare to lead the discussion by reviewing the Day 4 assignment and answers (pages 14-16).
3. Teacher-led classroom discussion covering Day 4 assignment.

**NOTE:** Depending on how much class time you have tomorrow and whether or not you plan to use the Friday video lecture, you may want to assign Day 5 as homework.

### DISCUSSION GUIDE:

#### 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*)

## Friday / Day 5

### GOAL:

To introduce students to the fifth female from Proverbs: the Ideal Woman.

### LESSON PLAN:

1. Students complete Week 1, Day 5 assignment.  
*NOTE:* As students work, you may want to take the opportunity to do a cursory check of each student's workbook to see if they completed their daily workbook assignments and to assign their grade. Also, prepare to lead the discussion by reviewing the Day 5 assignment and answers (pages 16-19).
2. Teacher-led classroom discussion covering Day 5 assignment.
3. Week 1 video lecture (27:27 minutes); students use listening guides on page 21 in their workbooks.

### DISCUSSION GUIDE:

#### 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*)