

# INNER BEAUTY

*Preserving Biblical Womanhood – 2024*

## **Beauty of inner self – a gentle and quiet spirit**

1 Peter 3:4 Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight. NIV

1 Peter 3:5 For this is the way the holy women of the past who put their hope in God used to adorn themselves. They submitted themselves to their own husbands. NIV

1 Peter 3:5 This is how the holy women of old made themselves beautiful. They put their trust in God and accepted the authority of their husbands. NLT

## **Do what is right**

1 Peter 3:6 like Sarah, who obeyed Abraham and called him her lord. You are her daughters if you do what is right and do not give way to fear. NIV

## **Do not give way to fear**

1 Peter 3:6 like Sarah, who obeyed Abraham and called him her lord. You are her daughters if you do what is right and do not give way to fear. NIV

1 Peter 3:6 For instance, Sarah obeyed her husband, Abraham, and called him her master. You are her daughters when you do what is right without fear of what your husbands might do. NLT

## **Self-controlled**

Titus 2:4-5 Then they can train the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God. NIV84

## **Pure**

Titus 2:4-5 Then they can train the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God. NIV84

## **Kind**

Titus 2:4-5 Then they can train the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God. NIV84

## **Reverent in the way they live**

Titus 2:3 Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. NIV84

## **Live in a way that honors God**

Titus 2:3 Similarly, teach the older women to live in a way that honors God. They must not slander others or be heavy drinkers. Instead, they should teach others what is good. NLT

## **Not slanderers**

Titus 2:3 Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. NIV84

## **Not addicted to wine**

Titus 2:3 Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. NIV84

### Having impactful behavior

1 Peter 3:1 Wives, in the same way submit yourselves to your own husbands so that, if any of them do not believe the word, they may be won over without words by the behavior of their wives. NIV

### Purity, reverence in her life

1 Peter 3:2 when they see the purity and reverence of your lives. NIV

1 Peter 3:2 When they see the pure and modest way in which you conduct yourself. NLT

### Worthy of respect

1 Timothy 3:11 In the same way, the women are to be worthy of respect, not malicious talkers but temperate and trustworthy in everything. NIV

### Not malicious talks

1 Timothy 3:11 In the same way, the women are to be worthy of respect, not malicious talkers but temperate and trustworthy in everything. NIV

### Temperate and trustworthy in everything

1 Timothy 3:11 In the same way, the women are to be worthy of respect, not malicious talkers but temperate and trustworthy in everything. NIV

### Clothed with strength and dignity

Proverbs 31:25 She is clothed with strength and dignity; she can laugh at the days to come. NIV

### Speaks with wisdom/ gives instruction with kindness

Proverbs 31:26 She speaks with wisdom, and faithful instruction is on her tongue. NIV

Proverbs 31:26 When she speaks, her words are wise, and she gives instructions with kindness. NLT

Proverbs 31:26 She opens her mouth with wisdom, and faithful instruction is on her tongue. Berean

### A woman who shows discretion

Proverbs 11:22 - Like a gold ring in a pig's snout is a beautiful woman who shows no discretion. NIV

### A kindhearted/gracious woman

Proverbs 11:16 A kindhearted woman gains honor, but ruthless men gain only wealth. NIV

Proverbs 11:16 A gracious woman gains respect, but ruthless men gain only wealth NLT

### Accepting 'the weaker vessel' description

1 Peter 3:7 Husbands, in the same way be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so that nothing will hinder your prayers. NIV

### Co-heirs of the gracious gift of life

1 Peter 3:7 Husbands, in the same way be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so that nothing will hinder your prayers. NIV

### Learning/Sitting at the Lord's feet

Luke 10:38-42 As they traveled along, Jesus entered a village where a woman named Martha welcomed Him into her home. She had a sister named Mary, who sat at the Lord's feet listening to His message. But Martha was distracted by all the preparations to be made. She came to Jesus and said, "Lord, do You not care that my sister has left me to serve alone? Tell her to help me!"

"Martha, Martha," the Lord replied, "you are worried and upset about many things. But only one thing is necessary. Mary has chosen the good portion, and it will not be taken away from her." Berean

### **Humble Yieldedness**

Luke 1:38 "I am the Lord's servant.... May it be to me as you have said." NIV84

### **Learning in quietness and full submission (in the public assembly)**

1 Timothy 2:11 A woman should learn in quietness and full submission. NIV

### **A woman who fears the Lord**

Proverbs 31:30 Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised. NIV

### **A woman of noble character (reputation)**

Ruth 3:11 And now do not be afraid, my daughter. I will do for you whatever you request, since all my fellow townspeople know that you are a woman of noble character. Berean

### **Devoted to the Lord**

1 Corinthians 7:34b An unmarried woman or virgin is concerned about the Lord's affairs: Her aim is to be devoted to the Lord in both body and spirit. But a married woman is concerned about the affairs of this world—how she can please her husband. NIV

### **Has hope in God**

1 Timothy 5:5-6 Now a true widow, a woman who is truly alone in this world, has placed her hope in God. She prays night and day, asking God for his help. <sup>6</sup> But the widow who lives only for pleasure is spiritually dead even while she lives. NLT

# INNER BEAUTY DISCUSSION QUESTIONS

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1. What stood out from this teaching that encouraged your heart?
  
  
  
  
  
  
  
  
  
  
2. What stood out from this teaching that you found particularly challenging?
  
  
  
  
  
  
  
  
  
  
3. Which verse that you read stood out as the most meaningful or challenging to you?
  
  
  
  
  
  
  
  
  
  
4. What tangible steps do you want to commit to moving forward in this area?
  
  
  
  
  
  
  
  
  
  
5. What things pull on you in your life to focus on your outward beauty instead of your inner beauty? What steps can you take to diminish that 'pull' in order to help you focus on your inner beauty?
  
  
  
  
  
  
  
  
  
  
6. Tell a story of a time God helped you have a gentle and quiet heart in relation to His Word, His providence, or other people.

# INNER BEAUTY PERSONAL REFLECTION QUESTIONS

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What about this area did you find most encouraging?

What about this area did you find most convicting?

What has been the good fruit in your life in this area? What has been the bad fruit?

Reread the verses. What small phrases stand out to you as you read through these verses? Write down which verse is the most meaningful to you. Write down which verse was the most challenging to you.

What truths does God want you to believe in this area of your life? What is your hope in this area of your life?

What fears do you have in this area? What are the roots of your fears?

What conversations do you want to have with your husband about this area of your life?

What tangible steps do you want to commit to moving forward in this area?

Do you feel like you need to repent before the Lord about anything in this area? Take a minute and pray.

From this seminar, what issue is still heavy on your heart that you hope to process more with another sister before the end of this retreat?

What are your personal prayer requests for this area?