

# True beauty

## **Biblical Material: Proverbs 31.30; 1 Peter 3.3-4**

‘Charm can be deceptive, good looks don’t last.’

‘Your beauty should be an inner beauty, your true self, the beauty of a gentle and quiet spirit, which is ageless. Such beauty is of great worth in God’s sight.’

### **You will need:**

- Some make up.
- Best clothes.
- Mirror and a comb.
- Magazine images of beauty (optional).
- A large picture of a Yemeni bride (provided).

### **Introduction**

Talk with the pupils about the lengths to which people go to make themselves handsome / beautiful. Demonstrate (on yourself) with make up if appropriate. Brush your hair and put on your best clothes or come wearing your best clothes. Show the magazine pictures. However hard we try, most of us don’t look like the magazine images, because people who look like that are rare. Constantly seeing such images encourages people to spend a lot of time and money on their looks. Teachers may want to add extra material about the pressures of advertising at this point. Pupils can bring in magazine images and adverts.

### **Core Material**

In Biblical times, people cared about their looks too. Show the picture of the Yemeni bride. We do not know exactly how people dressed in Bible times, but it may have been a little like this for very special occasions such as a wedding. The Bible puts emphasis on inner beauty. Read the Biblical Material.

In God’s eyes, what matters is what we are like on the inside. There is a story in the Bible which illustrates this, in 1Samuel 16. 1-13. When the prophet Samuel went to choose a new king, God told him to choose David. David was young and inexperienced. Samuel was puzzled. ‘Why choose David?’ he asked. ‘You look on the outside,’ said God. ‘I look on the heart.’ David had an inner strength and an inner beauty that God could see.

A beautiful character after a while begins to show on the outside. Most faces improve with a smile. Even the most beautiful face is ruined by a sneer. We are not



responsible for the looks with which we were born. We do bear some responsibility for the type of person we are inside. Christians ask God’s help to change to be a better person on the inside.

### **Prayer/Reflection**

Ask the pupils to look at the magazine pictures, if you have them, then close their eyes and listen while you read the prayer.

*We can’t all be handsome or beautiful. Give us an inner beauty, Lord: eyes that show compassion, mouths that smile in welcome, lips that speak the truth.*

*Note.* For guidance on prayers and reflections see pages 9-11.