

Spiritual Beauty

A 5-DAY DIGITAL
DEVOTIONAL FOR
TEEN GIRLS

“... but let your
adorning be the
hidden person of the
heart with the
imperishable beauty
of a gentle and quiet
spirit, which in God’s
sight is very
precious.” – 1 Peter
3:4 ESV



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“People look at the
outward appearance,
but the Lord looks at
the heart.”

—1 Samuel 16:7, NIV



Day 1: Am I Beautiful?

As women, we know all too well that people notice and judge our outer appearance. And we especially see the way guys notice how we look. It makes us think about it a bit more and maybe even start to hope we're worthy enough to be noticed.

Maybe you've looked in the mirror recently and asked yourself, 'Am I beautiful?'

It's a question many ask. And those who don't know God are often tormented by this question their entire lives. No, thank you!

God made you beautiful. Whether you feel like it or not doesn't make it any less true.

At the same time, so many people around us say, "Beauty is on the inside." Secretly, we wonder, 'Then why does it seem to matter so much how I look on the outside?'

Here's what you need to know. God is not opposed to your putting some effort into looking your best. In fact, a spirit of excellence will cause you to want to do this. Staying fit, styling your hair, and even dressing on trend is a way of presenting yourself well—just like you would present your house or car well.

But what God cares about more than anything is your inner beauty. What does inner beauty look like?

Real beauty is kind and thoughtful. It doesn't gossip or criticize. It looks for the best in others and tries to be an encouragement. Real beauty isn't jealous and doesn't parade itself around looking for attention. Real beauty comes from a woman who loves God with all her heart.

Research has proven that people who are angry or critical appear less attractive physically than those who are kind, thoughtful, and pleasant to be around. The more time you spend with God, the more attractive qualities will radiate from your spirit to your physical appearance. As you spend more time with God, don't be surprised if people say, "Have you done something different with your hair or makeup? You look beautiful!"

So when you're picking out a new nail color or bracelet stack, don't forget to spend time reading the Bible and praying each day. **Proverbs 31:30 says, "Charm is deceptive, and beauty does not last; but a woman who fears the Lord is to be praised."**

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NOTES

“Fix your thoughts on
what is true, and
honorable, and right,
and pure, and lovely,
and admirable. Think
about things that are
excellent and worthy
of praise.”

—Philippians 4:8, NLT



Day 2: Time For A Makeover!

Confidence is beautiful!

Knowing who you are and feeling good about who God made you to be is noticeable and attractive to those around you. When you feel discouraged about your physical appearance, personality, or other traits, it shows—and not in a good way.

Until you let Jesus be the final word about your worth, you'll battle those ugly feelings of insecurity about your looks and pretty much everything else. That's because Satan is right there whispering all kinds of lies into your ear. When you listen and entertain those thoughts, you start to believe them. And then you feel even lower.

If that's you, it's time for a spiritual makeover!

First, it's time to kick the devil and his lies to the curb. The sooner you unfriend Satan, the better. That's right—you can block Satan from DMing you. You do this by learning to recognize the thoughts he feeds you and then rejecting them—doing so out loud is best. You just say, “No! I don't receive that. I believe what God says about me.”

Then, you replace the lies with the truth. John 8:32 says it's the truth that sets you free! How can you know what is true? The more you read the Bible, the more you know the truth. So when the devil says, “You're nothing special,” you automatically know that's a lie because:

- You are loved and fully accepted. (John 3:16; Ephesians 2:4; Colossians 3:12; 1 Thessalonians 1:4)
- You are chosen. (1 Peter 2:9)
- You are more than a conqueror! (Romans 8:37)
- You are the head in life—not the tail. Above every situation, not beneath it. (Deuteronomy 28:13)
- You are forgiven. (Ephesians 1:7)
- You have the mind of Christ. (1 Corinthians 2:16; Philippians 2:5)
- You can do ANYTHING with God's help. (Philippians 4:13)

If you haven't been spending time with God like you should, there's no better time to start than today!

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NOTES

“For I know the plans
I have for you,” says
the Lord. “They are
plans for good and
not for disaster, to
give you a future and
a hope.”

—Jeremiah 29:11, NLT





DAY 3: Just Like Her

If you've been looking at someone else and wishing you were just like her, it's time to stop! God made you an original—not a copycat. So many times, the people we admire from afar have far more problems than we do. You never know what someone else is going through, so learn to start seeing the future God has in mind for YOU.

God made you to be someone very important in His Kingdom. Do you know what it is? Many people your age don't. But there's one sure way to find out. Ask God. Yes! It really is that simple.

He won't necessarily reveal your whole life story in one shot, but He'll begin to show you clues about His greater purpose for your life. Those clues are often found in the interests and talents you have.

Great beauty is found in a person who knows their purpose and seeks to pursue it with God. Jealousy is a form of ungratefulness for what you have. You can help overcome jealousy by thanking God for everything He's given you and the gifts He's blessed you with.

Don't let jealousy rob you of becoming the best version of YOU.

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“A sweet friendship
refreshes the soul.”

—Proverbs 27:9, MSG





Day 4: The Beauty of Friendship

If you want to have good friends, you must first be a good friend. A good friend doesn't gossip about you. A good friend doesn't cut you down. A good friend encourages, compliments, refuses to talk bad about you, and always has your back. Does that describe the kind of friend you are?

There is so much beauty in friendship—real friendship, not the fake kind. Being nice to someone isn't friendship. It goes much deeper than that, and God wants you to have it in your life. He tells us that “iron sharpens iron” ([Proverbs 27:17](#)), which means hanging around with good people makes us better. On the other hand, “bad company corrupts good character” ([1 Corinthians 15:33](#)), which means you might be a really good person, but if you hang out with immoral people, you're going to start heading that way, too. Not worth it!

It feels really good to belong, doesn't it? We all want that. But you always want to ask yourself, ‘What is it I want to belong to?’ Sometimes it's better to be alone than with the wrong crowd. And in reality, you are never alone. God is always with you. And His desire is to give you good friends who will help you grow. Ask Him. Then, give Him room to work. If you're hanging out with the wrong crowd, you haven't left Him any room to send you the right one.

Above all, focus on being a good friend. Good friends attract good friends! Once you find them, treat them right and hold onto them. There is so much beauty in friendship.

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“Don’t be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God.”

—1 Peter 3:3–4, NLT



Day 5: Spiritual Beauty Queen

What you probably want most in life right now is to feel special and accepted—good enough. Maybe low put-downs from “friends” have chipped away at that. Or parents who either ignore you or criticize you have made you feel less than special and certainly not accepted.

There will always be people out there who tear you down, either because they are insecure or envious of you in some way. Most people you’re trying to please don’t even approve of themselves, so how can they give you something they don’t have? It doesn’t make it any easier to know those reasons, but it does explain it.

The key is knowing how to keep it from leveling you to the point of discouragement or even depression. Never give people the power to define you or change how you view yourself. They don’t have that right! God has already defined you, and it’s much higher than you can even fathom.

Maybe you’ve already figured this out, but the more you try to be “good enough” for certain people, the lower you feel. It never seems to work. That’s because people aren’t who you’re supposed to be pleasing. God is. He is the one with the power and willingness to give you the desires of your heart (see [Psalm 37:4](#)). He is the only one you need to please. And you do this with faith and obedience to what He says in the Bible (check out [Matthew 6:33](#) for more on that). When you do those things, nothing can stop you!

Just as a beauty queen wins a pageant when she masters every area of the competition, you can become a spiritual beauty queen by mastering the areas God wants you to. Beauty is found in the heart, in a gentle spirit who is confident in herself without the approval of others, who looks to God for direction and comfort rather than people.

Daughter of the King—You are beautiful.

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