



Voices in My Head “Beauty is Only Skin Deep”

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"Your beauty should not come from outward adornment, such as braided hair and the wearing of gold jewelry and fine clothes. Instead, 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." 1 Peter 3:3-4

1. The false voice of our culture:

Beauty is only skin deep.

2. Two errors to avoid:

- Liberalism: No relevance at all.
- Legalism: No cosmetics at all.

3. Peter is not prohibiting outward adornment,

but refocusing a woman's value and self-esteem.

4. Contrasts in this passage: the lies we hear and the truth we believe:

- Outer beauty versus inner beauty
- Temporal beauty versus eternal beauty
- The world's values versus God's values

5. Traits of feminine beauty:

- A gentle spirit: not weakness, but strength under control.
- A quiet spirit: not the absence of words, but an absence of inner noise.

For your Life Group

- Talk about the feminist and fashion-model voices in our culture and their different distortions of what it means to be feminine. How do television and movies pedal these messages?
- How do these distortions play out in a woman's sense of value and self-worth?
- For men in the group: how do men – knowingly or unknowingly – contribute to and reinforce – false voices that women hear?
- How can we be “in the world but not of the world” in this area of our lives?
- How does this play out in our life together as a church?