

For Girls Only – Leader’s Guide

1. Do you feel any pressure from our culture to be perfect or beautiful? (Answers will vary.)
2. What are some lies young women believe? (They believe they can’t be happy without a boyfriend. They believe they can’t feel good about themselves unless they’re popular/get good grades/weigh less/have nice clothes.)
3. Do you compare yourself with other girls? In what ways? (Girls might compare their looks, weight, grades, athletic ability, musical ability, and more.)
4. How does God want us to think about ourselves? (We should think, “God made me, and He doesn’t make junk! I’m a masterpiece. There’s nothing wrong with me. I’m beautiful.”)
5. Read 1 Samuel 16:7. Compare the way man looks at people with the way God sees them. (Man looks at the outward appearance of people, but God looks at people’s hearts.)
6. What does 1 Peter 3:3-4 teach about a woman’s true beauty? (True beauty is inner beauty; it’s from your inner personality. A calm and peaceful attitude – because you trust God - is more important than fancy hair, gold jewelry, or expensive clothes.)
7. What are some qualities we can develop to become beautiful *inside*? (We can become more loving, kind, generous, friendly, warm, forgiving, joyful, and more!)
8. The video states that men are “visual” in a way that women are not. What does this mean? (Men are sexually aroused and can be tempted to lust by what they see. If women show a lot of skin, men can struggle with impurity.)
9. How can women help men to resist sexual temptation? (They can stop trying to get men’s attention by wearing clothes that are skin tight or too short. They should not show a lot of skin or be popping out of their shirts! They can find cute and creative clothes that are also modest and respectful.)