

14. "Whose adorning let it not be that \_\_\_\_\_ adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; but let it be the \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_, in that which is not corruptible, even the ornament of a \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ spirit, which is in the sight of God of great price" (1 Peter 3:3, 4).

15. "In like manner also, that women adorn themselves in \_\_\_\_\_ \_\_\_\_\_, \_\_\_\_\_ with shamefacedness [a studied reserve] and sobriety; not with broided hair, or gold, or pearls, or costly array" (1 Timothy 2:9).

16. "What? know ye not that your body is the \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your \_\_\_\_\_ \_\_\_\_\_, and in your \_\_\_\_\_ \_\_\_\_\_, which are God's" (1 Corinthians 6:19, 20).



**Read Matthew 5. Write one thing from the chapter that you can apply to your life.**

- 17. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Lesson 6

## You and Your Body

### YOU AND YOUR BODY

In this lesson, you will look at more ways to take good care of your body.

**Get adequate exercise.** Exercise improves your posture and attitude, reduces stress, and adds grace to your bearing. It benefits your figure by firming your tummy muscles, shoulders, and thighs. It increases your circulation, which helps keep your hair and skin healthy and your body energized.

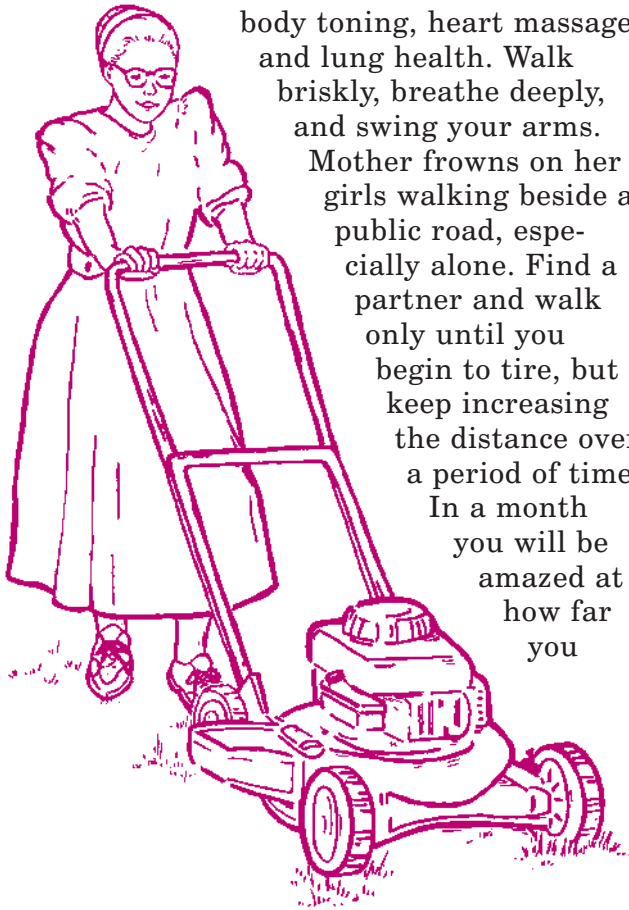
Expensive exercise equipment and a health club membership are not necessary. Some of the best forms of exercise cost

nothing and do not require immodest attire or close association with ungodly people.

Active domestic work is a good way to exercise, with the added benefits of helping others and training for your life's work. Cleaning the house, climbing stairs, washing windows, mowing a lawn (Yes, with a push mower!), hoeing the garden, shoveling snow, and washing the family van are all good forms of exercise.

Walking requires a pair of well-fitting walking shoes, but otherwise costs nothing. It is possibly the best exercise for all-around

Lesson 6



body toning, heart massage, and lung health. Walk briskly, breathe deeply, and swing your arms.

Mother frowns on her girls walking beside a public road, especially alone. Find a partner and walk only until you begin to tire, but keep increasing the distance over a period of time.

In a month you will be amazed at how far you

can walk without tiring and how much more energy you have.

“Women who get 30 minutes of vigorous exercise every day, even just a brisk walk, can reduce their chances of having a stroke by as much as 30%, a study shows,” was reported in Holly’s paper.

Playing softball or volleyball with your classmates is prime exercise. Play catch or soccer with your brothers and sisters and active games with your classmates at school. Be a participant, not a spectator. Get that fresh air! It will even help you to study better.

Research other exercises you can do in your bedroom to firm and tone specific muscles and help you control your weight. Your local library has information about exercises to help strengthen your body, improve your posture, and firm your abdomen.

To keep physically fit, spend 30 minutes each day in exercise that accelerates your breathing and heart rate.



**Check on yourself. Are you getting enough exercise? For this week jot down the type of exercise and how much time you spent.** (This may include active chores.)

- 1. Monday \_\_\_\_\_
- Tuesday \_\_\_\_\_
- Wednesday \_\_\_\_\_
- Thursday \_\_\_\_\_
- Friday \_\_\_\_\_
- Saturday \_\_\_\_\_

**Be well-groomed.** Bathe or shower regularly (especially during menses, a daily shower is a must); brush your teeth; change your underwear. You don’t need an elaborate wardrobe, but do make sure your garments are clean and pressed. Scrub your sneakers and polish your leather shoes. Runs in your hose convey a message that you don’t care

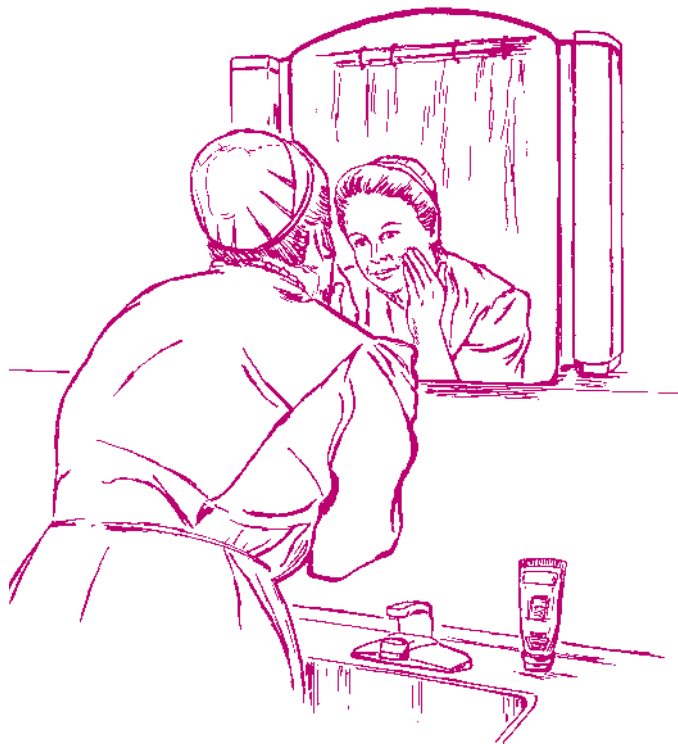
about yourself. Keep your fingernails trimmed and clean. Use lemon juice to scrub stains from your nails and hands after peeling apples, picking tomatoes, or other jobs that stain them.

Perspiration and body odor are common to everyone. You secrete about one and one-half pints of perspiration each day—and

much more if you are picking beans on a 90-degree summer day! A bath or shower may not be enough to prevent perspiration odor. Use a deodorant or an antiperspirant, if necessary, to prevent wetness on your clothes and perspiration odor. Most people find body odors offensive. Be clean. Smell clean.

**Practice good oral hygiene.** Brushing and flossing remove food particles that cause tooth decay and prevent the buildup of plaque that causes gum disease. Brush and floss after every meal, at bedtime, before you leave home for shopping, and before going to church, or spending time with family and friends. Then you know you look and smell your best. Besides, having a good taste in your mouth improves your disposition. Visit your dentist regularly to prevent and control tooth decay. A smile full of clean, healthy teeth enhances your face value.

**Take care of your complexion.** One advantage of no makeup is that you can splash water on your face anytime! It feels so good. During the teens girls may develop



oily skin, blackheads, pimples, and acne. You cannot control your heredity. However, diet, amount of sleep, and exercise can influence your complexion.

Your face gives you a unique identity and is what people usually notice first. A healthy complexion needs moisture. Moisture is water, not oils. Creams and lotions keep the water that is supplied to the face from evaporating, but do not add moisture. Drink six to eight glasses of water a day to keep your skin cells soft and glowing.

Hundreds of complexion care products line the shelves. Read labels and experiment to find the soap or cleanser that suits your skin. Be skeptical of advertisements that promise miracle cures and perfect skin.

Soap and water remove surface oil, dirt, and perspiration. Medicated soaps are available for problem skin. Cleansers remove dirt and oil and soften blackheads. Fresheners remove excess cleanser and oil. Moisturizers help the skin cells retain water and help soften the skin.

Bodily hormone changes in the early teen years signal oil glands to become active—often too active. So even though you take good care of your complexion, you may have blemishes, outbreaks of pimples, or suffer from acne.

To help remove whiteheads, wash your face using a gentle, steady, circular massaging motion, which removes surface dirt and readies the whiteheads for dislodging. Deep clean with a cleanser to soften outer skin to release whiteheads easily.

Remove blackheads by holding a hot wet towel to your face for five minutes before washing, or steam your face over hot water in the sink. The heat opens the pores and helps release the clogged oil and dirt. If you must press, be gentle to avoid infection. Follow with a medicated cleanser.

Acne pimples are different. They develop when bacteria finds its way deep within the pores and become infected. Have you noticed that pimples are more likely to occur just before or during the menstrual period? Keep your face clean and apply a medicated cream that will penetrate the pores and combat the

## Lesson 6

bacteria. Don't pick or squeeze acne pimples. Unlike whiteheads or blackheads that may be removed, it only makes them more noticeable and causes the infection to last longer.

A multi-million dollar cosmetics industry helps women disguise their complexion flaws and enhance the beauty of their eyes, lips, and skin. The aim is to be appealing to men. A Christian woman doesn't need to paint and powder her face to add to her physical beauty. She keeps her skin clean and healthy, and is content with the way God created her. Painting the face is mentioned several times in the Bible, always in a negative context. It is associated with the heathen woman Jezebel (2 Kings 9:30), rebellious Israelites who were trying to appeal to their captors (Jeremiah 4:30), and harlots (Ezekiel 23:40).

Holly's Mother says, "You are never fully dressed until you wear a smile." Yes, even a scarred face is glorious on a girl who radiates godliness from within. A sweet smile and a positive spirit will make people not even notice a pimple that you think shines like a spotlight. A pout and a negative spirit destroy even the perfect face. The joy of the Lord shining in your countenance is a cosmetic that exhibits your faith and increases your face value.

**Maintain healthy hair.** Healthy, shiny, beautiful hair depends on sleep, diet, exercise, and cleanliness. So, shampoo your hair regularly to remove dust, oil, and dead skin cells (dandruff). If your hair is oily, wash often.

Experiment with shampoos to find what is right for your hair type. Conditioners help take the tangles out of hair and tame fine fly-away hair or thick, bushy hair.

But before you shampoo, comb and brush your hair and scalp to loosen dust and dandruff. Mother says, "100 brushes every day, Holly."

Girls who obey 1 Corinthians 11:15 cope with hair that is long and perhaps very fine or thick. If you have hair that tangles a lot when you wash it, it may work best to shampoo in the shower. Or try ¼ cup (59 ml) of vinegar in your rinse water.

Hairstyles are always changing. Christian girls may be tempted to arrange their hair in waves or curls, iron curly hair straight, or tease or pile, depending on the current fad. The Christian girl accepts her hair as God gave it to her. It is her "glory." She combs it neatly in a modest frame around her face. She pins it up and covers it as instructed in 1 Corinthians 11:5, 6, and 13. She doesn't need trendy barrettes, shiny pins and clips, colorful bows, or bands.

In the days of Paul and Peter, Roman women would arrange their hair in elaborate styles with gold and silver threads twisted in. Hairstyles have changed over the centuries. In the 1500's even kings and queens rarely washed their hair. Some of their elaborate coiffures were styled with lard and actually housed lice!

"Cleanliness is next to godliness," Aunt Ruth tells Holly. You are naturally a better advertisement for Christ and His church when you are neat and clean.



**Three reasons are given in 1 Corinthians 11 why a woman should not pray with her head uncovered. List them here.**

2. a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_



Place a check beside each item that a Christian girl finds useful for good grooming.

- |  |  |  |
|--|--|--|
| 3. <input type="checkbox"/> toothpaste | <input type="checkbox"/> bathtub and shower      | <input type="checkbox"/> pretty hair barrettes and clips |
| <input type="checkbox"/> shampoo       | <input type="checkbox"/> comb and brush          | <input type="checkbox"/> pancake makeup                  |
| <input type="checkbox"/> toothbrush    | <input type="checkbox"/> hair conditioner        | <input type="checkbox"/> eye liners and eye glosses      |
| <input type="checkbox"/> hair tint     | <input type="checkbox"/> all-purpose skin lotion | <input type="checkbox"/> nail clippers                   |
| <input type="checkbox"/> soap          | <input type="checkbox"/> deodorant               |  |

**Wear clothes that fit neatly and modestly.** Don't wear clothes that are too small and too tight or too loose and baggy. However, the proper use of gathers and fullness can help you be more modest. In the world, hemlines go up and down with the fashions, but yours should always hide the curve of your calves. When you buy sweaters, coats, and jackets, the current style should not be priority. It may not look right on you at all. Take time to check in a mirror in the store.

A godly woman avoids choosing colors that shout for attention and are thus immodest. She avoids bright, shiny colors, big, bold stripes and splashy prints, and clingy fabrics.

"Dress speaks." wrote Stephen Scott in *Why Do They Dress That Way?* Perhaps you've heard this saying before: "What you are doing [wearing] shouts so loud I can't

hear what you are saying."

With so many solid and printed fabrics available, a careful Christian woman may choose the colors and combinations that look best. Christian stewardship comes into play here. We should not spend lavishly on ourselves. A Biblically modest woman wears simple, unadorned clothing. Rather than accentuated, the feminine form is concealed to minimize men's temptation to lust.

Our heavenly Father created two distinct genders, male and female, and He expects us to maintain an obvious distinction between the two. Men's and women's clothing should clearly reflect their gender. Always dress in a way that is considered feminine. In our culture, a dress is definitely feminine.

The word "effeminate" in 1 Corinthians 6:9 refers to men who would act or dress like women.



Write these verses.

4. Genesis 1:27. \_\_\_\_\_  
 \_\_\_\_\_
5. Deuteronomy 22:5. \_\_\_\_\_  
 \_\_\_\_\_



Answer this question.

- 6. In Lesson 5, you wrote these Scriptures: 1 Peter 3:3-5 and 1 Timothy 2:9, 10. Why do you think God addressed Scriptures regarding dress specifically to women?

\_\_\_\_\_  
 \_\_\_\_\_

**Lesson 6**



**Fill in the blanks to complete the eight points for caring for your body from this lesson and the end of Lesson 5.**

- 7. \_\_\_\_\_ for good health.
- 8. Get adequate \_\_\_\_\_. You need \_\_\_\_\_ hours a night.
- 9. Develop habits of \_\_\_\_\_. \_\_\_\_\_ tall. \_\_\_\_\_ gracefully. \_\_\_\_\_ with poise.
- 10. Get \_\_\_\_\_ exercise. A good amount is \_\_\_\_\_ per day.
- 11. Be \_\_\_\_\_. \_\_\_\_\_ or \_\_\_\_\_ regularly.
- 12. Practice good \_\_\_\_\_. \_\_\_\_\_ and \_\_\_\_\_ often.
- 13. Take care of your \_\_\_\_\_. A \_\_\_\_\_ is the best facial cosmetic.
- 14. Maintain \_\_\_\_\_. The New Testament teaches that it should not be \_\_\_\_\_.
- 15. Wear clothes that fit \_\_\_\_\_ and \_\_\_\_\_. Avoid colors and prints that attract attention to \_\_\_\_\_. Wear clothing that is clearly \_\_\_\_\_.

**LOOKING BACK . . .**



**Answer these questions.**

- 16. Why were you created? (Revelation 4:11) \_\_\_\_\_
- 17. What is your body for?
  - a. (1 Corinthians 6:13) \_\_\_\_\_
  - b. (1 Corinthians 6:19) \_\_\_\_\_
- 18. How might the girl who dresses immodestly cause others to sin?  
\_\_\_\_\_



**Read Matthew 6. Write one thing from the chapter you can apply to your life.**

- 19. \_\_\_\_\_  
\_\_\_\_\_



**Write 1 Corinthians 6:19, 20. Begin memorizing these verses.**

- 20. \_\_\_\_\_  
\_\_\_\_\_

## Lesson 7

## Godly Beauty

## GODLY BEAUTY

“A gracious woman retaineth honour” (Proverbs 11:16). The Hebrew term *gracious* means “kind and gentle.” Such a woman is courteous, friendly, lovely; she thinks of others first. She shows appreciation. Holly remembers one of her father’s favorite poems:

*I have wept in the night  
For my shortness of sight  
That to someone's needs made me blind.  
But I never have yet  
Felt a tinge of regret  
For being a little too kind.*

“A virtuous woman is a crown to her husband” (Proverbs 12:4). She is a woman of moral strength and high principles—a lady. Her fear of God frees her from peer pressure and from temptations to lower her standards to be popular and accepted.

“Every wise woman buildeth her house” (Proverbs 14:1). A wise woman takes care of her home. She’s not a perpetual shopper, wasting money or resources. She is content, not always wanting things she doesn’t need. As a Christian steward, she takes good care of the furniture. She does not leave garden tools outside to rust. She does not put down her husband or children. She’s an encourager. She blesses the lives of those around her.



**Read Proverbs 31:10-31. Write the number of the correct verse(s) for these attributes of a virtuous woman.**

1. a. \_\_\_ She is trustworthy. She can keep confidences.
- b. \_\_\_ She is a willing worker.
- c. \_\_\_ She can manage finances.
- d. \_\_\_ She cares about the needs of the less fortunate.
- e. \_\_\_ She is neat in her appearance.
- f. \_\_\_ She does not sleep late in the morning.
- g. \_\_\_ She takes good care of her family.
- h. \_\_\_ She plans healthy meals.
- i. \_\_\_ She keeps in good physical shape.
- j. \_\_\_ She is a kind, gracious person.

## Lesson 7

- k. \_\_\_\_ She likes to sew garments.
- l. \_\_\_\_ She enjoys her vegetable garden (or other food preparations for her family).
- m. \_\_\_\_ She plans ahead; she is well organized.



### Read 1 Timothy 2:9-10.

- 2. What adornment does God recommend in these verses?
- 



### Read 1 Peter 3:1-5.

- 3. What is the adornment that God counts valuable?
- 

## What Makes a Woman Beautiful to Godly Men?

As Holly read through Proverbs, she saw that God doesn't rate women by physical beauty. But God does hold certain character traits in high regard. Holly thought of her mother and her aunts, sincere Christians. She knew that her father and her uncles deeply respected their wives and loved them dearly. Yet, even when she looked at their wedding pictures, she knew they would never win a beauty contest. Holly began to wonder what had attracted her father and uncles to their wives. When the family gathered at Christmastime, she asked her uncles, "Why did you marry Aunt Sue, Aunt Phyllis, or Aunt Twila?" Later she asked her father. Here are some of the answers she heard.

*"She had a quiet, submissive spirit."*

*"She had self-respect. She didn't lower her standards to get a boyfriend."*

*"She was self-confident."*

*"She had a servant attitude. Once on a trip with our church group, I saw her move without hesitation to clean up after a sick child, give him a bath, and soothe him."*

*"She had a joyful spirit. She was optimistic."*

*"She was neat and self-disciplined."*

*"I watched her in situations where she would not compromise her values. She was willing to stand alone in her convictions."*

*"I noticed that she was willing to cooperate and worked well with others in group situations. She got along well with her parents and brothers; they had such a happy home."*

*"She was humble. She was slow to talk about herself."*

*"She had a soft, quiet voice."*

*"She was thoughtful of others, and of ways to make her friends happy."*

*"She was a good listener. She did not interrupt."*

*"Her clothes were modest and appropriate."*

*"She kept herself clean—which took some effort since she helped her father daily in the dairy barn."*

*"She wasn't afraid of work."*

*"She had basic homemaking skills."*

*"She loved children."*

Holly's father's and uncles' answers are typical of what you would hear from Christian men everywhere. The qualities that make a woman distinguished to godly men are not a perfect figure and unblemished face.

Yes, Christian girls take care of their skin. They discipline themselves to avoid excessive weight and to be fit for service to God and others. They dress appropriately. But their first concern is in developing the inner beauty of a godly character.

Girls who want to be noticed by boys put on makeup, manicures, hairstyles, and the

current trends in clothes. The men who notice them are men of low standards, who notice for the wrong reasons. Do you want such a husband? Focus on the inner qualities that lead to social friendships without shameful regret—the qualities that make marriage an experience of joy and blessing.

Godly men do notice sensual girls obvi-

ously sporting physical appeal, but are turned off by them. They like pretty girls, but notice the inner godly beauty. That unique beauty becomes a real plus in a loving wife and mother with a servant heart. Godly men are not interested in a relationship with a girl whose beauty is only skin-deep.



**Write *yes* before the characteristics of a godly, virtuous woman. Write *no* before those that are not characteristics of a godly woman.**

4. \_\_\_\_\_ She has a servant heart.
5. \_\_\_\_\_ She complains about work.
6. \_\_\_\_\_ She plans healthy, interesting meals.
7. \_\_\_\_\_ She is extravagant with cosmetics.
8. \_\_\_\_\_ She often “shops till she drops.”
9. \_\_\_\_\_ She clothes herself in simple, modest clothing.
10. \_\_\_\_\_ She works hard to meet the needs of her family.
11. \_\_\_\_\_ She is compassionate toward the poor and needy.
12. \_\_\_\_\_ She keeps her hair styled in the latest fashion.
13. \_\_\_\_\_ She is critical of her father or husband.
14. \_\_\_\_\_ She spends hours gossiping on the telephone.
15. \_\_\_\_\_ She is a kind, gracious person.
16. \_\_\_\_\_ She can keep confidences.

## LOOKING BACK . . .



**Write the letter of the best ending for each sentence in the blank.**

17. \_\_\_\_ One of God’s purposes for your body is for  
 a. sports.                      b. service.                      c. attracting men.
18. \_\_\_\_ The gland that sends hormones through your body in puberty is the  
 a. pituitary gland.      b. thyroid gland.      c. ovary.
19. \_\_\_\_ To have glowing skin and shining hair you should  
 a. wash them regularly.      b. use makeup and coloring.      c. eat junk food.
20. \_\_\_\_ An adequate physical exercise is  
 a. peeling potatoes.      b. folding laundry.      c. brisk walking.

**Lessons 7, 8**

21. \_\_\_\_ You need \_\_\_\_ hours of sleep each night to function at your best.  
a. 5-6                                      b. 8-9                                      c. 11-12.
22. \_\_\_\_ The most important thing to put on your face is  
a. moisturizer.                              b. a smile.                                      c. makeup.
23. \_\_\_\_ A gracious woman is  
a. kind and gentle.                              b. proud and haughty.                                      c. complaining.
24. \_\_\_\_ A virtuous woman has  
a. many talents.                              b. high moral standards.                                      c. wealth.
25. \_\_\_\_ A wise woman  
a. shows off her knowledge.                              b. encourages others.                                      c. is a perfectionist.



**Read Matthew 7. Write one thing from the chapter you can apply to your life to help you become a godly woman.**

○ 26.

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**Review 1 Corinthians 6:19, 20. Can you say it by memory yet?**



## **Increasing in Favor With God— Growing Spiritually**

“My sheep know my voice,” sang Holly’s class. Sister King began a lively youth girls’ Sunday school class from John 10 where Jesus describes Himself as a shepherd, and Christians as His sheep. Sister King applied her personal experiences as a sheep in the Good Shepherd’s fold. Candidly she recounted the anguish she experienced when she had strayed from the Shepherd’s care, a sharp contrast to the peace of sins forgiven. She told how her loving Shepherd directed her last week in a difficult decision.

Holly recognized Sister King’s intimate fellowship with God. Holly longed for that experience too.

Knowing God as your personal friend and guide is the privilege of any Christian, young or old. Don’t wait until you are an adult to cultivate a close relationship with God. Knowing God and obeying His Word is the only way to become a wise, godly Christian woman.

The next lessons will challenge you to grow spiritually. You will discover practical ideas to help you study the Bible and apply it to your life. Work through this section carefully and prayerfully. The woman who develops a personal relationship with God finds the key to a joyful, fulfilled life.