



This study is dedicated to  
the awesome young women of Trinity Lutheran Church in Lisle, Illinois,  
who helped with the creation of this book. Your faith, commitment,  
and generosity inspire me.  
You truly “Shine” with God’s love and grace.



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# Introduction

Imagine. Cameras flash. Applause fills the room. Faces light up as you step through the door. Cries of “You look amazing!” reach your ears.

Your friends rush in to hug you, careful not to mess up your hair or wrinkle your designer clothes. They gasp at the four-inch platforms on your feet and squeal over the French manicure on your hands.

You have just participated in a fashion makeover. You look beautiful. And for the moment, you feel like a celebrity.

\* \* \* \* \*

Would you love the chance to be on a makeover show? Would you like to remake your look? As a young woman, maybe you struggle with feeling good about yourself. Maybe it seems you don’t measure up to the world’s standard of beauty.

*Divine Makeover: God Makes You Beautiful* will lead you through a makeover of the heart. As you journey through these pages, God will restyle your spirit, so that, even on the days you’re not happy with what you see in the mirror, you can discover your true beauty in God’s love for you. This makeover will alter your soul and change you from the inside out.

There really is a makeover show in the Bible. Ephesians 5:25–27 tells us that Jesus’ mission was to clean up every spot and blemish He sees in the Church—and in all of us—and transforms us into an image of perfection and holiness! We are able to walk that runway because Jesus loves us enough to wash our souls with His amazing forgiveness and give us the ultimate makeover.

Each week this Bible study will focus on a character quality, an inner beauty, that we receive from Him. The week is divided into five daily readings with study guides—forty days in all.

Each day’s reading takes just a few minutes, but you can spend as much time as you like to work through the study guide. Each week of the study includes a few questions designed to be discussed in a group. That way, if you’re part of a Bible study group (or if you’d like to start one!), you can experience the divine makeover together.

Whether you use this Bible study with a group or on your own, I hope that this format will help you get into a daily routine of meeting with your Savior. I encourage you to mark up your book. Underline or highlight passages that inspire or challenge you. Make notes. Ask questions.

There are a few tools that are used often in this book:

***Get a close-up. Zoom in on one thing you discovered today.*** I ask this question every day because I want you to pick out one thing that made you think “Wow! I didn’t know that,” or “Mmm . . . I never thought about that before.” Write down one truth that will make a difference in your everyday life.

***Memory verse.*** Each day you will be asked to write out the memory verse for the week. The act of writing out the words will help you to store the verse in your mind. You might also want to write out the Scripture on a sticky note that you post on your mirror or in your locker or carry in your backpack as a way to remind you of God’s truth for you.

***Study Styles.*** Every week, the Study Styles section will teach you a new way to study God’s Word. These sections take a little longer to finish, but I hope that learning new ways to look at the Bible will help you dig deeper into the Word of God and its truth for you. Once you have learned these new study styles, you might want to use them with other Bible passages.

***Meaningful Makeover.*** The Bible is full of fascinating people and amazing stories, but if all we get out of it is learning some new facts, we have missed the point. God transforms us through His Word. The weekly Meaningful Makeover section helps you learn how to apply God’s Word to everyday life and experience that makeover for yourself.

***Fashion Finesse.*** Although the focus of this book is inner beauty, I have included a little fashion fun. Each week, I conclude with a few words about finding the right clothes, building a wardrobe, and looking your best.

As a young woman, you are still discovering your own style. You're probably experimenting with clothes, hairstyles, and makeup to find your best look. And it's easy to get caught up in the world's manic obsession with physical beauty.

My prayer is that this book will help you focus on inner beauty. I pray that you will discover a joy that outshines any lip gloss. May you find your loveliness, not in trendy makeup or the latest fashions, but in God's awesome love for you!

Maybe you won't be on a television makeover show. Maybe cameras won't follow your transformation. Applause won't fill the room. But God's divine makeover will transform your heart, soul, and mind. In His grace, your beauty will shine!



## WEEK ONE

# **Step into a Divine Makeover and Fashion Your Life for True Beauty**

### *Memory Verse*

Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires . . . [and] put on the new self, created after the likeness of God in true righteousness and holiness.

Ephesians 4:22, 24

# Day One



## A Fashion Makeover

*Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires . . . [and] put on the new self, created after the likeness of God in true righteousness and holiness. Ephesians 4:22, 24*

It took only two episodes, and I was hooked.

I first watched the show *What Not to Wear* during a weekend spent visiting relatives. For two days, my sister-in-law and her two teenage daughters tuned in often to the *What Not to Wear* marathon on television. They were already big fans of the fashion makeover program, and it didn't take long for me to discover why.

I admit it. It was kind of fun to laugh at the participants who were spotted wearing ratty old sweat suits. It was a blast to watch all mouths in the room drop open at the sight of the tacky and shocking outfits some of the women wore.

Best of all, it was incredible to see how these women were totally transformed. Stacy and Clinton, the hosts of the show, helped each woman find just the right clothes for her shape. Hair stylists and makeup artists brought out her best features. By the end of the show, the lady in the ratty sweat suit with the messy ponytail was almost unrecognizable as she stepped out in a gorgeous new outfit and perfectly styled hair. She looked amazing.

If you had seen me in my younger years, you definitely would have started a campaign to get me on the show. You would have called Stacy and Clinton and demanded that they devote two full episodes to make over this wardrobe-challenged girl. Someone should have told me not to wear the pink dress printed with daisies the size of Frisbees. And the pair of purple corduroy (gasp!) flares. And especially the raspberry-red plaid coat that was four sizes too big.

I struggled in the fashion department when I was in high school. I envied the girls who seemed to have it all together. The ones whose outfits always coordinated perfectly. The ones with cover-girl beauty who looked amazing in everything they wore.

Meanwhile, I kept wearing the wrong thing; I continued to make horrible clothing choices. I could have used a wardrobe consultant, a style expert, or just a friend who wasn't afraid to tell me the awful truth and help me choose a better wardrobe.

What about you? Maybe your clothes aren't as bad as mine were, but would you jump at the chance for a fashion makeover?

We don't all have the chance to be on a makeover show, but we all have a Spiritual Fashion Advisor. We each have the opportunity to learn from the Expert on how to fashion our lives for real beauty.

God is our Makeover Expert. Now, He isn't all that concerned about what is appearing on New York fashion runways. And although He certainly wants us to dress modestly, I doubt that He cares if we wear pleated pants instead of skinny jeans. He doesn't give us fashion demerits if we buy our sweaters at Walmart instead of dELiA\*s.

But while God probably doesn't tune in to TV makeover shows, He does watch how we clothe our character. In Christ, He loves us just as we are, and, in Christ, He makes us much more. The Holy Spirit gives us a divine makeover. Through God's Word, He transforms our hearts. Through Christ's body and blood in the Lord's Supper, He alters our souls.

In the Bible, God encourages me to take off the old self (Ephesians 4:22). My old self is wrapped up in selfishness and envy. It's the part of me that gets hopeless and desperate to impress, that keeps wearing doubt and fear, worry and guilt. It's the part of me that will do anything necessary to impress my friends.

When I want to dress for success, my old self does its best to dress me in the lies and ugliness of sin. Sure, I want to be prettier and smarter. I want to be more successful and more popular. Who doesn't? Yet even while I'm struggling for all of those things, the lie that those things will make me happy keeps me in the rags of worry and shame.

Our heavenly Makeover Artist keeps telling me, telling you, "Girl, you don't have to keep wearing those old rags. I have something better for you."

The clothes God gives make us pure in His sight (v. 24). Through faith in Jesus' death and resurrection, we are forgiven. We are made completely new.

So step into this makeover and watch the Holy Spirit work. He can throw off your fear and cover you in hope. He can fling off your worry and wrap you in peace. He'll toss out your shame and clothe you in love.

It's time for a new design. Will you trust the Holy Spirit to work a miraculous transformation in your heart?

I nominate you for a divine makeover. May the Holy Spirit work through this Bible study to clothe you with His own impeccable and perfect design!

*Dear Father in heaven, I thank You that You love me, even seeing my flaws! Help me to trust You as You work a divine makeover in my life. Help me to be willing to throw out the old clothing that wraps me with lies. Give me peace and grace as Your Son makes me shine. In Jesus' name. Amen.*

## Looking Your Best

Any style consultant worth paying for would do one thing: bring out your best qualities!

What do you like about yourself? Your picture-perfect skin? Long legs? Charming smile? Great hair? Choose makeup and fashions that play up your loveliest features.

## Day One



### Wardrobe Workout

1. Imagine that a famous style consultant is coming to look in your closet. What wouldn't you want her to see? Pull it out and ask yourself why you keep it. If you are doing this study in a small group, bring this item to the meeting and discuss why we hold onto things we really should get rid of.

## 2. Read Ephesians 4:22–32.

a. The apostle Paul, the author of Ephesians, tells us to “put off” certain behaviors and to “put on” others. Why do you think he used this picture of putting off and putting on?

b. Verse 22 instructs us: “Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires.” The world is full of deceitful desires—things that promise to make us happy, but then fail to deliver that happiness. Below are listed a few of these “deceitful” desires in our reading today. List any others you can think of.

- desire for beauty
- desire for intelligence
- desire for success
- desire for popularity

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c. Verse 24 says that our new self is created to be like God! Jesus—the perfect likeness of God—makes our new self possible. What are some qualities of God that you would like to see more of in your life?

3. Get a close-up. Zoom in on one thing you discovered today. What did God teach you that will make a difference in your life?

4. Our memory verse for this week is Ephesians 4:22, 24: “Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires . . . [and] put on the new self, created after the likeness of God in true righteousness and holiness.” To help you memorize this passage, make it your screen saver on your phone or computer this week. Also write it out in the space below—the simple act of typing or writing the words will make them stick in your brain.



The most important pieces in our spiritual closet are the “garments of salvation” and the “robe of righteousness.” These are the “party dresses” we need to get into the biggest celebration ever—heaven.

“Okay,” you say. “I hear you. We need garments of salvation and robes of righteousness. But what *is* righteousness anyway? What do garments of salvation look like? Why would I even want to wear them?”

Being righteous essentially means being declared “not guilty.” We’ve all messed up. We’ve told little white lies or big black lies. We’ve gossiped to our friends or screamed at our parents. We’ve snubbed the unpopular girls or ignored the kids who don’t quite fit in. And all our sins show up as big black stains on our hearts.

But you know what? Jesus loves us anyway. He sees the dirt on our souls, but He says, “Don’t worry. I’ve taken care of it; I’ve washed you clean. Here, let Me take that filthy thing you’re wearing. I have a beautiful robe for you instead.”

The robe of righteousness is what allows us to stand before God without shame. It’s what enables us to know Jesus as a loving friend instead of a harsh judge.

But of course, we can’t get that robe on our own. We can’t buy it at Target or at the designer outlet mall. No amount of money can buy this important garment. In fact, if God were running an advertising campaign, it might go something like this: “Fashion T-shirt: \$20. The latest jeans: \$45. Robe of righteousness: priceless.”

Jesus Himself had to buy that robe for us with His own blood. Now God gives it to us—for free—when we receive the gift of faith in Christ, our Savior, through the Word. He brings us through the waters of Baptism and transforms our spirits. The Father holds out the robe of righteousness and invites us to slip our arms into the sleeves. He wraps us in the garments of salvation and clothes our hearts with His Spirit and His love. (If you are not sure you have received these garments, please check out page 229.)

I had fun that Saturday at the mall when the New York fashion consultant helped me find just the right clothes for my everyday life. But even better, God gives all of us the clothes we need for eternal life.

Let’s remember to thank God for cleansing our grimy spirits and giving us clean hearts.

*Almighty God, thank You for giving me salvation; I know there is nothing I could do to earn it on my own. Jesus, thank You for paying the price for my sin through Your death and resurrection. Holy Spirit, thank You for clothing me in righteousness. Amen.*

## Finding Your Fashion Essentials

To determine your own fashion must-haves, make a list of activities you participate in regularly, the kinds of clothing you need for them, and the number of items you need to get you through to laundry day. What do you need for

• school? \_\_\_\_\_  
\_\_\_\_\_

• church? \_\_\_\_\_  
\_\_\_\_\_

• work? \_\_\_\_\_  
\_\_\_\_\_

• sports? \_\_\_\_\_  
\_\_\_\_\_

• special occasions? \_\_\_\_\_  
\_\_\_\_\_

After you have made your list, check your wardrobe to see if you have everything necessary.



c. What do the “pure vestments” (v. 4) or “fine garments” (NIV) symbolize?

d. Who takes off Joshua’s filthy garments and puts on his clean robes? What do you think this means?

4. Get a close-up. Zoom in on one thing you discovered today.

5. Write out our memory verse for this week: “Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires . . . [and] put on the new self, created after the likeness of God in true righteousness and holiness” (Ephesians 4:22, 24). Read a phrase, then cover it and write it. Try to write as much of the verse as you can without looking.



But even when I looked up and down all the aisles of the store, I couldn't find any products to help me enhance my inner beauty. I didn't see any gels or lotions to help me develop a beautiful heart.

Which is sad, because that's the kind of beauty God wants us to have. In the Book of 1 Peter, He tells us:

Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear—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 3:3–4

It seems that even two thousand years ago, women struggled with this inner and outer beauty thing. The women to whom the apostle Peter was writing were braiding their hair, wearing fancy clothes, and buying expensive jewelry in order to improve their appearance.

Now, I don't think that Peter was telling these women that it was wrong to fix their hair or wear nice clothes. He isn't saying we shouldn't wear makeup or put on a necklace. I think he was telling them—telling *us*—that the latest hairstyle or the trendiest wardrobe isn't what makes a girl lovely. True beauty comes from inside.

Although the magazines, television commercials, and celebrity shows will try to convince us otherwise, relying on outward beauty for our self-worth is a waste of time because:

*Pursuing beauty is hopeless.* External beauty isn't lasting. The cover-girl look lasts only until it rubs off on the washcloth.

*Striving for beauty will always leave us feeling we are never quite lovely enough.* Trying to look like the celebrities in magazine photos is impossible. Even the models themselves don't look like the pictures without the help of Photoshop.

*Chasing after beauty will lead only to an empty and meaningless life.* I have a lovely grand piano in my living room, but if I spend all my time polishing its shiny ebony finish without ever taking the time to play it, I am ignoring the purpose of the piano—to make music. If we spend all our time trying to perfect our outward beauty, we are missing the purpose for which God made us. He created us to experience His love and acceptance

and share it with the world—this is what makes our souls shine with inner beauty that only God can give.

God tells us that instead of seventy-three tubes of mascara, instead of hundreds of cosmetics, there is only one thing we need to be truly beautiful: faith in Jesus, which shines with the beauty of a gentle and quiet spirit.

The New Testament wasn't originally written in English, of course. Peter wrote in Greek. And the Greek word used for *gentle* in 1 Peter 3:4 means having a graceful soul.

The word *quiet* in this passage describes a peaceful heart that is not upset by chaotic circumstances. It has a tranquility that isn't dependent on having a perfect day. Obviously there is chaos and there are imperfect days, but the Holy Spirit encourages us to still trust God. The person with the quiet heart is the one who manages to remain calm and clean during a cafeteria food fight.

This doesn't mean that we are timid or that we pathetically sit in a corner all day, never talking to our friends. It means that we trust God to work through His gifts to us, even "the unfading beauty of a gentle and quiet spirit."

Basically, God gives us permission to be calm. Even in the ugliness and chaos of this world, Scripture encourages us so that we may trust Him from the heart.

Although there aren't any products available in the cosmetics aisle to give us gentle and quiet hearts, we don't have to lose hope. God is more than willing to give us what we need to be able to hold His hand in trust when we start to question what's happening in our lives. He sent His Son—He isn't holding back! And He sent us His Spirit to quiet down our chaotic hearts.

I think our heavenly Father seriously wonders why we expect bottles of liquids and tubes of gels to give us worth and beauty. Because He has already done that.

God has made us beautiful.

*Heavenly Father, please forgive me for the times I have been too concerned about hairstyles, makeup, and clothes. Help me to focus on the beauty of Your Son in my life. Give me the gentle and quiet spirit that will make me lovely in Your eyes. In Jesus' name. Amen.*

Your inner beauty never needs makeup.

If you know that God thinks you're beautiful, that's all that matters.

*Leah*



c. In verse 4, Peter writes, "Let your adorning be the hidden person of the heart." Your external beauty routine may include shampoo, curling iron, makeup, and wardrobe. If you had a routine to beautify your heart, what might it include?

4. Get a close-up. Zoom in on one thing you discovered today.

5. Write out this week's memory verse. Try to do it without looking back at the words.

## Day Four



### Out With the Old

*But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. Do not lie to one another, seeing that you have put off the old self with its practices. Colossians 3:8–9*

I am a sweater-holic. I can't help it. I live in Chicago, where—if it's not one of the twelve days of the year when it's so hot that you want to stuff ice packs down your clothes—you need sweaters.

Plus, shopping for sweaters is fun. They come in a gazillion colors and styles. I can buy them in oodles of patterns and textures. I can spend a lot and buy a cashmere sweater at Macy's or pay a little for a cute cotton one at Target. Maybe best of all, I can buy tons of them for almost nothing at the thrift store.

There is only one problem with the last option.

When I come home from the resale store with twenty new-to-me sweaters, I have to find a place to put them. But my closet is already full. My dresser drawers are already stuffed.

If I want to keep my new sweaters, I have to get rid of some of the old. And sometimes it is difficult for me to part with some of my favorite garments.

Never mind that I never even wear some of them. That the wool pull-over is too scratchy. Or that when I got that blue cardigan home, it simply didn't look as cute as it did in the store. Or that I completely forgot about the teal turtleneck because it was buried under a dozen other sweaters.

I start to toss them into a giveaway pile, but then I stop myself. Perhaps I could wear a T-shirt under the itchy pullover. Maybe the blue one would work with a belt. And the teal turtleneck? I just have to put it on the top of the pile.

Cleaning out my closet isn't always easy.

The truth is, cleaning out my spiritual closet isn't always a cinch either. God tells us that we need to get rid of some things in our lives:

Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these the wrath of God is coming. In these you too once walked, when you were living in them. But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. Do not lie to one another, seeing that you have put off the old self with its practices. Colossians 3:5–9

But I start to rationalize. Those are seriously major sins. Me? I don't really need to change. I only told a little lie. So what if envy over my friend's popularity is eating me up? Everyone uses a little bad language now and then; who cares?

God cares. And not for the reason you might think. We tend to think of God as a scorekeeper. Do a good deed—get ten points. Say a bad word—get a penalty.

Our heavenly Father has given us rules. But He didn't give us these rules to make our lives miserable. We are to follow His Commandments because they reveal the Divine Designer of our lives.

Colossians 3:5 says, "Put to death therefore what is earthly in you." The part of us that is stained with sin doesn't actually fit us, although Satan will always try to convince us that it does. He will urge us to try on envy, obscene talk, even promiscuity, promising us that this is what an attractive life is all about. But eventually, we discover the ugly truth: sin kills and destroys the beauty of our souls.

God has designed us for something better. He is ready to give us the spiritual clothes that fit us perfectly and make us feel better than ever before. He has prepared custom-made fashions that will make us feel both lovely and loved in His Son, Jesus Christ.

Although I may continue to struggle to part with some of my old sweaters, I pray that I won't become so attached to the world that I don't want something better. I pray that God would give me a glimpse of the vision He has for my life so that I don't settle for anything less.

Our heavenly Designer is like an expert wardrobe consultant who sees our potential for beauty. Like a makeover artist who can envision a client looking ten times more attractive than she is now, God is able to see us at our best. His plan for our lives is more wonderful than we can ever imagine.

*Father in heaven, too often I have attempted to fit into this world. I have tried on many things that have only ended up being uncomfortable and unattractive. I thank You that You have a wonderful vision for my life. Give me the strength to throw out the old. Clothe me in Your beauty. In Jesus' name. Amen.*

## Throw Out the Old

Cleaning out your closet can be a difficult and depressing job. To make it more fun, team up with a friend. Ask her to help you decide which clothes look great on you and which you should toss. After you are done with your closet, go work on hers. Maybe you can even exchange a few outfits!

## Day Four



## Wardrobe Workout

1. We all hang on to ugly attitudes or behaviors. List some reasons why it's hard to clean out our spiritual closets.

2. Read Colossians 3:5–9 again. Verse 5 tells us we are to put off idolatry. In this modern world, most of us don't worship gold statues, but that doesn't mean we don't have idols. An idol is anything in our life that we treat as more important than God. Using that definition, what are some modern-day idols?
  
3. Get a close-up. Zoom in on one thing you discovered today.
  
4. Write out this week's memory verse. No peeking!

## Study Styles

I love to dig into Scripture. To get the most out of my study time, I use a variety of ways to discover what God is saying in His Word. In this section, I will introduce you to different techniques for exploring the Bible. Each week, we will try a new study style.

One good way to get the most out of your Bible study is to make charts of what you have learned. Using Colossians 3:5–17, fill out the chart of What Not to Wear/What to Wear.

### What Not to Wear

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### What to Wear

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Now circle the characteristics you are currently wearing!



Did you notice that the word *new* appears twice in this short little verse? First, God tells us to put on the *new* self, and then He tells us that this self is being *renewed*.

When I am studying Scripture, one of the things I like to do is look up words in the original languages of the Bible. The New Testament was written in Greek, so I searched for these two words in a Greek dictionary. It turns out that the words translated *new* in Colossians 3:10 are from two different Greek words. The first one, in the phrase “the new self,” is translated from the Greek word *neos* and means new in relation to time. This is like the new flannel shirts I bought for my dad. He already had flannel shirts, but he had worn them for a long time. I bought the same kind of shirts, but they didn’t have the holes the old ones did. Another example of this “new” might be if your favorite Skechers wore out and you bought the exact same Skechers, only newer.

The second *new* in the word *renewed* is *anakainos* in the Greek. The root word is *kainos*, which means new in relation to quality. If I had bought my father *kainos* new shirts, I would not have purchased \$15 flannel shirts like he often wore. I would have splurged on a custom-tailored, polished-cotton shirt with French cuffs. If you were buying *kainos* new shoes, you wouldn’t simply replace your worn Skechers. You would shop for a brand-new pair of Jimmy Choos.

On our own, we can only put on the *neos* new. We can brush on mascara and style our hair. We can buy new clothes and refashion our image. We can even try to change our behavior by reading self-help books or making New Year’s resolutions. Still, inside, we are the same person.

But when God works His makeover miracles, we become *kainos* new. He transforms us from the inside out. He alters the quality of our character and the value of our lives. In fact, the change is so dramatic that we begin to look like our Designer. Colossians says that we are being renewed in the image of our Creator.

I wish I could say that my divine makeover is complete, that I already look just like my heavenly Father. But I still mess up. I still make mistakes. I still wear my old self sometimes. It’s then that God reminds me I am *being* renewed. It is a continual process. And it can be a process of joy and discovery.

Picture Jesus coming to your closet. But instead of the closet being full of your usual clothes, it contains some of the attitudes and behaviors that

you've been meaning to toss. Jesus looks at you and gently asks, "Are you ready to change?"

You hesitate, but Jesus takes your hands in His own nail-scarred hands and reassures you. "You are beautiful, My daughter. But some of the things you've been wearing are ruining your image. They're holding you back from being the person you are created to be. They've become comfortable because you have worn them so long. But I have something even better in mind. Will you trust Me? Will you take the next step to become a better you?" You nod your head, and Jesus begins to pull out clothes you are a little embarrassed for Him to see. But with each item, it becomes easier to watch Him toss them into the trash can. Just when you think the process is finished, Jesus brings an armload of beautiful new clothes for you to wear. He picks up a jacket and holds it out to you. You slip it on. You are amazed. It fits perfectly. When you catch a glimpse of yourself in the mirror, you can't believe it's you. Somehow the color and the fit of the jacket make you look ten times better than you usually do. You feel beautiful.

Jesus smiles and whispers, "You look lovely, My princess."

*Heavenly Designer, only You can make me new. Only You can transform me from the inside out. Help me to come to You each day for the next step in my divine makeover. Thank You that You are working to change me into Your image. Amen.*

## Controlling Your Closet

Organize your closet by hanging like things together. Arrange clothes by color and type. Hang all the red shirts together, all the blue pants together, and so forth. It will help you find the outfit you want on those mornings when you can barely open your eyes.

# Day Five



## Wardrobe Workout

1. Reread the last four paragraphs of today's reading.
  - a. Is there anything that makes you uncomfortable when you read the description of Jesus cleaning out your spiritual closet?
  
  
  
  
  
  
  
  
  
  
  - b. Is there anything in that description that gives you joy?
  
2. What does a divine makeover mean to you? What changes would you like to see in your life?
  
  
  
  
  
  
  
  
  
  
3. Read Colossians 3:12.
  - a. How does that verse describe us?
  
  
  
  
  
  
  
  
  
  
  - b. How does knowing that is how God sees you help you to step out into a divine makeover?
  
  
  
  
  
  
  
  
  
  
4. Get a close-up. Zoom in on one thing you discovered today.
  
  
  
  
  
  
  
  
  
  
5. Write out this week's memory verse, Ephesians 4:22, 24 from memory.

## Meaningful Makeover

Bible study is more than learning facts and terms. God's Word is living and active and transforms our lives. Look at the chart you completed yesterday (page 28). Choose one item you circled in the "What Not to Wear" column that you would like to toss or one item not circled in the "What to Wear" column that you would like to add to your life. What are some steps you can take to make this a reality? (For instance: I would like to make a more conscious effort to be kind. One way I could do this would be to send encouraging cards or emails to my friends.)

Write a prayer asking your divine Designer to help you edit out the unattractive behavior or to clothe you with one that will reflect your new image in Christ.

Remember to bring the clothing item from  
Day One to your group's meeting!



A few words about finding the right clothes, building a wardrobe, and looking your best

## Modesty Myths and Truths

"Modest is hottest."

"There's nothing wrong with dressing a little sexy."

"Real Christians don't wear miniskirts."

"Looking hot is the way to get a guy."

Modesty is a hot topic. But it's not one that everyone agrees on.

What exactly is modesty?

First, let's look at what modesty is *not* by exploring three myths of modesty:

### **Modesty Myth #1:** Modesty is old-fashioned.

Imagine what might happen if a teenager from the 1800s could visit a modern-day mall. Would she cover her gaping mouth with her daintily gloved hand when she saw what today's teens were wearing? Would she shield her eyes with a fluttering fan? or gather up her long skirts and run away?

It's true that fashions in previous eras provided much more coverage. But although high collars and floor-length dresses may have gone out of style, that doesn't mean modesty has.

Modesty is an enduring principle. In 1 Timothy 2:9, we read this:

Women should adorn themselves in respectable apparel, with modesty and self-control.

In other words, God's timeless Word tells us to wear modest clothing, not drawing attention to ourselves by the way we dress. Because God's Word never goes out of style, this verse is not fashion advice for first-century women only. It is for all of us.

## **Modesty Myth #2:** Modesty means dressing in a burlap bag.

Okay, when you became a teenager, your father probably wished he could buy you a set of shapeless sacks in different colors in order to hide your beauty. But dressing modestly doesn't necessarily mean that we can't wear the latest styles. It does mean that we have to make wise choices when deciding which trends to follow and which to avoid.

It may mean adapting styles: wearing a camisole under a too-low top, adding leggings to a dress that's a bit too short, wearing a cute jacket or sweater over a top that's either too sheer or too tight. We can use our God-given creativity to dress stylishly *and* modestly.

## **Modesty Myth #3:** Modesty means following a strict set of clothing rules.

When I was a fourth grader, miniskirts were the new fashion trend. But the Christian school I attended was determined to monitor this trend and not let the miniskirts get too mini. The eleventh commandment that year was "Thou shalt not have a skirt shorter than three inches above the knee."

Maybe you have seen similar modesty rules—rules that tell you how low is too low, how tight is too tight, how sheer is too sheer. And while some guidelines might be helpful, the problem with rules is that they tend to lead to even more rules. They tend to lead to an atmosphere of judgmental attitudes.

Instead of rules, modesty means following a heart attitude of dressing with an attitude of respect: respect for the beauty God gave you; respect for God's Word, which instructs us to dress modestly; respect for the gift of sexuality, which God has reserved for the intimate bond of marriage.

Now that we have discussed what modesty *isn't*, let's talk about what modesty *is*. Here are three modesty truths:

**Modesty Truth #1:** Modesty is safeguarding your most intimate beauty for one man—your husband.

Dressing provocatively is like giving the treasure map to every guy you know when, in reality, you want only one faithful man to find that treasure. By covering up your most private beauty, you are protecting your valuable treasure for the one who will love you like no one else. God wants you to see yourself as a precious jewel that requires special care. And although marriage may seem a long way off, your future husband will appreciate your efforts to reserve your intimate beauty.

**Modesty Truth #2:** Modesty means knowing that your body is a temple of the Holy Spirit.

In God's view, our bodies are much more than clothes hangers. 1 Corinthians 6:19–20 tells us:

Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

Your body is more than skin and bone; it is a temple of the Holy Spirit. Jesus paid the high price of His own life to make you His very own. How you dress reflects on the God who has taken up residence in your body.

**Modesty Truth #3:** Modesty is realizing that your worth does not come from the attention guys may shower on you, but from the almighty God choosing you to be His daughter.

Let's face it: when you watch the eyes of all the guys in the room follow the girl in the short skirt, it's tempting to want some of that attention. But you don't have to sacrifice your modesty in order to be noticed. Listen to what God tells you in His Word: "You are precious in My eyes, and honored, and I love you" (Isaiah 43:4). Think about it. You don't need to catch the eyes of a bunch of guys because God's eyes are constantly following you. In His eyes, you have always been treasured. To the almighty God, you are priceless.

Modesty is realizing your value in Christ and dressing in a way that honors Him and the beauty He gave you.

Modesty means knowing you're beautiful inside and out without having to prove it to others.

Some questions to ask yourself:

- How does remembering that my body is a temple of the Holy Spirit change my choice of clothes?
- When I was picking out my clothes today, whose attention was I trying to get?
- Since God thinks I'm beautiful, how can I honor Him by the way I dress?