

Women of Hope 312 Beauty/ God Made Us Beautiful

Carol: Women and beauty go hand in hand. Women around the world go to great lengths to look beautiful. What is more important - to **look** beautiful, or - to **be** beautiful? Maybe both? That's what we will be talking about today here on your favorite program - *Women of Hope!* - The program made especially for women – beautiful women like you!

Tammy: Hello my friend! You are listening to - *Women of Hope* - the program that helps you to be beautiful from the inside out. Today we have lots of wonderful things to talk about together. And it is all about beautiful you. So, sit back. Relax and let's enjoy this precious time together.

Tammy: Hi, my name is Tammy and with me is Carol.

Carol: And hello to you, my friend. There is something different about you today...you look so good! You are glowing! What is it?

Tammy: (laughs) Really!? I don't know...I am just happy today...I was just thinking how blessed I am. I am really thankful for all the things God has given me. My family, my friends, **you**... our *Women of Hope* listeners...Oh so much! God is so good!

Carol: That's what it is! When we are happy and thankful, it reflects on our faces.

Tammy: I guess so...the same way that when we are sad and carrying a heavy heart, we can see **that** on our faces too, can't we?

Carol: Oh yes you are so right (1). It makes me think that there are some women look beautiful on the outside, but their hearts are not beautiful at all. They open their mouth and out comes ugly words, anger, bitterness...all these things makes us not beautiful at all. You can do many things to improve on the outside, but if your heart is not at peace and you are holding ugly feelings inside, it will certainly show on your face.

Tammy: Let's think about this a bit more. Some people think that it's wrong to spend time, and maybe money, to improve our outward appearance; to take care of our skin, our hair, our figure...

Carol: Oh, I don't see anything wrong in women wanting to look beautiful. Even women in the most primitive cultures of this world are concerned about looking beautiful. They spend hours painting their bodies, making jewelry, braiding their hair... The modern woman does the same. We go to a lot of trouble to look good, don't we?

Tammy: That's true... But most women forget that beauty is a passing gift – for most of us, physical beauty comes and goes with age.

Carol: Have you noticed that some women actually become **more** beautiful as they grow older?

Tammy: Yes I have. They get sweeter and more graceful. I think that their inner beauty comes out and it reflects in their faces...even beyond their wrinkles and the extra pounds around their waist!

Carol: Thanks for reminding us that true beauty is much more than what meets the eye (1). A thankful and peaceful heart makes any woman a beautiful one!

Tammy: You are listening to *Women of Hope!* – And today it is all about beautiful women and how to become one!

Carol: That's right! And we are very pleased to welcome (Guest) in our program today. (Guest) is a beautiful woman...on the inside as well as on the outside!

(Guest) – Oh...I don't know about that...but yes, we live in a world that puts a great importance on a woman's physical appearance.

So...let's think together – what makes a beautiful woman?

First let's think about our bodies. A beautiful woman takes care, not just of her face and body, but also of her health.

The most thing that contributes to a woman's physical beauty is her health. When a woman is healthy, she looks good. It is important to eat the right foods – fruit, vegetables, grains and some meat...and try to get enough sleep. This will make a big difference to your physical beauty.

A beautiful woman not only takes care of her **health**...she also takes care of the way she **looks**...the way she **dresses**...even the way she **walks**.

Women are being taught today that to be beautiful is to be *desirable*. Many women think that to be desirable to a man, they have to show their bodies. They wear clothes that attract men's attention. Some women think that to be desirable is more important than to be elegant.

Now let's take some time to think about our clothing. A truly beautiful woman always asks herself: "Does this dress look good on me? The color, the style... is this the right size for me? Is it too *revealing*...does it show too much of my body? Does it make me look my best? Is it elegant? Or does it show all those extra pounds around my waist."

She might also ask herself these questions: "Does it reflect my personality...who I am? Do I look like a woman of good morals and values, or does it make me look vulgar and 'sexy'?" Women who dress only to attract men's attention forget that there is more to a beautiful woman than 'what meets the eye'.

A truly beautiful woman respects herself and it shows in the way she presents herself. She dresses with modesty. She looks elegant.

If you are a woman who believes in God, you will dress beautifully to please your husband (if you are married) and yourself, but most of all to please God. This does not mean that you have to dress like an old woman! No, you should always wear what looks elegant and proper for your age, and for your body shape. Remember that 'elegance' is **always** in fashion.

We women worry about wrinkles, the extra pounds, the stretch marks after pregnancy, the thinning hair...we just want to look pretty don't we? That's not wrong. God made us with a desire to look beautiful.

There are, however, women who are not motivated to make any improvement in how they look. They neglect their bodies...and, more importantly, their health...and they do not take care of themselves. So, we must find a balance. Let's not spend too much time, effort or money caring for our bodies and so forget what is really beautiful – our heart and soul. But we also don't want to neglect ourselves and forget to look beautiful for our husbands, (if we are married) and those we love.

So, my friend, try to take a little time in your busy day to take care of yourself. When we are busy caring for the whole family it is not always easy to take time to care for ourselves is it?

Even if you cannot afford to go to a beauty parlor, or buy beauty products, there are simple and natural things you can do to care for your body...and for your health:

- Wash your hair frequently and take care of your skin – putting on moisturizer if you can.
- Take time to get the best sleep you can.
- Eat healthy foods, like meat, chicken and fish, and lots of fruit and vegetables.
- Exercise if you need to.
- Try to avoid unnecessary stress, and don't worry too much about what other people think, because, after all...**God** made you beautiful! You are very beautiful in **his** eyes.

Tammy: Thanks (Guest). What a wonderful way to live life – knowing that God made us beautiful no matter what we look like. That's what really counts, isn't it?

Carol: You are listening to *Women of Hope* – and today we are talking about being a beautiful woman.

Tammy: You know Carol, honestly - not all women are gifted with a perfect body or a perfect face...

Carol: That's right Tammy. but God has given all women the gift of a beautiful heart and soul. We have all been created by God! And what God creates is good!

Tammy: Yes. What we think of ourselves or what others think of us is not the most important thing. How we look on the outside is not what makes us beautiful. Listen to this children's story. It tells a very important lesson for any woman who wants to be beautiful. Your children might enjoy this story too.

Once, in a small mountain village, there was a very peculiar toy shop. Each night, when the owner turned out the lights, closed the blinds, and left, the toys began to play and talk with each other.

Some of the playing and talking was nice, but some was unkind and hurtful. You see, the toy soldier, dressed in his smart uniform, and with painted black eyes and an unsmiling mouth, thought he was handsomer than the other toys—except for the beautiful bride doll with the long white dress and shiny yellow curls. She would blink her blue china eyes at him and he would turn somersaults all over the store's counter.

Then there was the big toy dog, whose bark was deep and whose coat was soft and black.. He and the stuffed brown bear knew they were more lovable than any other toys. They would roll and play on the floor all night getting in everyone's way.

The flower-painted tea sets would place themselves on round tables and serve tea to the china dolls with pretty ruffled dresses, who turned up their noses at the rag dolls with yarn hair.

The bright red fire truck loved to scare the others with his siren, and fly around the shop, knocking over the houses made with logs and blocks.

And worst of all, the big round red, yellow and blue balls bounced everywhere, laughing as they bumped into the others.

It was only the skinny logs and the blocks that were unhappy because the others made fun of them.

"I hate the nighttime," said one of the logs. "Everyone else is having so much fun. We get knocked over every time we try to play."

"And whenever we build something nice, a ball, or the dog or the bear, knocks it over," complained the blocks.

"I wish the Toy Maker had never made us," whined the blocks. "We're not good for anything."

One night, long after the owner had gone home to his supper and bed, the door opened. Frightened, the toys stopped their playing and talking. The little man who came in had a merry face, and seemed to feel at home in the store.

He walked over to the shelf of blocks and building logs, lying quietly in their boxes.

"Hello, my friends. Why is it that you never play with the other toys?"

Surprised, the wooden toys looked up. They seemed to recognize the man with the merry face.

He reached out to touch them, and his hand was loving.

"W . . .we aren't as pretty or as smart as the other toys," one block stammered.

"And they always knock down everything we build, and then they laugh at us," said one of the logs.

"Oh, my little ones," said the man. "You are the most important toys I ever made, for you can build things for the other toys to live in and enjoy."

"You . . . MADE us?" chorused the wooden toys together.

"Yes. I made every toy in this shop." The merry face turned to the other toys, who were amazed at what they heard.

"You see," the Toy Maker went on, "I made each one of you to be a special gift to child. You each have a particular thing to do."

He lovingly picked up some blocks and began to build a wall. Soon the other blocks and logs joined in, and they made a beautiful house. There was a table for the tea sets and the beautiful china dolls, as well as places for the cloth dolls with yarn hair. The toy soldier and the bride doll found a big room where they could dance, and the bear and the dog curled up together by the fireplace...

"You see," said the Toy Maker, just as the sun was coming up, "You are all beautiful toys, because I made you that way."

Before they could scamper to their places on the shelves, the door opened and the Toy Maker was gone, but the toys never forgot what he taught them. Each one felt special, and beautiful.

Tammy: What a lovely story...and a very important message for all of us! How we need to remember that God - the creator - made us **the way we are**. He loves us...not because we have a pretty face, or a beautiful voice, or for any other reason...but simply because **we are His beloved daughters**. No matter what the **men** in our lives think, no matter what **culture** we live in, and no matter what our **society** says about us – we can be certain that God loves us - no matter what! If we are poor, or weak, or not so pretty or intelligent, he loves us because he made us.

Carol: You know Tammy, I am thinking about many other things that make a woman beautiful in God's eyes. See what is written here in the Bible...

"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 New Living Translation)

God does not tell us **not** to make ourselves beautiful or care for the way we look. However, He wants us to do all we can to make sure our spirit, our minds, and our souls are beautiful!

We also read in the Bible that God will make us *"a crown of beauty in His hands."* (Isaiah 62:3) This tells me that God loves beauty and beautiful things. But what he loves the most is to see our **inner** beauty. Remember – outer beauty will fade away with time and age. But the *"unfading beauty of a gentle and quiet spirit"* will remain forever!

Tammy: Yes (2) that's true! If we let anger, bitterness and jealousy fill our lives then we will have a sad, heavy heart. We will not have the inner beauty that God wants us to have. But if – to the best of our ability – we are at peace with ourselves, our family and our friends, will not be able to hide our beautiful heart. It will show on our faces.

Carol: My friend, how do you look today? Is there some bitterness or jealousy in your heart? Do you feel hurt and angry? Are you struggling with your feelings toward another person? Do you need God to help you to be more beautiful on the inside? If you would like to ask God to help you, why don't you pray with me now?

Dear God and our Father,

*Thank you for creating us and for loving us. Please come into my friend's life with your love and wash away all the hurt, jealousy and anger that she may be feeling. Please help her to forgive those who've hurt her. Make her a beautiful woman who reflects **your** beauty and grace, I pray in Jesus' name. Amen.*

Tammy: Here's a little poem that reminds us of what we have heard today. It says:

Beauty is more, than what you see
It's all that is, a part of you
It's your character, and your soul
And the love, that flows through you
It's that caring, tenderheartedness
And your, physical beauty too,

Yes, beauty, can't be bought
Can't come from paint, or even lotion
It can only flow, from a loving soul
With Jesus Christ, as the inspiration.

Carol: So, friend I hope you have been inspired today to look at beauty in a different way. To see that it's not how we look, but who we are.

Tammy: And remember that God doesn't look at the outside, but he can see right into our hearts. He knows if we're hurting and he can make us beautiful on the inside.
If you would like to know more about how God can do this please write to us at...

Carol: *Women of Hope* will be back - right here next week, at this same time so once again we can meet with beautiful you!