



The Beauty Myth

Main Scripture: Genesis 1:26, 2:25

Additional Scripture: Genesis 3:6-11, Psalm 139:1-18, Isaiah 53:2-3

Discussion Questions

- Pastor Mike said that “We are slaves to the superficial.” Do you agree?
 - If so, why do you think that is?
- “We can look free on the outside but slaves on the inside.” What ensnares us? What enslaves us?
 - Why/How do we allow that to happen?
 - How can we stop it?
- Beauty is our functional savior and the pursuit of youth has become idolatry. By pursuing beauty and youth to the extreme that our culture does, we are in effect dishonoring how God created and formed us. Pastor Mike also talked about how we also dishonor the elderly. How does this go against what the Bible teaches?
 - When is the pursuit of beauty and youth too far? When is it ok? For example, when is make up ok and when is it not?
- **Read Genesis 3:6-11.** Who are you listening to? Who are you letting dictate what is and is not beautiful (if you are honest with yourself)?
 - Who has a predominant voice in what you think and/pr feel is beautiful?
- **Read Genesis 1:25-26.** You were made in the image of God. What does that really mean?
- **Read Isaiah 53:2-3.** Jesus was ordinary looking at best. "God gave up beauty so you could have real beauty." What did Pastor Mike mean by this?
- **Read and meditate on Psalm 139:1-18.** What stands out to you?
 - **Read verses 1-6 again.** How does God view you? Is David’s understanding of what the Lord thinks of him favorable? Why or why not?
 - **Read verses 13-16.** How does God view you according to this passage?
 - Does this verse dispel the beauty myth? If so, how?
 - How does this voice line up with those that you are listening to dictate how or if you think you are beautiful?
 - How do we get to a place where we begin listening to what the Lord has to say about our looks and beauty instead of the voices surrounding us that are not His?