



# Beautiful Already - Women's Bible Study Leader Guide: Reclaiming God's Perspective on Beauty

*Barbara L. Roose*

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## **Beautiful Already - Women's Bible Study Leader Guide: Reclaiming God's Perspective on Beauty**

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“I’m so fat.” “I don’t like my nose.” “I wish I was taller.” Our dissatisfaction with what we see in the mirror is what Barb Roose calls our ugly struggle with beauty. It’s a struggle that negatively affects not only our self-image and self-esteem but also our relationships with God and others. What is the answer? We desperately need to regain God's perspective on beauty.

During this six-week Bible study, women will unpack the beliefs or experiences that are holding them hostage. Together they will explore God's truth about beauty throughout the Scriptures, digging into passages in both the Old and New Testaments and applying the truths in their lives. They will move away from over-focusing on unrealistic expectations and perceived flaws toward God’s viewpoint of their hearts, minds, bodies and souls. As women make this journey, they will:

- Be set free from the trap of comparison and self-ridicule
- Become comfortable in their own skin
- Reach beyond themselves to encourage and support other women

By learning to see the goodness, blessing, and purpose for their bodies no matter their size, shape, or style, women will overcome discontent and comparison and learn to live fully as the beautifully unique creations God designed them to be.

The Leader Guide contains six session plan outlines, complete with discussion points and questions, activities, prayers, and more—plus leader helps for facilitating a group.

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#### **Daniel Starkey:**

Playing with family within a park, coming to see the water world or hanging out with buddies is thing that usually you will have done when you have spare time, in that case why you don't try factor that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Beautiful Already - Women's Bible Study Leader Guide: Reclaiming God's Perspective on Beauty, you can enjoy both. It is good combination right, you still desire to miss it? What kind of hangout type is it? Oh can happen its mind hangout guys. What? Still don't get it, oh come on its referred to as reading friends.

#### **Charlie Attwood:**

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