



**Finding Answers to Marriage
From the Creator of Marriage**

**Part 3 –
Being Female
Understanding the “Heard” mentality**

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Being Female: Understanding True Beauty

America, the Beautiful?

Are you ConFORMED or TransFORMED?

Romans 12:2

Lies of the Conformed (Molded)

#1 If I looked different, I will finally like myself.

#2 If I'm not beautiful then I have little v_____.

#3 If I was beautiful then my problems would go away.

#4 Being overweight is a s_____.

#5 I must compete with other women and look as good as they do.

#6 My body (looks) is who I am.

#7 To display one's b_____ is a sin.

The Product of the Beauty Mold

Self-absorption: A relentless focus on one's appearance as compared with others.

Self-Loathing: Fear of being rejected by others as much as I reject myself.

Being Female: Understanding True Beauty

"The spiritual root of all body image struggles is doubting God's goodness in the way He made you."

Dr. Deborah Newman, Loving Your Body, p.34

Transformed from the Inside-out

#1 God created T_____ Beauty and created it to be seen.

#2 True Beauty is attainable for all women. 1 Peter 3:5

#3 True Beauty starts on the i_____. 1 Peter 3:4-5

#4 True Beauty does not neglect the o_____.

Results of a Transformed Mind

- ◆ Tools to break the beauty mold.
- ◆ Confidence.
- ◆ Vulnerability.

Resources:

There is a resource center in the lobby with some of the materials listed below. It is staffed by leaders in our Marriage Ministry, please ask them about opportunities to grow in your marriage with like-minded couples.

AUDIO RESOURCES:

CD's are available in the lobby after the second service, by filling out the order form in the lobby, by calling the church office 459-5673, or listen online at www.godowncfc.org.

BOOKS:

COMMUNICATION: KEY TO YOUR MARRIAGE , by *H. Norman Wright* (Regal).

THE FIVE LOVE LANGUAGES , by *Gary Chapman* (Northfield).

HIS NEEDS, HER NEEDS , by *Willard F. Harley, Jr.* (Revell).

INTENDED FOR PLEASURE , by *Ed and Gaye Wheat* (Revell).

THE MARRIAGE BUILDER , by *Lawrence J. Crabb, Jr.* (Zondervan)

COUNSELING:

Family Life Ministries, a biblical counseling center, both lay and professional counseling is available.

5970 Godown Rd. (614) 459-5673