

Sweetpea's

True Beauty Guide

*Becoming a
Girl After God's
Own Heart*

As a young girl, my father raised me to believe that what truly makes us beautiful comes from within our hearts. He encouraged me to read the Bible as I was growing up so that I could learn what God has to say about, well...everything! There's really great stuff in the Bible about how God created us to be special and unique. How much He loves us and wants the best for us. He also tells us that the people in our lives are special too—and shows us the best way to treat our moms and dads, our sisters and brothers, our friends and the whole beautiful world around us!

I hope you will never forget how beautiful God thinks you are—no matter how big or small you are, whether or not you have red, brown, blonde or purple hair for that matter! He imagined you in His mind and then created you exactly as you are supposed to be! So to help you always remember that, I've put together a list of things I've learned from God's Word to remind you what it means to be truly beautiful and to become a girl after God's own heart!

1

See yourself like God sees you

Sometimes we look in the mirror and we don't like what we see. We may not like the clothes we're wearing, how our hair looks—we might even feel like we aren't as pretty as one of our friends! God tells us that He made us unique and special—He created us just the way we're supposed to be. We might forget that our smile, our talents, our voices, and our minds were gifts He gave us when He made us and that He is happy every time we use one of our gifts for Him! So even if you think your hair doesn't look quite right, or your clothes don't match—those aren't the important things. How He made YOU with all of your unique qualities is what's important! We should remember to thank God for how He made us, like it says in Psalm 139 verse 14:

How you made me is amazing and wonderful. I praise you for that. What you have done is wonderful. I know that very well.

— (New International Reader's Version)

THOUGHT FOR TODAY:

I will thank God for how He made me. I will ask Him to remind me, when I feel bad about myself, that He loves me just the way I am.

2

Praying for others

One of the keys to having a beautiful heart is to show kindness to other people. We can do this with God's help by asking Him to help other people each time we pray. In Ephesians 1:17-18, there is an example of the kind of prayer we might say to God when we are asking Him to show other people how to learn that they are special in God's eyes. It says:

I pray to the God of our Lord Jesus Christ. God is the glorious Father. I keep asking him to give you the wisdom and understanding that come from the Holy Spirit. I want you to know God better. I also pray that your mind might see

more clearly. Then you will know the hope God has chosen you to receive. You will know that the things God's people will receive are rich and glorious.

When you pray this kind of prayer, you are asking God to help someone who might need Him and to know Him better! When someone you care about learns more about God, they too can learn how much He loves them and how special they are!

THOUGHT FOR TODAY

I will pray for my family and friends to know God better so that they can know what I know...that God made them special, He loves them and wants to show them a truly beautiful life.

4 Helping others

Sometimes we all need a little help... and when you're a kid...grown-ups tend to help you with a bunch of little things. Learning how to tie your shoes, ride a bike, even making cupcakes! Doesn't it make you feel good when someone shows you how to do something or gives you a hand with something that's difficult? Or when they share something good they have with you? Here's what the Bible has to say about giving and helping others:

Don't forget to do good. Don't forget to share with others. God is pleased with those kinds of offerings.

— Hebrews 13:16

When we give, God is pleased. We know that when we receive something from someone, it makes us happy. Let's remember that by doing things for other people, or sharing what we have with our family and friends, we bring them joy—which makes all of our lives just a little bit more beautiful!

THOUGHT FOR TODAY

Don't let me forget to try to help someone today. Though I may be small, there are things I can do—like sharing something that belongs to me with a friend, or helping my parents with chores around the house. I know these kinds of things are pleasing to God and bring joy to the people I help.

5 Honoring your Parents

Our parents do so many things for us. They may help us with our homework, or teach us how to fold our clothes just the right way! Sometimes we don't always want to do what they say, because maybe we might want to stay up just a little bit past our bedtime to watch that show we like! But they know what's best for us—so instead of complaining when it's time to brush your teeth, remember that your parents give you guidance because they want you to grow up to be strong, beautiful and wise! Since they are so important to us, we want to be sure that we listen to what they tell us to do and remind

them each day how much we love them. The Bible tells us in Ephesians 6:1-3:

Children, obey your parents as believers in the Lord. Obey them because it's the right thing to do. Scripture says, "Honor your father and mother." That is the first commandment that has a promise. "Then things will go well with you. You will live a long time on the earth."

THOUGHT FOR TODAY

I want to remember that even when my parents are telling me to do something that I don't want to do, they know what's best for me—and if I listen to them, I will grow up to be the best kind of person I can be!

6 Taking Care of God's World

Look at the beautiful world God made for us. The beautiful trees that give us shade, the flowers that brighten up the rooms in our houses the food he gives us that is good for us. He also blessed us with the creatures in this world—that little puppy or kitty that is so cuddly to hold—he made those too! We want to make sure that we take care of what God has given us...and what other people give us too! By keeping our things clean and neat, we show God that we appreciate the gifts He gave us. By taking care of our belongings, toys or gifts that our parents or friends give us, we're saying that we care about them too—and that we appreciate that they gave us something special! The Bible reminds us in James 1:17 that:

Every good and perfect gift is from God. It comes down from the Father.

THOUGHT FOR TODAY

I am grateful for your many gifts God. I will try to take very good care of the things you and those who love me have given me.



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