



Coaching Tool:

Celebrating the Skin You're In

Beauty is on the outside, determined by culture and trends.	Vs.	Beauty is on the inside, determined by God based on the purity of our hearts.
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Examples Of What The Enemy Wants You To Think:

- God made me ugly.
- I'll never be as beautiful as _____.
- I need to fix my nose, hair, weight, skin color, wrinkles, etc.
- God wasn't fair in how He created me.
- I lost my beauty, so now I'm worth less.

God's Truth Says:

"The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart." – I Samuel 16:7

1. God sees past our DNA

- a. Every culture in history has a different standard of beauty. It is ever changing over time.
- b. Every creature was made by God. He took the time to craft each one of us in detail, not as an afterthought, but as a masterpiece.
- c. God's creativity knows no bounds. The shapes, colors and varieties of species He created are anything but cookie-cutter! What makes us different, makes us beautiful!

2. God sees past our Performance

- a. God's creativity extends into our personalities - beyond our physical bodies. Introverts, extroverts, introverted extroverts and extroverted introverts are all His creations!



- b. He's called all of us to be authentic about whom He created us to be, regardless of our hair style, what kind of clothes we wear, what job we hold, how much money we make, etc.
- c. Integrity and character matter to God more than our appearance, job description, or ethnicity.

3. God sees the Heart

- a. I Corinthians 13: 3 "If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing."
- b. God doesn't care about what you *look* like you're doing. He values the posture of your heart.
- c. If we are seeking God's heart, then we will see the fruit of the Holy Spirit in our lives: love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control.

Watch This Video:

[Wonderfully Made by Ellie Holcomb](#)

Questions To Help You Process This Concept:

1. Have you ever felt ugly? What criteria did you base this on?

2. Have you ever compared yourself to others based on appearance? To whom? In what ways?



3. Have you felt like God wasn't fair in how He designed you? In what ways?

4. Have you felt a loss in value based on changes in physical appearance? In what ways?

5. God saw all that He had made, and behold, it was very good. Genesis 1:31 Have you ever thanked God for how He made you? Or have you been ungrateful?

6. What do you think it would feel like to see yourself the way God sees you? He sees us clothed in His righteousness and washed whiter than snow (Google these scriptures)



Exercises:

1. Pray for God to show you how He sees you.
2. Make a list of positive character traits you see in yourself in the following areas. If you have trouble, ask a trusted friend to share the positive attributes they see in you.
3. Make a list of negative character traits. Ask God to help you become willing to repent of these, ask His forgiveness, and choose to become more like His son instead.
4. Ask God's forgiveness for any way you have rejected how He created you.