



## YOUNG TWIGS: LIES YOUNG WOMEN BELIEVE WEEK 3

### Read Chapter 6: Lies about myself

Lie 7: Beautiful girls are worth more. (1 Peter 3:3-4)

1. What is the kind of beauty that lasts? Which do you spend more time on today: developing your outer beauty or your inner beauty?
  
2. “The world’s standard of outward beauty is unattainable.” (p. 77) Do you think this is true? How much effort should you spend on your appearance? What’s the difference between wanting to look nice and being consumed by pursuing outward beauty?

Lie 8: I have to perform to be loved and accepted.

3. What does this mean: “Your value is *not* determined by what you do, but by how God views you”? (p. 78)
  
4. List a few of the compliments you have heard lately. Are they related to who you are or what you have done? What kind of compliments have you *given* lately to someone else? Are they related to who that person is or are they related to something that person has done?

*\*Check out p. 81. Which lie is the “easiest” for you to believe? Journal about this, asking God to help you overcome this lie.*