



## True Beauty: Are You Cultivating Inner Beauty?

---

by Carolyn Mahaney

Our culture encourages women to cultivate a beauty that is skin-deep. God, however, tells us to pursue an inner beauty of great worth. A woman who cultivates inner beauty, who fears God and lives to serve others, makes a difference in people's lives. Her beauty makes a lasting impact on the lives she touches.

Which beauty are we seeking to cultivate? Are we intentionally cultivating inner beauty, or do we give more attention to the outward appearance? The way we think about and attend to our personal appearance is really a mirror of our hearts. By reflecting either godly motivations or selfish motivations, we reveal whether our priority is to cultivate inner beauty or outer beauty.

Here's a "heart check" test for the purpose of self-examination—questions to help us discern our thoughts, motives, and goals with regard to the issue of beauty.

1. Do I spend more time daily caring for my personal appearance than I do in Bible study, prayer, and worship?
2. Do I spend excessive money on clothes, hair, and makeup, or is it an amount that is God-honoring?
3. Do I want to lose weight to "feel better about myself," or do I desire to be self-disciplined for the glory of God?
4. Am I on a quest for thinness to impress others, or do I seek to cultivate eating habits that honor God?
5. Do I exercise to try to create or maintain a "good figure," or do I exercise to strengthen my body for God's service?
6. Is there anything about my appearance that I wish I could change, or am I fully grateful to God for the way He created me?
7. Am I jealous of the appearance of others, or am I truly glad when I observe other women who are more physically attractive than I?
8. Do I covet the wardrobe of others, or do I genuinely rejoice when other women are able to afford and purchase new clothing?
9. When I attend an event or activity, do I sinfully compare myself with others, or do I go asking God to show me whom to love and how to do it?
10. Do I ever dress immodestly or with the intent of drawing attention to myself, or do I always dress in a manner that pleases God?

Asking these questions on a consistent basis can help us weed out worldly values and cultivate a heart for God's priorities.

© Crossway Publishers. Used with permission. Taken from *Becoming God's True Woman*.  
Available for purchase at [www.Store.ReviveOurHearts.com](http://www.Store.ReviveOurHearts.com) [www.ReviveOurHearts.com](http://www.ReviveOurHearts.com)  
[Info@ReviveOurHearts.com](mailto:Info@ReviveOurHearts.com)