Invite a rep. Invite a Mary Kay/Arbonne/Avon representative from your church to do makeovers for the girls. Have the representative teach the girls how to care for their skin and accentuate their features without using too much makeup.

Beautify. Invite a beautician from your church in to talk to the girls about caring for and styling different hair types. If possible, have the beautician do a hair makeover on one of the girls (make sure you plan ahead and that the girl’s parents are OK with it).

Have a party. Organize a Queen Esther party. Have the girls give each other manicures, pedicures, and facials. Talk to the girls about Queen Esther and how she spent a whole year preparing herself to meet the king. Remind the girls that we spend time preparing our outward bodies, but we can’t forget to prepare our hearts and allow God to purify our hearts to match our outward body.

Go Shopping. First Thessalonians 4:4,5 (NIV) says, “That each of you should learn to control his [or her] own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God.” The problem is that we shop at the same stores as the heathen. Unless we all start making our own clothes (which is a viable option) we’re still going to have to shop at the mall. So, why not take a trip to the mall and show the girls how to shop with modesty in mind. If you find yourself to be a little trend-challenged, enlist the help of an older girl who consistently dresses modestly.

Invite a guest. Invite a trusted male speaker (or panel of speakers) in to talk about what guys’ intentions are in dating and relationships and what girls need to know before they start dating. Ask the speaker(s) to talk about the importance of modesty and what guys are really thinking. It might be good to invite a youth pastor, senior pastor, and men of a variety of ages to talk with the girls.

Build each other up. Put each girl’s name at the top of a piece of paper. Pass the papers around and have the girls write at least one positive comment about the girl on her piece of paper. Keep passing the papers until each girl writes something about all of the other girls in the club. Encourage the girls to keep their papers somewhere safe. This exercise will be a great encouragement to the girls for years to come.

Research it. Have the girls research the human body and the things that make the human body unique. Encourage the girls to share their findings. Talk about the special design God has for each one of their lives and why they are important.

Think about it. Encourage each girl to take time during the week to write about the things about her that make her special or are positive characteristics. Many of the girls will have difficulty doing this, but have them think of positive things their friends, parents, or teachers would say about them.
Resource Ideas


Additional Discussion Questions

Discovery #1
- How does our outward appearance reflect the way you look inside?
- Does the way you look inside have anything to do with how you look on the outside?
- How do the words that you say reflect how you look and feel on the inside?

Discovery #2
- What is beauty?
- How does the media define beauty? Is it realistic? Is it fair?
- How do you define beauty? Do you have realistic expectations for yourself? Do you have realistic expectations for those around you?

Discovery #3
- What does it mean to make an appearance? How do you make an appearance?
- How can you reflect your inner beauty by your outward appearance?
- How can you decide what to wear? How does what you wear affect those around you?

Discovery #4
- Do you respond to others based on their appearance? Is this a good thing?
- Do you judge others based on what they look like?
- How do others judge you based on your appearance?

Discovery #5
- Are you happy with the way you look?
- What can you do to improve your happiness with your appearance?
- What does God think about the way you look?

Discovery #6
- How can you improve your appearance?
- What can you do to improve your skin?
- How does your stress level affect the way you look? How does your attitude affect the way you look?