

The Refuge
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Exposed! - Girls
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Hotness vs. Modesty

The World

1. Why is fashion so important to girls?
 - Ask the girls this. Why do women care about outfits and looking nice so much?
 - See what they say.
 - ERNESTO THOUGHT: I think one reason women like fashion is because it is a way to express who you are and what you are feeling.
2. What is your fashion? Where do you shop? What is your favorite outfit?
 - Ask the girls. Get to know them. Listen to why they go there.
 - Talking is good.
3. In the malls and in magazines, what is one of the most important things about fashion?
 - This should be a good one. What do they think the most important thing about fashion.

The Word

4. Read I Peter 3:3-4. What does God think the most important thing for a young lady to have?
 - The most important thing for a young lady to have is her heart.
 - In the world, the most important thing for a girl to have is her beauty. But to God, her heart, her inner self is the most important.
 - God cares what a woman looks like on the inside!
5. Read Esther 2:9. Is being pretty a bad thing in God's eyes? How did Esther use her beauty to glorify God?
 - No. Esther was beautiful, and her beauty is listed as a positive thing.
 - Esther uses her beauty to save the Jews. She gains favor with her husband BECAUSE she was beautiful. And she used that favor to influence her husband, the king.
 - God doesn't hate beauty.
 - The point of this lesson is that God cares not ONLY about the outer man, but about the inner man. It is okay to be fashionable, but it is BETTER to be a good person.
 - Being pretty on the outside and ugly on the inside is terrible. Spending time on the inner person is good.
6. Read I Timothy 2:9-10. Being fashionable is fun, but what rules does God give about fashion?
 - Girls need to be modest.

The 3 Rules of Modesty

Rule #1 – Obey Your Parents

- If your parents have rules about what you can and cannot wear, you must abide by them.
- Even if they are Amish style rules, you honor God by honoring your parents
- Even if they are not around to catch you, you still need to obey.

Rule #2 – Have Pure Motives

- If you have clothes you wear BECAUSE you want to make a guy notice you, then you have bad motives.
- You can't wear clothes with the sold intention of turning guys heads. That is on you.
- Have pure motives.

Rule #3 – Be Able to Move

- If you can't sit down without you pant showing booty, that is not a good thing.
- If you can't sit down without fighting with your skirt....not a good thing.
- You need to be able to move. Clothing is meant to be functional.

These are just three things to help our young girls to be godly and to help respect themselves. So, have fun with this lesson. And if you are teaching this, DRESS MODESTLY this night.