

Priceless! You are Beautiful

I Am Beautiful!

To be honest, this has been the hardest thing I have ever had to write. I can handle being told lots of things about myself—I am smart, creative, kind, fun—but I can't handle it when someone says I am beautiful. I cringe inside, roll my eyes and says (at least to myself), "yuck." My husband tells me I am beautiful and I tell him he is a liar, or he needs his eyes checked. If I never had to look at myself in the mirror, that would be a good thing.

Ever since we were kids, my nickname from my brother has been "Ducky" from the story of *The Ugly Duckling*. Growing up, I thought it was his way of saying I was ugly (confirming what I already thought). When I brought it up to him when we were both adults, he kindly pointed out that I missed the ending of the story. At the end, the duck turned out to not be a duck, but was in fact a beautiful swan. I didn't think about the beauty part, just the ugly part.

I am not sure where I got the idea that I wasn't beautiful, but for as long as I can remember I have called myself ugly. (I am sure I am not alone). I know that this is a lie from the enemy of our souls. I also know that God doesn't want me calling myself ugly, and yet I keep doing it—maybe not out loud (other than when my husband calls me beautiful) but every time I look in the mirror with disgust, I tell myself how ugly I am.

Although there is no physical description of what God looks like, the Bible tells us He is beautiful. In Psalm 27:4 David writes, ***One thing I ask from the Lord, this only do I seek; that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord.*** Asaph declares in Psalm 50:2 ***From Zion, perfect in beauty, God shines forth.***

The Bible also says that ***He has made everything beautiful in its time*** (Ecclesiastes 3:11a). When God created humans, we are told that man and woman were created in His image (Genesis 1:27), that means I was made in the image of God. In Psalm 139, David declares, ***For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well*** (Psalm 139:13-14). If God is beautiful, and He created me in His image, and He makes all things beautiful, I have to declared that I am beautiful!

Yep, that is hard to say. As a new year begins, and we think about resolutions and goals for the new year, I am going to claim my identity in Christ. I am beautiful! I need to keep saying it to myself. I am beautiful! I am beautiful! Psalm 45 is a royal wedding song, and it looks forward to a coming King, a King like no other in beauty, power and glory. Throughout Scripture Jesus is described as the Bridegroom and His Church (those who believe in Him) as His bride. In verse 11, the King speaks to the bride. Take these words, and let the King of Kings speak to your heart, His daughter, His bride: ***Let the king be enthralled by your beauty; honor him, for he is your lord.*** Today, I am going to hold my head up high. My King, Jesus, is enthralled by my beauty! Today I am going to flourish in my identity— I am beautiful!



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Conversation Starters

Gather with some friends and spend some time going deep in conversation around the idea that you are beautiful!

- ◆ Who are people that you see as beautiful? What makes them beautiful?
- ◆ Are you comfortable with the idea that you are beautiful? Why or why not?
- ◆ What are your best physical features? What are three qualities (not external) that make you beautiful?
- ◆ There is no physical description of Jesus in the Bible. Isaiah 53:2b tells us that *He had no beauty or majesty to attract us to him, nothing in his appearance that we should admire him*. When you think of Jesus, how do you see Him in your mind's eye? What makes Him beautiful?
- ◆ We are made in the image of God, and are called to share His image with others. What qualities of Jesus can people see in you?
- ◆ What qualities of Jesus do you need to develop more?

“To insult yourself is to insult the Creator God who made you. So next time you’re looking into the mirror and are tempted to pick out your flaws, remember God doesn’t see you that way. Only YOU see you that way.” Becky Kopitzke

Additional Resources

Check out our website for more resources to help you focus on your identity—You are beautiful: <https://usw-womensministries.org/>

Bible Study: *Beautify Redefined*

by Major Angela Strickland

Blog: *You are Beautiful* by Colonel Genevera Vincent

Devotional: *Beauty From the Inside Out*

Craft: *Created in His Image Mirror* by Major Peggy Helms & Major Angela Strickland

Check out our Playlist of songs that speak of our identity in Christ: WM 2024-2025

Priceless: <https://open.spotify.com/playlist/7xLxDn8lLdAq4je3D5L4YK?si=547054ac7309495c>

Reflecting the Beauty of Jesus Prayers

Ultimately the goal of every believer is to become more like Christ. May these songs from The Salvation Army Songbook (2016) be prayers to remind you to be like Jesus, letting His beauty be seen in you, and wearing His likeness and having His own image stamped on your heart.

To be like Jesus! This hope possesses me, In every thought and deed, this is my aim, my creed; To be like Jesus! This hope possesses me, His Spirit helping me, like Him I'll be. (#328)

Let the beauty of Jesus be seen in me, All His wonderful passion and purity, O Thou Spirit divine, all my nature refine, Till the beauty of Jesus be seen in me (#717)

O to be like Thee! Blessed Redeemer, This is my constant long and prayer; Gladly I'll forfeit all of earth's treasures, Jesus Thy perfect likeness to wear.

O to be like Thee! Full of compassion, loving, forgiving, tender and kind. Helping the helpless, cheering the fainting, seeking the wandering sinner to find.

O to be like Thee! Lowly in spirit, holy and harmless, patient and brave; Meekly enduring cruel reproaches, willing to suffer, others to share.

O to be like Thee! While I am pleading, pour out Thy Spirit, fill with Thy love; Make me a temple meet for Thy dwelling, fit me for life and Heaven above.

Chorus: *O to be like Thee! O to be like Thee, Blessed Redeemer, pure as Thou art! Come in Thy sweetness, come in Thy fullness; Stamp Thine own image deep on my heart.* (#618)



"...The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart." 1 Samuel 16:7b

Flourishing in the Word

Begin the new year, focusing on the qualities that the Lord wants His daughters to "wear" to look and act like Christ.

Jan 1	Psalm 30:1-12	Jan 17	Philippians 2:121-8
Jan 2	Proverbs 31:10-31	Jan 18	Philippians 4:4-9
Jan 3	Isaiah 61:1-11	Jan 19	Colossians 3:1-17
Jan 4	John 13:1-17	Jan 20	1 Thess. 5:1-11
Jan 5	John 15:1-17	Jan 21	Titus 2:11-3:8
Jan 6	Romans 10:5-15	Jan 22	James 1:19-27
Jan 7	Romans 13:8-14	Jan 23	1 Peter 2:9-25
Jan 8	1 Corinthians 13:1-13	Jan 24	1 Peter 3:1-6
Jan 9	2 Corinthians 3:1-18	Jan 25	1 Peter 4:1-11
Jan 10	2 Corinthians 5:11-21	Jan 26	1 Peter 5:1-11
Jan 11	Galatians 3:23-4:7	Jan 27	2 Peter 1:3-9
Jan 12	Galatians 5:13-26	Jan 28	1 John 2:3-6
Jan 13	Ephesians 4:17-5:2	Jan 29	1 John 3:1-18
Jan 14	Ephesians 6:10-18	Jan 30	Revelation 7:9-17
Jan 15	Philippians 1:27-30	Jan 31	Revelation 19:1-10
Jan 16	Philippians 2:1-11		

Flourishing Ideas from the Territory

Bakersfield, CA ladies learned how to make friendship bracelets.

Clovis, NM held a cooking on a budget demonstration.

Gresham, OR held a women's dance class, and they performed during the church service on Mother's Day.

Hanford, CA women have been working on beautifying the outside of the corps property.

Laura, Marshall Islands ladies learned the art of making baskets with coconut leaves.

Los Banos, CA is doing a Bible study on the fruit of the Spirit.

Medford, OR learned about Salvation Army history—donut girls and the match factory—and sang good old Salvation Songs from the red songbooks.

Oceanside, CA started a new group—ladies are learning how to crochet.

San Francisco All Nations, CA did a 12-week New Testament Bible Study Course.

Sitka, AK women volunteer at the soup kitchen by putting away the donations that come from the grocery stores.

Tempe, AZ is doing the study, *He Speaks to Me*, by Priscilla Shirer.

Mirror, Mirror on the Wall...

Mirror, mirror on the wall, I do not like what I see at all.
Streaks of grey glisten in my hair; what once was smooth, wrinkles are now there
Why is there more than one chin? I remember the days when I was once thin.
Well, this is as good as it gets. I will go on with my day and my reflection I hope to forget.

Now, my mirror doesn't speak back, but in my heart, peace I do lack.
I know God is speaking to me, "My child, I created you. You are a beauty!
You were created in the image of Me. I shaped you and formed your body.
I made you fearfully and wonderfully; all that is you, I created lovingly.
You are a work of art. Take My words to heart!"

I look at myself once more and see what I didn't see before:
A woman of God, fashioned by His hand, in ways that I will never fully understand.
It isn't me that people should see; I need to let the beauty of Jesus be seen in me!
I hold up my head high as I leave that place and pray that everyone will see Jesus on my face.

By Beth Desplancke



"You are altogether beautiful, my darling; there is no flaw in you."

Song of Songs 4:7



Identity Statements

God says you are beautiful! Here are some identity statements for you to claim, memorize and meditate on.

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. Psalm 139:14-16

Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised. Proverbs 31:30

Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight. 1 Peter 3:3-4