

so long, *insecurity*

teen edition

BETH MOORE

**When
Girls
Get
UGLY**

**When
Heartache
Hits**

BOYS! BOYS! BOYS!
**why they sometimes
make us crazy**

**WHAT DOES
Real Beauty
LOOK LIKE?**

**AM I GOOD
ENOUGH?**

**Seeing Yourself
As God Sees You**



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fashion
Chapter 1



fashion

What Your Clothes Say about You

Q: Does it really matter what I wear?

A: Let me tell you about two twentysomething women I saw at a restaurant while out with my family one evening. I came face-to-face with just how fierce insecurity can be when it comes to fashion and how we dress. The women both wore very short skirts and low-cut tops, and let's just say they were really making good use out of those push-up bras.

They might have just been trying to be in style and look good, but they were making a statement about how they saw themselves. They thought the only way to get attention was to wear a sign that said, I'm totally available. Check me out. Look at me. When you dress like that, advertising lots of skin, you are screaming volumes about how you feel inside. You're giving the message that the only thing that makes you valuable as a woman is your body.



But don't we have so much more to offer than our bodies and too much skin? And when it comes down to it, do we really want to attract the notice of people who would want us to expose too much of ourselves just to get their attention?

Let me tell you, males know when you are using your clothes (or lack thereof) to get their attention. They are aware it's a sign of insecurity and desperation, and if you're not careful, some guys will take advantage of insecure girls . . . because they know they can. One guy told me, "The more skin girls show, the more insecure they are."

Now, some of you may not be into short skirts or letting your cleavage show. When I was your age, my body was slow in developing, and I was more embarrassed by it than anything. But this idea that what we wear makes a statement about us can apply to other things too. Maybe you wear tons of makeup to try to hide who you really are. Maybe you wear wild clothes or hairstyles just to be different and get attention. Maybe you are obsessed with having the latest trends so people will think you're cool. Maybe you think getting certain piercings or



think about it



“Don't be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God” (1 Peter 3:3-5).

tattoos will put you in the crowd you want to be in.

Insecurity can make you focus too much on having just the right labels, the “in” designer brand. Do you think you'll feel better about yourself only if you have the hottest new items? Do you resent having to shop for clothes at discount stores or resale shops? If so, it's time to check yourself and your insecurity level. If you find that your worth comes from your outward appearance, it's time to find out what God thinks about you.

Let me be clear: I don't think it's wrong to look your best. The problem comes when you're overly focused on your outward appearance—whether that's showing too much skin to get attention or using your clothes to be someone you're not. The thing is, fashion should be fun! Fashion should be about finding your own personal style, not about compromising who you are on the inside.

I think that's why the Bible says,

“Don't be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God” (1 Peter 3:3-4).

You are precious to God because of who you are . . . not because of what you wear or how you look! So let your unfading beauty show from the inside out. Let your inner being shine much more beautifully than your clothes, makeup, and hair. Why? Because you're worth more than what you wear!



Wear It Well

Being modest doesn't mean that you can't have your own sense of fashion or that you have to dress like your grandma. Check out some of these styles with tips on wearing them well.



Crop top tip:
wear a tank underneath in a fun contrasting color ▼

Low-rise pants tip:
layer longer shirts; try mixing colors, or lace on the bottom ▼



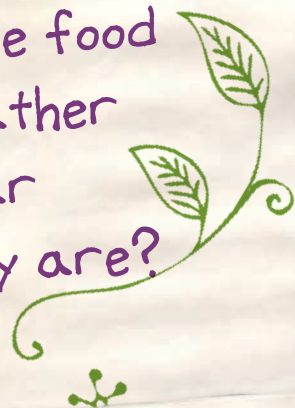
Open weave top tip:
wear a tank or cami underneath in a different color ▼

Shorts tip:
go a little longer; try a cuff at the bottom ▼



**According to God's fashion sense,
the way you look on the inside
is much more important
than the way you dress.**

That is why I tell you not to worry about everyday life--whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are?
Matthew 6:25-26



She is clothed with strength and dignity; she can laugh at the days to come. Proverbs 31:25

Don't be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God.
1 Peter 3:3-4

*We are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.
Ephesians 2:10*



THE LORD SAID TO SAMUEL, "DON'T JUDGE BY HIS APPEARANCE OR HEIGHT, FOR I HAVE REJECTED HIM. THE LORD DOESN'T SEE THINGS THE WAY YOU SEE THEM. PEOPLE JUDGE BY OUTWARD APPEARANCE, BUT THE LORD LOOKS AT THE HEART." 1 SAMUEL 16:7



fashion
Your Stats

15% SAY
Magazines



6% SAY
Siblings



where do you get your ideas on

clothes/fashion?



54% SAY
Friends



18% SAY
"I set my own trends"



7% SAY
Store Models



fashion
Interviews with Real Girls

what gives you confidence?



I get confidence from reading Scripture and reminding myself of God's plan for me.
— Hannah

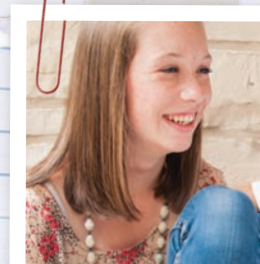


I know that God created me to be who I am and that He loves me no matter what. That gives me confidence.
— Madison

how do you build confidence on difficult days?



When I need some encouragement, I talk to someone who cares about me. It gives me confidence to know I am loved.
— Chelsea



When I'm feeling down, I remember that God has given me what I need to get through.
— Stephanie



I BUILD CONFIDENCE THROUGH THE LOVE AND SECURITY OF MY FAMILY AND FRIENDS, AND THE NEVER-FAILING KNOWLEDGE THAT GOD LOVES ME FOR ME.
— ALYSSA



got it?

take this quiz to see what
your clothes say about you.

Circle the answer that best fits you.

1. When you select your clothes, you

- a. dress as much like the popular crowd as possible.
- b. stop and ask yourself why you want to wear what you've chosen. If your motives are cool, you go with it.
- c. wear what you think would impress the cute guy in your social studies class.

2. You normally wear clothes that are

- a. too tight.
- b. just the right size.
- c. a few sizes too large so you can hide behind your clothes.

3. When you go shopping, you

- a. go straight to the trendiest place. You wouldn't be caught dead in an off brand.
- b. stop at any place that has clothes you think are cute.
- c. buy whatever your mom tells you to get.

4. Which phrase describes your fashion sense?

- a. Just like a fashion magazine
- b. Uniquely mine
- c. Who cares about fashion?

5. When you see a model showing too much skin in an ad, you tend to think,

- a. Oh, I'd wear that if I had a body like hers.
- b. Maybe if I wore a tank top under it, it would be cute and wouldn't show too much skin.
- c. I wouldn't wear that if you paid me.

If you have mostly a's: Girlfriend, reread this chapter. Check your motives about the way you dress, and take some time to think about what statement your clothes are making about you.

If you have mostly b's: You set your own style. Go, girl! Keep striving to let your confidence and your true beauty shine through.

If you have mostly c's: Fashion might not be your thing, and that's okay. Just make sure you're being true to yourself.

Esther: MORE THAN A BEAUTY QUEEN

Read Esther 2–9.

MY STATUS: I was a Jewish girl, and my parents died when I was young. After I became an orphan, my relative Mordecai took care of me.

BIG BREAK: When Mordecai and I were living in Persia, the king was looking for a new queen. The king's advisers selected several beautiful girls to try out for queen—kind of like a beauty contest. I was chosen as one of the finalists. I went through a full year of beauty treatments, just to be in the contest. And to my surprise, I won! I became Queen Esther.

THE PROBLEM: My story doesn't end there, however. Mordecai found out that the king's right-hand man didn't like Jews. In fact, he had come up with a plan to k²l all the Jews in Persia. Mordecai told me what was going on, and he asked me to talk to the king so I could help our people.

This was a really big deal though. You see, even though I was queen, I couldn't just go up and talk to the king anytime I wanted to. I could have been k²led for approaching him without a special appointment. It would have been a lot easier to ignore the problem and sit back and enjoy being queen. But I knew I needed to do what was right—I needed to help my people. But it was going to take a lot of courage.

With God's help, I carefully approached the king. He agreed to change the plan, and in the end, the guy who hated the Jews was the one who was k²led. My people were saved!

Chat about It

Gather a group of girls and discuss these questions together.

- 1. Esther's life shows that we're created for more than just looking beautiful. What might have happened if Esther had just seen herself as a beauty queen, not a helper for her people?
- 2. How would you describe your fashion style? What statement do your clothes make about you?
- 3. In 1 Peter 3:3-4, the Bible talks about "the beauty that comes from within." What do you think that means? Can you think of someone who has that kind of beauty?
- 4. Are there some clothes in your closet you need to get rid of or clothes you need to rethink the way you wear them? Grab a friend and do it now!

