

BEAUTY FROM THE INSIDE OUT

Lesson 2: Beauty is what you say

“Kind words are like honey – sweet to the soul and healthy for the body.” -Proverbs 16:24

Welcome back! While watching Video 2, complete the following questions to take a deeper look at how what you say- big or small – makes you beautiful.

1. Do you remember a time recently where someone surprised you with a kind word or compliment? What did they say? How did it make you feel?

2. Do you remember a time recently where you said something kind to someone else and they were caught by surprise? What did you say? How did they react? How did you feel?

3. Is there someone you see on a regularly you would like to build a better relationship with? Perhaps a classmate, a friend in your church group, or at the gym? What kind word can you offer them the next time you cross each other’s path?

4. **Accountability Challenge:**

- a. After completing Question 3 on paper, put your plan into action. We only grow more beautiful when we fulfill a commitment to ourselves to serve others with our words. After you have carried out Question 3, write below how they reacted to you in real life.

- b. **Extra Credit:** Post your accountability challenge to our private Facebook group and comment on one other post. Remember, you water others with your thoughts, words, and deeds!