

# BEAUTY FROM THE INSIDE OUT

## Lesson 3: Beauty is what you do

*“Let us not love with words or speech but with actions and in truth.” -John 3:18*

Welcome back! While watching Video 3, complete the following questions to take a deeper look at how what we do speak volumes about how beautiful we are on the inside.

1. Think about a time when someone did something for you, that made you feel humbled and grateful. What did they do? Were you surprised they did this for you?

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2. Think of the friends or family members you have not spoken to recently. Perhaps you wish to have built a better relationship with them, but time and responsibilities have gotten in the way. Who are these people? Name 2-3 people.

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3. Is there something you can do right now, to let these special people know they are important to you? Can you send a card, a message, or invite them out for a “coffee date”?

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4. Conversely, are there people in your life who you no longer talk to? Can you think of one thing you are thankful for that you learned from that person, even though you are no longer in contact? Name 1-2 people and what you learned.

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5. **Accountability Challenge:**

- a. After completing Question 3 and letting 2-3 special people (who you haven't spoken to in some time) know they are important to you, reflect on their reaction to your text, call, or "coffee date" invitation. Write what they said about the beautiful thing you did, below:

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- 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! You don't have to say who the person was or their relationship to you, only what you did and how they reacted. Ready? 1-2-3- inspire!