

BEAUTY FROM THE INSIDE OUT

Lesson 5: Wrap up

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” -Galatians 5:22-23

Congratulations! You DID it! As you watch our final video, complete the following questions to review all your hard work these last few weeks, as you have shown your beauty from the inside out.

1. Over the last 4 days, you have taken a deeper look at how beauty starts from the inside out. Which week did you enjoy the most and why? Which video did you like the least and why?

2. Describe your beautiful life goal for the next 3-6 months. For example, will you speak more words of kindness toward others to build better relationships? Will you be more generous with your time? Will you be more intentional with how you do things for others?

3. How can this video series help you achieve this goal?

4. Is there anyone on your heart you think would benefit from this series? Can you share what you learned with them over a conversation or coffee date?

5. **Accountability Challenge:** This video series was created from the heart, to help you rediscover the beauty that lies within YOU! Please tell us what you loved the most in our private Facebook group. Simply post a status update: “DONE!! Loved the video and lesson about _____!”

