

redefining BEAUTY PLEDGE

CHOOSING TO LIVE WITH JOY IN THE SKIN I'M IN FOR THE GLORY OF GOD
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1. I will dare to be different in how I live, not to make a point but to make a difference, for the glory of God (Romans 12:1-2, 1 Corinthians 10:31).
2. I will not hide myself behind a mask of clothing, makeup, or performance (John 4:23-24 MSG).
3. I will not compare myself to others nor give into jealousy, as I remind myself that God did not design me to live their life (1 Corinthians 3:3, Phillipians 4:11).
4. I will not let what others say or believe about me define who I am, because my worth and identity is based on my position as a child of God, secured by faith in Jesus Christ as my Lord and Savior (Romans 10:9-10, Ephesians 1:2-14, 1 John 3:1-3).
5. I will not use my body to gain love from a guy, a friend, or a stranger (1 Corinthians 6:19-20)
6. I will ask for help from those who love me, including God, when I feel overwhelmed, alone, brokenhearted, or inadequate (Psalm 147:3, Psalm 68:6).
7. I will not use clothes, accessories, or makeup to gain attention (1 Peter 3:3).
8. I will not seek affirmation for what I have accomplished nor plan to do in the future (James 4:13-16).
9. I will do my best to not judge others by their appearance or behavior (Matthew 7:1).
10. I will serve others and live humbly, putting off pride and arrogance (1 Peter 5:6, Ephesians 6:7-8).
11. I will submit to others, out of respect for Christ, including those in authority over me, and receive a word fitly spoken in love (Ephesians 5:21, Ephesians 6:1-3, Romans 13:1, Proverbs 25:11).
12. I will respond to others with compassion, mercy, gentleness, and love (Ephesians 4:2, Micah 6:8).
13. I will choose to stand out for what is right, good, and pure (2 Thessalonians 3:13).
14. I will run from what is wrong, evil, and hurtful (2 Timothy 2:22, James 4:7, Galatians 5:19-21).
15. I will expect to face trials in my life and I will not place blame on others (James 1:2-18).
16. I will forgive others quickly and not allow bitterness to overtake me (Mark 11:25, Hebrews 12:15).
17. I will be quick to seek forgiveness from God and others when I have hurt them and/or disobeyed God, even if it was not my intention (Psalm 51, Acts 2:38, Ephesians 4:26, Joel 2:13).

18. I will practice an attitude of gratitude, giving thanks and praise to God for who He is and for His faithfulness (Psalm 100:4, Psalm 106:1, 1 Thessalonians 5:18).
- 19. I will consider whether my appearance or behavior sends a message that contradicts what I say I believe, and I will change whatever I need to in order to not be a hypocrite (1 John 2:4-6).**
20. I will remember that what seems modest to me may still cause a guy's imagination to run wild, and rather than choosing my rights over his problem, I'll choose to wear something else (Romans 12:10, 1 John 2:10, 1 Corinthians 10:32).
- 21. I will accept my body the way God made it, knowing that the purposes He has for me living in the skin I am in have yet to be realized (Psalm 139:13-14).**
22. I will care for my physical body by honoring the Sabbath and taking time to eat well and exercise regularly (Exodus 20:11, 1 Corinthians 6:12-19, Hebrews 4:9).
- 23. I will care for my soul through spending time alone with God and by reading the Bible in order to understand Him and His ways better (Luke 10:27, Hebrews 4:12).**
24. I will consider every thought that passes through my mind and only allow the Truth, as found in Scripture, to settle in to my heart and direct my life (1 Corinthians 10:5, Hebrews 4:12).
- 25. I will remind myself that the attitude of my heart affects my beauty a whole lot more than a pimple, wrinkle, or bad hair day (1 Peter 3:4).**
26. I will remember that what I see on TV, in the movies, in magazines, and on the internet isn't always reality, and so I will put limits on the virtual in order to stay in the REAL world with the REAL people God has put in my life (Ephesians 5:16).
- 27. I will not allow the influences of this world that are not consistent with Scripture to change who I am, how I live, or what I believe is true (Phillippians 4:8, Colossians 2:8, 1 John 3:7-10).**
28. I will remind myself that outward beauty fades, while my personality, passions, and purposes will only continue to develop and mature into something radically beautifully over my lifetime (Proverbs 31:30).
- 29. I will use the gifts and talents God has give me to help others and to join God in accomplishing His eternal purposes (1 Corinthians 12:14-27, Romans 12:3-8).**
30. I will remember that in Christ, I am a new creation; every day is a fresh start and every moment I turn to Christ I will find a new beginning (2 Corinthians 5:17, Lamentations 3:22-23).

I sign this pledge because I am choosing to live with joy in the skin I am in for the glory of God.

name

date