

# Grownups Playing Dress-Up



Playing dress-up is  
fun!

God is not interested in a quick  
fix of decorating the outside.  
He wants to change our  
*hearts.*



Roots, not fruits!

“The Lord sees not as man  
sees: man looks on the  
outward appearance, but the  
Lord looks on the heart.” I  
Samuel 16:7

# Where is your sense of worth?

- Outward appearance or inward experience?
- What people think, or what God thinks?
- What I feel, or what the Bible says?

- The “quick fix” nearly always leads to regret and long-term damage.
- Our culture demands instant gratification, which leads to long-term loss.



“Women began to grasp at physical perfection as a means of retaining love and standing in society. Thanks to moral “freedom,” the pressure for women to look sexually appealing was increasing by the day.” *Dying to be Beautiful*, p. 15

# “36-24-36”

- The bombardment of advertising
  - Unhealthy foods and drinks
  - Perfect (undernourished) bodies
  - Retouching
- Unrealistic toys, movies, TV, magazines
- Lazy lifestyle
- Instant gratification culture

“Be still, and know that I am  
God.” Psalm 46:10

“I gotta be  
me!”

“The heart is deceitful above  
all things, and desperately  
wicked: who can know it?”  
Jeremiah 17:9

“Before I formed thee in the  
belly I knew thee.” Jeremiah  
1:5

# How does this apply to dress?

- Our appearance should not be about expressing ourselves, but about reflecting Him
- Our feelings about our own worth should not rise and fall with our appearance

