

The
Insatiable
Quest
for Beauty
workbook

By Tiffany Dawn & Moriah Wiesner

THE IQB WORKBOOK

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To our families and friends: Thank you for supporting us as we walked our journeys. Thank you for loving us through everything.

To our Lord Jesus Christ: We dedicate this study to you and for you. Please work through the pages of this Leader's Guide and its accompanying Workbook to draw hearts close to yourself and to set captives free, even as you have set us free. Use this for your glory. We love you with all our hearts.

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How to Use This Workbook

Hello fabulous ladies!

I am SO excited you're using this workbook to do a book study on "The Insatiable Quest for Beauty!" I hope this will help you apply to your life what you learn, and remind you that you're not alone and you **can** find freedom!

First things first: Let me introduce you to someone awesome: My friend Moriah (you can call her "Mo") is in her early 20s, one of the most outgoing and energetic people you'll ever meet, and someone who has fought difficult battles with insecurities on her journey toward confidence. I asked her to co-write this workbook with me and to let us inside her brain. She kindly agreed and is about to take this journey with us – you'll love her!

So how does this work? Basically, before each small group meeting, you'll read the corresponding coffee date in "The Insatiable Quest for Beauty" book. For example, read Coffee Date #1 **before** week one's group meeting, so you're ready to talk about it. Then you will go through Chapter 1 in this workbook on your own **after** the first meeting, to process what you learned.

Here's what you'll need to do this book study as a small group: The Leader's Guide for the leader/facilitator (which can be downloaded from www.tiffanydawn.net/iqb), a copy of this Workbook for each participant, and a copy of "The Insatiable Quest for Beauty" book for each participant. Oh yes, also bring your pen and a Bible to each group meeting!

My favorite sections in this workbook are: (1) Moriah Speaks, which is where Mo shares her thoughts on each chapter, (2) Devotional, which is where we talk about how the life-changing word of God applies to our journey, and (3) Homework, which is a challenge-by-choice, practical way for you to practice what we're talking about. But there's so much more good stuff in here too!

I am excited you're about to embark on this journey with us because it has the potential to change your life!! Be honest, spend quality time with God, learn from each other, prioritize your commitment to this small group, and have fun!

Love,

Tiffany Dawn & Moriah Wiesner

Week One

Moriah Speaks:

To all the beautiful ladies,

I would like to introduce myself: My name is Moriah Wiesner (you can call me Mo) and I am twenty-one years old. I am currently a junior in college and will be graduating next summer. I am going to school for Healthcare Administration, which is a pretty fancy way of saying that I will be a manager at a medical office or hospital. I also work about thirty hours a week on top of college, so needless to say, I am way too busy for my own good.

Anyway, I am not here to bore you with all the details of my life; I am here to learn about, encourage, and be honest with all of you. Throughout the workbook, you will become more familiar (and hopefully you will be able to relate) with my journey to find confidence. I say journey with the understanding that I am a work in progress. I continue to work on this lifelong adventure towards confidence, wholeness, and making peace with the mirror.

I hope and pray that something in my section will stick with you throughout your journey. I would like to let you know up-front that I am going to be completely, brutally honest here. No sugar-coated words or generalizations; I am here to share what I have found through my personal experiences.

Before we start, I need to make sure that you are ready to take this leap with me. Please be honest with yourself (you have nothing to hide from) and put in the work this book study requires. I promise it will be worth every second.

XOXO, Mo

Flavor of the Day:

Did you know that, according to the National Eating Disorders Association, 4 out of 5 women in America are dissatisfied with the way they look?¹

¹ "Statistics: Eating Disorders and Their Precursors," *National Eating Disorders Association*, 2010, http://www.nationaleatingdisorders.org/uploads/statistics_tmp.pdf

Bible Reading & Devotional:

There are many places we go in the hope of satisfying our souls, many insatiable quests, as it were. But there is only one place where we can find living water that truly satisfies the depths of our hearts; only one place where we can drink and never thirst again. All other quests leave us insatiably thirsting for more. **Read John 4:5-30** to find out what Jesus said about living water that quenches our thirst.

- What happened when the woman at the well learned who Jesus was, and that He could satisfy her heart?
- Did this mean she would never be physically thirsty again?
- Why do you think she left her water pot at the well?
- How can we find some of this living water for ourselves?
- When we spend time with God and in His word (the Bible) on a regular basis over a long period of time, we can't help but be changed forever, for the better. How can you make time with God a priority in your daily life?

My thoughts on the Bible reading:

Thank You God for My: _____.

Fill in the blank space above with something that you like about yourself. It could be a body part, personality trait, or another quality. I know this might feel weird at first, but it's good to be able to find positive things about ourselves! We should focus on the ways in which we are fearfully and wonderfully created (see Psalm 139), instead of comparing ourselves to how society says we should be.

Challenge-by-Choice Homework:

During this week, find one time when you feel insecure. Ask yourself why you feel that way, and jot down your thoughts to share with the group next week. For example, is it because your hair is messy? I wonder if anyone else even noticed.

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And if they did, it probably didn't change the way your trustworthy friends saw you. Surprisingly, we (Moriah and Tiffany) have found that our reasons for feeling insecure often aren't that logical.

My thoughts on the homework:

Reflection Questions:

Journal your answers to these questions.

1. What part of the group discussion stood out to you the most, or meant a lot to you?
2. What are your goals for this study? In other words, what you would like to gain from it by the end of the study?

My thoughts on the reflection questions:

Week Two

Moriah Speaks:

To all you females out there,

We all struggle. Not just the short, or the tall, or the blonde haired, or the brown haired...WAIT! I think I just realized something. Every single person who has ever breathed has looked in the mirror and criticized what they see. We all wish, at times, that we could be the opposite of what we are. Tall girls have yearned to shrink, short girls have wanted height; some have desired bigger boobs, others bigger butts, etc, etc. We have wanted what we can't or will never have.

Okay, so growing up, I was always that tall girl. I stood out in group photographs and towered over the rest of my classmates. I just kept growing and growing. Let's be honest, if I wear high heels, I look like a giant, and talk about buying jeans that are long enough...oh my goodness, such a pain!

Needless to say, we all struggle with what whatever body type we have been blessed with. Yes, blessed! I know this might sound cliché, but we are all made uniquely. Every person has their own look, which is what makes the world around us so interesting. How boring would it be if every single person looked the same?

Anyway, I have never known a tall girl to shrink or a blonde to naturally turn brunette. Let's be thankful and learn to appreciate what God has given us. We're keeping the bodies we've been given, so let's learn to love every aspect of ourselves. And remember, there is no right or wrong body!

XOXO, Mo

Flavor of the Day:

Did you know that, according to the Media Awareness Network, researchers created a computerized image of a woman with Barbie doll proportions? They found that if Barbie were a real woman she would have only half a liver and a few centimeters of bowel, suffer from chronic diarrhea, and eventually die from malnutrition. Rest in peace, Barbie!²

² "Body Culture: How Media Shapes our Thoughts and Ideas about Beauty, Eating, and Image," *Recovery Ranch*, 2012, <http://www.elementsbehavioralhealth.com/wp-content/uploads/2012/05/BodyCulture.pdf>

Bible Reading & Devotional:

Today we are going to check out Genesis chapter 3. You see, at the very beginning of time, in the Garden of Eden, the very first man and woman on earth hid from God. The first time they sinned, disobeying something God told them to do, they felt ashamed. They wanted to hide instead of have a close relationship with God. I think of this as the very first “mask” experience of mankind. To this day, we continue to hide from God, others, and ourselves, feeling ashamed or afraid.

But when Adam and Eve were hiding from God, it kept them out of the close relationship they had with Him. Instead of protecting us, hiding actually separates us from real relationships and makes us feel alone. God doesn't want us to hide from Him; He wants us to come to Him just as we are, letting Him forgive, love, and transform us. He also wants us to find trustworthy people who can help us learn to let down the mask, knowing we'll be loved just as we are.

Read Genesis 3, focusing especially on verses 4-11 and 21.

- Look at verses 7 and 21. Compare the two verses. What's different about the two garments? Which seems more substantial? What kinds of garments does God provide for us? (See Isaiah 61:3, Isaiah 61:10, and Revelation 19:8.)

My thoughts on the Bible reading:

Thank You God for My: _____.

Fill in the blank space above with something that you like about yourself. It could be a body part, personality trait, or other quality.

Challenge-by-Choice Homework:

Take time this week to talk with God about your “mask” – the things you hide behind or hide from. Remember that mask you made in small group? You can add to that as you think of other things to include. Ask God to show you how to rely on Him and come out of hiding. Remember that His word says we can

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come boldly to the throne of grace (Hebrews 4:16). God is a God of grace and love. He listens, forgives, and you can talk with Him about anything.

My thoughts on the homework:

Reflection Questions:

Journal your answers to these questions.

1. What did it feel like to create your mask? How did you design yours? What symbolism did you include on it?
2. How can you start to take off your mask?

My thoughts on the reflection questions:

Week Three

Moriah Speaks:

Dear Busy Bees,

I am the queen of multitasking; I can blow dry my hair while reading a book while buttering my breakfast toast. Well, that might be a bit of a stretch, but I am pretty incredible at doing multiple things at the same time. I think colleges should offer a course in how to perfect this art.

Have you ever felt like you were doing two or more things all at once? Usually one task ends up getting more attention than the other. It's hard to give your complete attention and effort to multiple tasks at once.

Think about this as it relates to your relationship with God. If you are serving a different area of your life, God will start to fall by the wayside. It is impossible to give equal attention to multiple areas in your life; therefore you cannot be successful at serving two or more masters. I am not saying that having other interests will negatively impact you; I am saying that God should not be replaced by these areas.

Putting God at the forefront of our lives and priorities proves to be much easier said than done. (I definitely speak from experience.) Giving God the attention He deserves requires time and effort.

Be vigilant of what takes up the majority of your time; start questioning whether or not this cuts into your relationship with God and to what severity. For example, I constantly justify that my busy schedule allows for little time with God. Then, I take a step back and realize how much time I use unproductively. Getting ready in the morning, internet, worrying, and shopping are amongst my "time wasters." Identify those "time wasters" in your own lives, and then slowly start working to give the time back to God. He gave us twenty-four hours a day, so give Him some of this time back. It's the least we can do!

XOXO, Mo

Flavor of the Day:

Did you know that “on an average day, more than one million Americans use tanning salons,” according to www.skincancer.org? How does this play into our quest for beauty?³

Bible Reading & Devotional:

Today we're going to read Hebrews 11:8-12, a passage about a man named Abraham. God asked Abraham to follow Him to a new land. He had to leave his relatives and friends, and set out through the DESERT (of all places!) to find a new country where he would live. But here's the thing: God didn't tell Abraham where that country was. So basically, Abraham had no idea where he was going or what the journey would be like. If I was Abraham, I would have been scared to death! But Abraham decided to trust God and follow Him into the unknown. He was willing to leave his family, home, and comforts, to go who-knows-where, so long as God was leading.

This was what surrender felt like for me – I had no idea where I was headed or if I'd like it, but ultimately I had to trust God and follow Him anyway. And look how the story turned out for Abraham – with God leading him to the Promised Land, and letting him be the father of the Israelite nation! There were plenty of battles along the way, but the ultimate destiny was incredible. And that's how my journey turned out too – surrender led to something absolutely beautiful.

So go ahead and check out Hebrews 11:8-12, and then journal your thoughts below:

Thank You God for My: _____.

Fill in the blank space above with something that you like about yourself. It could be a body part, personality trait, or other quality.

³ “Skin Cancer facts,” *Skin Cancer Foundation*, 2012, <http://www.skincancer.org/skin-cancer-information/skin-cancer-facts>

Challenge-by-Choice Homework:

Here's your challenge for the week: Pick one day to give up something you really like that takes up a fair amount of your time. Instead of doing that thing, use that time to spend with God. (For example, you could give up Facebook for a day and use that time to read your Bible or worship.) Journal how this felt for you and share your experience (as much as you feel comfortable) during next week's group study.

My thoughts on the homework:

Reflection Questions:

- Journal your answers to these questions.
1. What does God want you to surrender?
 2. What are your fears about surrender?

My thoughts on the reflection questions:

Week Four

Moriah Speaks:

To all you sweet girls,

As I am reading this chapter, all I can think about is donuts. They sound so yummy and yet also bring up thoughts of how guilty I would feel if I ate them. Have you ever cut back or eliminated foods or restaurants in the name of beauty? Or been too rushed to enjoy your favorite foods?

It seems as though our society has food backwards these days. Between after-school activities and long work hours, sitting down to a meaningful meal has gone to the wayside. Yes, we are all busy and sometimes taking the time to sit down to eat is not possible; but this is something to work towards.

Begin really tasting your food and taking in the whole atmosphere. Notice the smells of the food, the taste of spices, the people surrounding you, and let yourself “just be” in the moment. Don’t think about the rest of the week or what lies ahead for the remainder of the day. Enjoy this time, whether it be twenty minutes or an hour. Try to slow down and savor the individual tastes. Pretend you are a chef who has to describe the exact flavors in each dish. Start making meals a time to unwind, enjoy, and have a peaceful moment amongst the craziness that everyday life may bring. Happy dining!

XOXO, Mo

Flavor of the Day:

In olden times, donut makers had a problem: The center of the donut was still undercooked when taken out of the fryer. It appears that creating the donut’s “hole” was the solution, per Bloomberg News.⁴

Bible Reading & Devotional:

Psalms 145:14-21 is our passage of the day. The Psalmist says that God is the One who satisfies every living thing. He says that he looks expectantly to God. What does “expectantly” mean? It means you’re looking to God with anticipation. It’s

⁴ “June 5 is National Donut Day – Celebrate with Hostess,” *Bloomberg News, PR Newswire*, 2012, <http://www.bloomberg.com/apps/news?pid=newsarchive&sid=aYDs6NPjWf9Y>

like Christmas morning, when you come downstairs expecting to see presents under the tree. The Psalmist is looking to God expectantly because he already knows and believes He is going to fill the emptiness in his heart. It's not a question of **if** God will, because the Psalmist already **knows** He will.

We don't always feel sure that God will satisfy. Maybe that's why Psalm 34:8 says, "Oh, taste and see that the Lord is good; blessed is the man who trusts in Him!" We have to taste it first. It's like I wrote on page 67 of "The Insatiable Quest for Beauty: "I was just beginning to taste a hint of freedom." As we see little bits and pieces of how much God loves us and satisfies our hearts, we come to believe that He really can fill all of our hearts.

He fills our emptiness with His fullness; He fills our loneliness with His nearness. We don't have to worry about **if** He will satisfy, because we too can discover that He **does** satisfy. Go ahead and read Psalm 145:14-21, and then journal your thoughts below:

Thank You God for My: _____.

Fill in the blank space above with something that you like about yourself. It could be a body part, personality trait, or other quality.

Challenge-by-Choice Homework:

Take at least 20 minutes at some point this week to go out and do something that you enjoy. Focus on your surroundings, don't rush through it, and simply enjoy. Use this time to slow down and talk to God about any holes you may feel in your heart.

My thoughts on the homework:

Reflection Questions:

Journal your answers to these questions.

1. What do you think about the idea of God filling the hole in your heart?
2. How could you start getting to know God more in your everyday life?

My thoughts on the reflection questions:

Week Five

Moriah Speaks:

Dearest daughters,

The true understanding of unconditional love doesn't come easily for me. I grew up in a broken home, where my parents divorced when I was five years old. My father has been absent for most of my life and things were always complicated even when he was around. Even though I had absolutely nothing to do with this situation, I thought fixing my flaws would make everything better and could ultimately mend my family. If only I was thinner, smarter, more athletic, prettier...better; then maybe my father would come back. Maybe he would be proud of me if I lost weight or was beautiful.

What a skewed mindset! None of those things — in fact, nothing I could do — would change my dad or put him back in the picture. As this began hitting home, I started to realize that God was waiting to step up and fill that void in my life. He was there to accept me how I was; He was willing to take the whole package that came with me. He offered love and acceptance, despite the look of my outfit, hair, or relationship status.

Learn to hear and believe God's unconditional love towards you! He loves you. Period. End of story. Come to Him where and how you are. Don't feel the need to look or say the right things; merely come to Him. He doesn't notice that your hair isn't straightened or your teeth aren't perfectly whitened, He just loves you. Whatever your situation, understand and live in God's love for you. Let Him take or share that daddy role in your life!

XOXO, Mo

Flavor of the Day:

According to raderprograms.com, "A study found that on average, women have 13 negative body thoughts per day and that 97 percent of women in the study admitted to having at least one 'I hate my body' moment daily."⁵

⁵ "Media Influence," *Rader Programs*, 2012, <http://www.raderprograms.com/causes-statistics/media-eating-disorders.html>

Bible Reading & Devotional:

Today we are going to read Psalm 139. Many of you may have heard the middle of this chapter, where the Psalmist writes that God knit us together in our mother's wombs. But I want you to hear the whole chapter. This is an amazing picture of how God knows every detail of our lives, and He loves us completely. If you've ever felt invisible, this chapter will help you to know that God sees you. If you've ever felt unloved, this chapter will help you to know that God loves you.

This chapter is a really great place to go if you're having a bad day. You know those mornings when you wake up and feel terrible about yourself? Run to Psalm 139. You can soak up its words, and even pray it back to God. Let's do that together.

Read verses 1-4 in two different Bible translations (i.e. NIV, Message, NKJV, ESV, etc.). Then, check out this example of how to pray these verses back to God: *Lord, you know everything about me. You're an intimate Creator. You're not far off; you're here with me. You see everything about me. When I feel unknown, unseen, and invisible, YOU SEE ME. And not just see me from afar, but you're FAMILIAR with my ways. You know them well. You know me well. Every habit, every thought, every beautiful quirk. You delight in me. Search me, Lord, and know me! Be close to me, and let my heart know your closeness. But even when I can't feel you, you are here with me, because you never leave or forsake me.*

Now read verses 5-6 in two different versions. Here's an example of how to pray this back to God: *You hem me in. You're all around me. Oh, how I love this, Lord! You go before me and behind me, and you're by my side. I'm never walking alone. And when I'm running from you, you hem me in — pull me in — surround me so I can't quite get away, because you love me so much. I am so thankful for this.*

Now read verses 7-12, again in two versions. Here's an example of how to pray this back to God: *There is nowhere I can run from you. You're everywhere. You're bigger than I could ever comprehend. You're stronger than I could understand. Even when it feels like I've fallen too far, even making my bed in hell as it were, you are still there. I can never outrun you. And no matter where I go — even if I'm far from home and feel alone — you are still with me, guiding me, holding me fast, steadying my heart. Even when it feels like all is dark to me, it's not dark to you. It's not confusing to you. You're not shocked or surprised by how things have ended up. You see the end from the beginning. You are light, and there is no dark for you because you shine into it.*

Now read verses 13-16, again in two versions. Here's an example of how to pray this back to God: *Again, this theme, Lord: You are an intimate and involved Creator. You're not far off. You're not simply tolerant of me. You delight in me and rejoice over me. You painstakingly knit me together, which speaks of*

purposeful time and design. You created me on purpose and for a reason; I was not an accident or a surprise to you. And look at the way you've made me! With a body that functions like this — with arms that let me embrace, and a heart that pumps oxygen through my blood so I can live, and eyes that let me see and explore this world, and ears that let me hear music and laughter, and a mouth that can speak and engage others in communication. Lord, I am fearfully and wonderfully made! How did you even do this?? How did you come up with this? You are incredible! I am so thankful for this life you've given me. And you saw all my days before I'd lived even one of them! You saw today. Nothing about this day surprises you. You've known it from eternity.

Now read verses 17-18, again in two versions. Here's an example of how to pray this back to God: *The thoughts you think toward me (other translations read "how amazing are your thoughts CONCERNING ME) outnumber the sand on the seashore. That's a lot of sand...I could never begin to count each grain of sand even in a small square inch of beach! And yet that's the way you think toward me. It's not just occasionally, or when I'm especially good or bad, or when you remember I exist. You're continually aware of me. You delight in me. It's like a father who delights in his daughter, or a husband who delights in his wife. I am continually on your mind. And every time I awake, even on mornings when I feel so far, I am still with you. And more than that, you are still with me.*

My thoughts on the Bible reading:

Thank You God for My: _____.

A little different today: Fill in this blank with one aspect of who you are in Christ, as a daughter of the King.

Challenge-by-Choice Homework:

Sometime this week, write five positive, encouraging statements (i.e., Bible verses, quotes, etc.) on Post-it Notes, and hang them on your mirror, in your car, on your schoolbooks, or wherever you spend a lot of time. These can be beautiful reminders – Post-it Notes of God's love for you!

My thoughts on the homework:

Reflection Questions:

Journal your answer(s) to this question.

Ask God how much He loves you. Then, journal one or all of these things: (1) Scripture verses about how much He loves you, (2) what comes to mind when you ask how much He loves you, and/or (3) the little Post-it Notes of His love that you see throughout the day (i.e. a beautiful sunset, answered prayer, a friend's hug, etc.).

My thoughts on the reflection question:

Week Six

Moriah Speaks:

To anyone who has eyes,

It's amusing when I hear how **different** people's perceptions are. Someone may see a movie and love it, while the person next to them falls asleep in boredom. Someone may love a dress, while the next customer loathes the same outfit. We all view things differently. One person's view is not necessarily wrong; merely different. I have oftentimes – probably four out of seven days a week – gone out feeling extremely insecure. I am not going to tell you that this occurs in rare cases; that would be a lie!

I walk into a room hoping that no one notices that my undershirt does not match my shoes, or that my hair is not perfectly styled. I pray that people don't see the pimple on my chin or stare at my unpolished nails. How minuscule and silly does this seem? Writing this on paper makes me feel ashamed and embarrassed. Do I really waste all that time worrying about such small things? Yes I do; in fact, I think many (if not all) of us have done this at some point.

Okay, so step back with me and look at the bigger picture. Look at your life as a puzzle — one with lots of tiny little pieces that create a beautiful and wonderful image. Each day or situation can be one of those pieces. These each fit together to depict your story. Focusing on one little piece does not allow you to see the entire image. Don't get caught up in the little things, those minute insecurities. Focus instead on bigger, better, positive, and more important aspects of life. Remind yourself of this daily and take time to refocus on this constantly.

I mean, honestly, I don't think anyone will even really notice that I forgot to paint my nails or my hair isn't completely pin-straight. We need to focus on what we want out of life and run with it. Use your time wisely; you only have one *today*.

XOXO, Mo

Flavor of the Day:

I love how Dr. Irvin Yalom summarized psychiatrist Victor Frankl. He said: "...life meaning...materializes when we have transcended ourselves, when we have

forgotten ourselves and become absorbed in someone (or something) outside ourselves.”⁶ What do you think this means, and how does it relate with this week’s reading?

Bible Reading & Devotional:

Today we are going to look at Hebrews 11:13-16 and 24-26. This chapter is all about walking by faith — in other words, living for eternal things rather than temporary things. It’s all about men and women who were heroes of the Christian faith, because they lived like heaven was their home, and this world was an important study abroad trip.

In verses 13-16, these heroes of the faith say that they are pilgrims on this earth. Basically, they are not in their homeland; they are studying abroad.

Then verses 24-26 are about Moses. This section is powerful because it says Moses had the opportunity to live as a prince in Egypt — the most powerful country in the world at that point. He could have had a life of wealth, success, glory, and fame. But instead, he chose to suffer with God’s people. Who chooses suffering instead of fame and comfort?? Someone who looks to the reward that’s coming — someone who knows this world is not his or her home.

- This reminds me of 2 Corinthians 4:17-18: “For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.” When compared to living the rest of our lives in heaven for eternity, any hard times that we suffer on this earth seem to last for five minutes. It sure doesn’t feel that way when things get tough, but it’s important to remind ourselves of this truth. It’s important to remember that what we see with our physical eyes is not what’s most important. The eternal things we can see with our hearts, by faith in Jesus, is what’s most important.
- As C.S. Lewis wrote, “There are far, far better things ahead than any we leave behind.”
- How can you live like Moses and the other heroes? What is the reward we are looking forward to?
- This reminds me of Jeremy Camp’s song “There Will Be a Day.” The chorus says, “There will be a day with no more tears, no more pain, and no more fears. There will be a day when the burdens of this place will be no more; we’ll see Jesus face to face.”⁷

⁶ Irvin D. Yalom and Modyn Leszcz, *The Theory and Practice of Group Psychotherapy*, 5th Edition, 2005, Basic Books, page 15.

⁷ Camp, Jeremy. “There Will Be a Day.” Speaking Louder Than Before. BEC Recordings, 2008.

My thoughts on the Bible reading:

Thank You God for My: _____.

A little different today: Fill in this blank with one aspect of who you are in Christ, as a daughter of the King.

Challenge-by-Choice Homework:

Find a woman you admire and set a date with her to sit down and have coffee together. Come with a list of questions to help you spy out her secrets to living as a woman of God.

My thoughts on the homework:

Reflection Questions:

Journal your answer to this question.

1. How can you live with your mind set on things above (see Colossians 3:1-3)?

THE IQB WORKBOOK

My thoughts on the reflection question:

Week Seven

Moriah Speaks:

To all you lively ladies,

When your car starts nearing the empty gauge, do you question whether or not to put gas in the tank? No one has to justify why they fill up their car with fuel. In terms of nutrition, food plays the role of fuel for our bodies. Let me break it down in terms of mathematics: $\text{FOOD} = \text{FUEL}$.

Simple, yet this elementary math equation was one of the hardest things for me to understand in the midst of my anorexia. I thought of food as unnecessary and a waste of time. I saw eating as a huge stress, source of worry, and constant state of uneasiness. I had a distorted view of food. My equation looked something like this:

$\text{FOOD} = \text{GUILT, STRESS, WORTHLESSNESS, UGLY, AWFUL, WORRY, CALORIES.}$

This view of food led me to treat my body negatively. I deprived myself of this needed, yes NECESSARY, energy source. This took quite a toll on my body, something I wish I could have recognized in the moment. I started getting really tired, lost my period, became iron deficient, and was even hospitalized.

Looking back, depriving my body of food was never worth it. I continue to struggle with side effects today, even though I am now at a healthy weight: irregular period, constant constipation, and constant bruising. Noticing the negative effects that my poor eating habits came with allowed me to start turning against my eating disorder. I began to understand that too many of my personal goals did not allow for fatigue or perpetual sickness. I wanted to go to college, get married, work towards a career, etc. Those things required fuel in order to reach my full potential.

Understand how you view food. If you have an unhealthy view, like I used to, then start shifting your view towards health. Fuel up!

XOXO, Mo

Flavor of the Day:

Did you know celebrities have also struggled with eating disorders? Here are a few (according to edreferral.com) who have: Paula Abdul, Kelly Clarkson,

Dennis Quaid, Princess Diana, Lady Gaga, Richard Simmons, Ashlee Simpson, Oprah Winfrey, Audrey Hepburn, Janet Jackson, and Demi Lovato.⁸

Bible Reading & Devotional:

1 Corinthians 1:18-31 says that God often chooses the weak things of this world, rather than the strong. Sometimes our weakness frustrates us, but God uses it to remind us that we need Him, so that He can be strong for us. God is looking for those who are poor in spirit (see Matthew 5:3) — in other words, for those who know they need Him. When we realize that we are weak, but He is strong, it reminds us to glory in the Lord. What does it mean to “glory in the Lord”? Basically, instead of being prideful in ourselves and our own strength, it means that we depend on God and find that His strength is greater than any human strength. We praise Him for working in our lives in a way that we could never have done ourselves. We let God slowly replace our weakness with His strength. Check out 1 Corinthians 1:18-31 and see what you think.

- What do you feel inside when we read this passage? How can you “glory in the Lord” and in His strength, instead of taking pride in yourself?

My thoughts on the Bible reading:

Thank You God for My: _____.

Fill in the blank space above with something that you like about yourself. It could be a body part, personality trait, or other quality.

Challenge-by-Choice Homework:

Create a list of five healthy coping skills that work for you. Post them where you can easily see and refer to them.

⁸ “Famous Celebrities who Have Spoken Publicly about their Suffering with Eating Disorders,” *Edreferral.com*, http://edreferral.com/Celebrities_who_died_or_have_Eating_Disorders.htm#haveED

My thoughts on the homework:

Reflection Questions:

Journal your answers to these questions.

1. What do you think of the idea of measuring our progress, rather than trying to be perfect?
2. Which practical step from the chapter seems most relatable to you?

My thoughts on the reflection questions:

Week Eight

Moriah Speaks:

To all you jugglers,

I do not know what you have to “juggle” in your life, but my plate always seems to be completely full and overwhelming. I always feel like something needs to be done or attention must be put towards another area of my life.

After explaining my crazy schedule for the week to a co-worker the other day, she inquired about personal time: God time, alone time, thinking time. She asked, “Well, when do you have time for yourself?” I was a little caught off-guard, but started thinking more about her inquiry. I fill my schedule and give time to everyone else, but forget to make time for myself!

My answer: BALANCE! Tiffany touched upon balance in regards to eating habits in this chapter, but my thoughts about balance go even further. Life balance enables my life to work and flourish from day to day. Life balance looks differently for everyone, but I can provide you with a few tips that help me to attempt (and sometimes reach) balance. On a side note, I struggle with this concept all the time so don't be discouraged when you too may become overwhelmed!

#1: Get up an extra 15 minutes early each day. (I know you are probably screaming to me through the paper that you need your sleep.) Most people are often stressed and rushed in the morning which can translate over into the rest of the day. Spend that 15 minutes with God, meditating, or just chilling out for a second before the day begins. If you are absolutely not a morning person, try showering or packing a lunch the night before. This way your morning is a little less chaotic.

#2: Try saying NO! This word can be hard to say when you want to please others, but trust me, it's a freeing feeling! There are times to say yes, but also times when you can say “no” in order to make time for the things that you enjoy! Don't commit to everything that people throw your way, because you will lose sight of what you really want to do. HAPPY BALANCING!

XOXO, Mo

Flavor of the Day:

Did you know that, according to Shelley Hitz and teen-beauty-tips.com, “The average woman spends 2½ years of her life washing, styling, cutting, coloring, crimping, and straightening her hair at home and in the salon”⁹?

Bible Reading & Devotional:

1 Corinthians 10:31 says, “So whether you eat or drink or whatever you do, do it all for the glory of God” (NIV). I love this verse, because it reminds me that God cares about the little details of my life. Instead of obsessing over food and image, I need to focus on glorifying God in every part of my life, including in the things I eat. This goes back to finding a healthy balance. When we’re looking at food as something that beautifully nourishes our body (as Amy said in the video coffee date), we start to see food as something that can strengthen us for doing all that God has called us to do. Along the same lines, exercise (in moderation) can also strengthen us to glorify God by being able to do what He asks us to do. It all comes back to this: Whatever we do, even in the way we take care of ourselves, we should do it for His glory.

- How do you feel when you’ve been eating well? Can that energy, over time, help you to glorify God? How or how not?
- How do you feel when you haven’t been eating enough nutritious food — either through starving yourself or only eating foods that have no nutritional substance? Can that lack of energy, over time, take away from your ability to honor God? How or how not?
- Why else would it be glorifying to God to learn how to take care of our bodies?

My thoughts on the Bible reading:

⁹ Shelley Hitz, “Mirror, Mirror, Am I Beautiful?”, *Teen-Beauty-Tips.com*, 2008, page 16, <http://www.teen-beauty-tips.com/support-files/mirrormirrorbookpdf.pdf>

Thank You God for My: _____.

Fill in the blank space above with something that you like about yourself. It could be a body part, personality trait, or other quality.

Challenge-by-Choice Homework:

Here's a challenging one if you're up for it! Pick one part of your makeup that you usually wear (i.e. eyeliner) and find one day this week to go without it. Journal what that feels like for you. Maybe it's uncomfortable. Maybe it's freeing. Why do you think you felt the way you did? Discuss this as a group next week and see what each person's experience was.

My thoughts on the homework:

Reflection Questions:

Journal your answers to these questions.

1. What stood out to you during this week's discussion?
2. How can you take a balanced approach to health and life?

My thoughts on the reflection questions:

Week Nine

Moriah Speaks:

To all the over-analyzers,

When I was reading about focusing on other people instead of on myself in social situations, it really hit home with me. I want to do that more often because that is what is most important! Not that I show it, but I tend to go into social situations feeling insecure, shy, and ugly. I know it sounds weird because I am probably the most outgoing person in most of those social situations, but I do this too! I am so scared at my core, and I constantly worry about what people will think of me: "Are people looking at my hair? Do you think they notice that I didn't straighten it today? Oh no, that girl in front of me has way shinier hair. She probably dyes it. I wonder if people can tell that I dye my hair. Is it too dark, or maybe too light? Does it make me look less tan? Maybe I should go tanning more often? But what if that makes me get skin cancer in the future and I get really sick? Will someone marry me then???" Yes. Welcome to the world of Moriah's brain! It is a nightmare living in my head, but I think way too many girls and women can relate.

XOXO, Mo

Flavor of the Day:

Howard Thurman said, "Don't ask yourself what the world needs. Ask yourself what makes you come alive and then go do that. Because what the world needs is people who have come alive." What do you think about this quote?

Bible Reading & Devotional:

Acts 20:35 says it's better to give than to receive. Sometimes it's easy to forget this principle in our self-focused culture. It's tempting to believe that happiness comes when we have all the right things. We forget that it's better to give than to receive; that true joy comes when we stop focusing on ourselves and start focusing on others. That's when confidence explodes. How can you apply this principle in your everyday life and social situations?

My thoughts on the Bible reading:

Thank You God for My: _____.

A little different today: Fill in this blank with one aspect of who you are in Christ, as a daughter of the King.

Challenge-by-Choice Homework:

Go to www.chazown.com and fill out the free spiritual gifting test. This should help give you insight into the gifts God has given you, and some ideas as to how God may want to use your interests for His glory!

My thoughts on the homework:

Reflection Questions:

Journal your answers to these questions.

1. How can you use your interests to serve others?
2. Try focusing on others in a social situation this week. Journal how that made you feel.

THE IQB WORKBOOK

My thoughts on the reflection questions:

Week Ten

Moriah Speaks:

To all you real girls,

I am obsessed with “America’s Next Top Model.” I could honestly sit and watch an entire season all in the same day. One of the most interesting things about the show is observing the vast differences between the actual girl and the ending photograph. The two almost never match due to the editing, lighting, makeup, Photo-shop, etc. The images prove to be fake and unbelievable at times.

Seeing this explains many media sources and the images that they give. One picture might be a combination of four girls’ body parts and hours of editing. Even “models” can’t be photographed without being perfected and tweaked. The so-called “perfect” people aren’t perfect enough, and the ideal we see in photographs isn’t even real.

So, when you start watching TV or flipping through a magazine, know that you can’t compare yourself with what you see. The images depicted aren’t even the real people. Cut yourself some slack and start analyzing these images closely, and don’t compare what you are to those pictures. It’s really just lying to yourself!

XOXO, Mo

Flavor of the Day:

Check out this example of pre- and post- Photo-shop on me (Tiffany). I sent my friend this photo of me a few years ago and had him work his magic on it, to show the amazing difference in the before and after picture. Isn’t it crazy what Photo-shop can do? You can look online as well for examples of pre- and post-Photo-shopped celebrities. *(Photo by Lacey Laskowski. Editing by Matt Ebent.)*



Bible Reading & Devotional:

Read Romans 12:1-2 in the Message version as well as in either the NIV, ESV, or NKJV. Then read the following paragraphs: Take a minute to ask yourself, "In what ways am I trying to match my life to the cookie-cutter shapes of this world? How can I instead make my life look the way God wants it to, while caring less what my culture thinks?"

There is a lot of pressure around us to fit into the mold society lays out for us. That mold tells us what we should consider most important: how to dress, talk, live, who to date, etc. But Paul says not to go along with that, not to try to fit yourself into that mold. Instead he says to be transformed by renewing your mind.

We can renew or wash our mind through reading the word of God (Ephesians 5:26), which will remind us of His truth. This is why it's so important to spend time reading and thinking about His word every day. This will help us to discern the patterns of this world from the truth, so we have the courage to be transformed instead of conformed.

- o What do you think the difference is between being transformed and conformed? How can we choose to be transformed by God's word?

My thoughts on the Bible reading:

Thank You God for My: _____.

Challenge-by-Choice Homework:

One day this week watch your favorite TV show and pay close attention to REALLY noticing how the media portrays and uses beauty and sex appeal. It is extremely eye opening! Journal your observations and share it with the group next week. If you find any advertisements or YouTube videos that show conflicting, mixed messages, bring those next week as well to share.

My thoughts on the homework:

Reflection Questions:

Journal your answers to these questions.

1. What stood out to you in this week's discussion about media awareness?
2. Did this discussion about media awareness influence the way you see yourself or others? If so, how?
3. How can you be a positive role model for other girls?

My thoughts on the reflection questions:

Week Eleven

Remember to bring your mask to small group this week!

Moriah Speaks:

To anyone who has had a relationship status,

Being single consists of always doing things alone, scarfing down tubs of ice cream, sadness, and a constant lonely feeling...right? No stinking way! This is how most of the media presents the life of a single lady. I would disagree about 180%. I actually loved my time as a single. Being single made the friendships that I've invested in much deeper and more meaningful.

Having a single status was tough at first because I wanted to have the companionship of a boyfriend, be complimented, and have that person to rely upon to always be around for me. But the time I was single just helped me be a better version of myself and now translates into being a better girlfriend.

I started learning how to be comfortable doing things alone, and understanding the importance of independence. I went to get coffee or cook alone, and learned to love the time I spent just for myself. I also learned about dividing my time amongst friends and family. I invested in deep and meaningful friendships. That gave me the freedom to do what I was all about. In the words of Pauly D (from MTV's "Jersey Shore"), "I did me" for awhile.

My single time was crucial for my life now. Having these skills allows me to divvy my time between friends, work, and my boyfriend. It made me comfortable with me and much more independent. This has carried over into my relationship now and proves to be one of my boyfriend's favorite traits of mine.

Long story short, I am no relationship expert, but my advice would be: Maybe it's time to "do you" for awhile. You might learn some interesting things about who you are — not who guys want you to be. Being yourself is such an attractive trait. Seriously, that's hot!

XOXO, Mo

Flavor of the Day:

Check out this interesting quote from Veronica A. Shoffstall: "Plant your own garden and nourish your own soul instead of waiting for someone to bring you

flowers." What do you think of this quote? What are some ways you can nourish your own soul?¹⁰

Bible Reading & Devotional:

Today we're going to look at Psalm 37:3-4. Many of you might know verse four, which talks about God giving us the desires of our hearts when we delight in Him. I remember being a young adult and thinking, "Okay, God, I'm delighting in you! Just look at my church and small group attendance. Now, where's my husband?"

Then, God pointed my attention to verse three. God showed me that I needed to "dwell in the land" of singleness, living it to its fullest and not trying to rush into another land of relationships outside of His time. If I rushed out of singleness just for the sake of being in a relationship, it would stunt my growth. God had things He wanted to teach me while I was single. Meanwhile, I needed to "feed on His faithfulness," trusting that as I lived where He had put me, He was holding my future in His hands. He has always been faithful in my life and I know He always will be.

Then my attention turned back to verse four. This verse says that as we delight ourselves in Him, He will give us the desires of our hearts. This was the big surprise to me: I found that as I delight myself in Him, He, in fact, **becomes** my great desire! This is the most beautiful surprise — to allow Him to transform our hearts so that He is what we long for above all else.

That being said, I also became convinced that He would bring my husband into my life at the right time. Which, He now has — nine years later than I originally wanted, but right on time!

- How can you "dwell in the land" where God has put you, whether that's in singleness or a relationship? What does it look like to live fully present right where you are?
- What do you think it would look like if God was our greatest desire?

My thoughts on the Bible reading:

¹⁰ Veronica Shoffstall, "After a While," as posted in "Quotations: Dare to Be Great!", *The Quote Garden*, 2012, <http://www.quotegarden.com/be-great.html>

Thank You God for My: _____.

Fill in the blank space above with something that you like about yourself.

Challenge-by-Choice Homework:

Take one day this week to pray for your future spouse. You could even write him a letter and put your prayer in it. You could pray for his day, his walk with God, what he may be struggling with, etc. This is something both of us (Tiffany and Moriah) did regularly. If you're married, take this time to pray for your husband and write him a love letter.

My thoughts on the homework:

Reflection Questions:

Journal your answers to these questions.

1. How can you find your worth in God, instead of in relationships?
2. What characteristics do you look for in a serious relationship?
3. How did it feel to rip up your mask during small group this week?

My thoughts on the reflection questions:

Week Twelve

Moriah Speaks:

To all you beautiful ladies,

Day-to-day living can feel boring. It can become monotonous very quickly. I discovered this soon after I started working over the summers. Nine to five, nine to five, nine to five, weekend...then do it again and again all over. Or, being in school: class, class, break, class, sleep, and repeat. Sometimes I feel like my life is on instant replay, where I just go through the motions instead of living in the moment, when that's one of the most important things that we can do: live each moment to the fullest.

Like we talked about a few weeks ago, think in terms of a giant puzzle. Focus on the pieces that come together to create the bigger image. The pieces are crucial to fully enjoy the final thing. Focus on living each moment and enjoying the days, which add up to the big picture. A puzzle that's missing pieces isn't as beautiful or complete, so live each moment fully, and see how all the pieces connect to the larger picture. Keep that bigger perspective in mind as you walk into your future.

XOXO, Mo

Flavor of the Day:

Check out this awesome, inspirational quote we found at boardofwisdom.com: "Dream what you want to dream, go where you want to go, be what you want to be. Because you only have one life and one chance to do all the things you want to do." In other words, don't let the quest for beauty hold you back from all that God has for you!¹¹

Bible Reading & Devotional:

Jude 1:24-25 is a passage that has brought encouragement to my heart many times over the years. Sometimes I forget how strong the Lord is. In the past I've often felt like I was destined for failure. But He is bigger than I am. He's stronger

¹¹ "Eleven Hints for Life," *Board of Wisdom*, <http://www.boardofwisdom.com/default.asp?listname=life&topic=1005>

than I am. And not only is He completely able, but He is also completely willing and ready to one day present me faultless before the throne of God. I'm on a journey while on earth, and He is carrying me in His hands. I've never walked alone. He is with us, and He is bringing to completion the good work He's begun in us (Philippians 1:6). Thank you, Lord!

I know that this small group is ending, but your journey is just beginning. And through it all, God will be with you, and He is strong enough to lead you closer to Him each day that you live.

Check out these verses: Jude 1:24-25 and Philippians 1:6. How can these verses be an encouragement to you as we are finishing this study?

My thoughts on the Bible reading:

Thank You God for My: _____.

Something brand new today: Fill in this blank with something that you have gained from this journey so far.

Challenge-by-Choice Homework:

Start having weekly dates with God. Set aside half an hour one day this week to spend quality time with God. Talk with Him about everything you've learned in this study, and ask Him to make it real in your life and to teach you how to live it everyday. Don't feel the need to say the right words or impress Him; just limit distractions and talk to Him like you would to a friend. Feel free to even sit in silence. Go somewhere that you feel peaceful. It could be outside, inside, or wherever you're able to focus on just being with Him. Try to make this a regular activity in your walk with God.

My thoughts on the homework:

Reflection Questions:

Journal your answers to these questions.

1. What have you gained from this book study?
2. In the words of Switchfoot, "This is your life. Are you who you wanna be?"

My thoughts on the reflection questions:

Closing Letter

Hello again fabulous ladies!

WOW. Thank you so much for taking this journey with us. It was absolutely wonderful getting to share this experience with you!

We hope you gained some practical tools and life applications to help you continue walking this journey into confidence and freedom from the quest for beauty or perfection. It takes time – longer than a 12-week book study – to find the fullness of confidence, but it's a beautiful journey. Along the way you'll find more of who God is and you'll discover who you are in Christ. We are so excited for you as you continue climbing toward freedom.

Please don't hesitate to email us at tiffanydawn@tiffanydawn.net, as we would LOVE to hear from you. You can also check out www.tiffanydawn.net/iqb, youtube.com/c/tiffanydawn, and tiffanydawn.wordpress.com for more resources in the coming months and years. Also, feel free to share a photo of your group on social media to #IQBGirls!

Have a wonderful day, a blessed journey, and we'll talk to you soon!

Love,

Tiffany Dawn & Moriah Wiesner