

The
Insatiable
Quest
for Beauty
leader's guide

By Tiffany Dawn and Moriah Wiesner

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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 Leader's Guide

I am so excited your group is joining me for this journey through "The Insatiable Quest for Beauty!" A few years ago, when I first released "The Insatiable Quest for Beauty" book (the one with the black cover), I asked my friend Moriah to co-write this Leader's Guide and Workbook with me. Our goal was to give you all the tools you need to make your book study successful.

Since then, I've released a second edition of "The Insatiable Quest for Beauty" (the one with the pink cover). I then went back through this Leader's Guide to update and rewrite parts of it. Once again, my goal was to give you the resources to make your book study simple and successful.

Four thoughts for you:

- Please take the tips and guidance that work for you and leave whatever doesn't. Make this your own study!
- If you have any questions along the way, please don't hesitate to email me at tiffanydawn@tiffanydawn.net.
- I'd love to hear how your study is going, or even Skype in with your girls one week!
- If you'd like to share a photo of your small group, Instagram it to #IQBGirls!

This Leader's Guide includes a 12-week version of this study, followed by the student's Workbook. That being said, you can easily combine two chapters at a time to turn this into a 6-week study. You can just choose which discussions questions and activities you would like to use from those two weeks in the Leader's Guide.

Before we get into the actual Leader's Guide, here's the important introduction:
How it all works...

Before Beginning the Study

As you're beginning this book study, there are several things we would recommend.

#1: Pray for it! This might seem so obvious, but if you're anything like me, it's easy to forget the power of prayer. I've seen it with my own eyes: There is absolutely *nothing* that changes lives like the power of God at work in our hearts — through prayer. Pray for the girls, pray for each meeting, and ask God for His heart and vision for your specific group.

#2: Set goals for your group, as a group. What specifically are you and your girls looking to gain from this study? You can have each girl write down one or two answers to that question, and pass their answers in to you at your first meeting. Then you can tailor this guide around your group's specific goals.

#3: Encourage the participants to come as often as possible. Having group members constantly changing takes away from the flow, comfort, and honesty group members experience. Obviously there will be times when people cannot come, but encourage the members to prioritize this study. (We would also encourage you to limit group size to 8-10 participants, in order to keep it more intimate.)

#4: Once you have the group members determined, make sure they have everything they need — before your first meeting. Participants should have the workbook pages (or know where to find them online) and a copy of “The Insatiable Quest for Beauty” book at least one week before your first meeting, so that each person has time to read the first chapter of “The Insatiable Quest for Beauty.”

#5: Read over the discussion prompts before you meet each week. This will be so helpful as you tailor your discussion and know how to prepare for it and guide it. While reading the chapter ahead of time, you can write your own notes and additional questions in the margins so you remember to talk about those things.

The Chapter Layouts

Now we'll talk about the actual layout of the Leader's Guide, so you know what to expect. We've also included a copy of the student's Workbook in the back,

so you can see what the girls are seeing. Again, this is just a guide. Tailor all of this around your group's goals and needs.

What to read when: Each section in this Leader's Guide is designed to be talked about **after** reading the corresponding chapter (i.e., the first chapter in this guide is for the meeting after the girls have read the first coffee date in "The Insatiable Quest for Beauty").

Goals: I've included my goal for each week's discussion, and left room for you to include your goal. This will help narrow your focus in the discussion.

Supplies: This is a checklist of things you'll need for each meeting. You will also want to have a computer with internet connection available at each meeting.

Opening Activity: We've started each chapter with some sort of ice breaker to get people interacting and thinking. You can also show one of the video coffee dates from the Insatiable Quest for Beauty website before the opening activity.

Flavor of the Day: We've included a "Did you know...?" trivia fact or quote for each chapter. This was designed as a prompt to start discussion. Read it, let it set in, and then ask what the group thinks about it.

Group Discussion Questions: These are some questions that you can use to jumpstart your discussion. We suggest starting with an open-ended question like, "What part of this chapter stood out to you the most, and why?" Here are some tips for group discussion:

- Remember that "wait time" is important; it provides time to think about the question. If you're anything like me, you just want the discussion to start and the talking to never end (well, not for an hour anyway)...but don't be afraid of silence. Silence and "wait time" are powerful tools.
- Relate everything back to real-life application. If you're talking about something philosophical, save time at the end to ask how it can be applied to real, everyday life.
- When someone shares something meaningful to them, take some time there. Ask if anyone else has felt that way. Capitalize on that moment.
- We included some helpful hints beneath many of the questions, as things you can incorporate into the discussion if you would like to. Remember that part of your responsibility as the facilitator is to keep an eye on the time, and to refocus the conversation back on topic.

Now, what do you do if/when difficult issues are brought up? For example, what if someone says, "I know I need to deal with this, but I feel like I'm going crazy!" Here are a couple tips:

- Always remind your girls to refocus their eyes on God. Healing is a process and it can be painful, but while we embrace the process, we also need to remember who God is and how much He loves us, instead of *only* focusing on the pain.
- There may be times when you need to encourage participants to talk with a parent, counselor, and/or medical professional.
- Through it all, remind them not to get frustrated with themselves when healing takes awhile, because it's a process.

Bible Reading & Devotional: This is a critical piece for the healing process. One of my greatest goals for this study is that the girls would get deeper into God's Word, because we cannot keep coming close to God and internalizing His Word, day by day, without being changed. This devotional section is included in the Workbook and therefore could be discussed in the group or read by each girl on her own time.

Closing Activity: This is an activity designed to bring closure to the meeting. We've made these active and creative.

Prayer: We included a prayer at the end of each discussion, not to be "religious," but rather to try and put language to what may be on the girls' hearts and what was on our hearts as we wrote these chapters. Feel free to use these, or have the girls pray their own prayers.

Sections Included Only in the Workbook

The girls should complete the Workbook chapter **after** the group meets to discuss that chapter. So each girl will read Coffee Date #1, then meet to discuss it in the group, and then fill out the Coffee Date #1 pages in her Workbook.

Moriah's Thoughts: This is a paragraph Moriah wrote for each chapter. She shares her responses to the chapters, like she is going through the study with the girls.

Reflection Questions: The girls should think about and journal their answers to these questions to cement the discussion and real-life application in their hearts.

Thank You God for my _____: The girls fill this out on their own time. It does not have to be discussed in the group, although you could have the girls share their answers to this as a way of closing group discussions. In this section, the girls will

fill in a quality that they really like about themselves. We hope this exercise will help the girls focus on the ways in which they are fearfully and wonderfully created, instead of comparing themselves to how society says they should be.

Challenge-by-Choice Homework: This is something practical the girls can do on their own time over the course of the week – their independent practice, as it were, relating the healing process to their everyday lives.

Timing of the Meetings

We know that every group will have a different amount of time available. This is what we had in mind while creating the study, but you can edit this for your own group's needs.

15 minutes: Hang out, people arriving

10 minutes: Opening activity

40 minutes: Discussion

15 minutes: Discuss devotional section and pray to close discussion

10 minutes: Closing activity and chatting

Total time: One and a half hours

If this is too long for your group, depending on age, personality, and time limits, you could choose just one activity, rather than both the opening and closing activities. Here are some other ideas you could add in:

- Have a short time of worship at the beginning, either with one of the girls on guitar or piano, or using YouTube videos of worship music. This can help prepare and focus our hearts.
- Open or close by reading and meditating on a Scripture verse.
- Open or close by having each girl share briefly about her week, or something God was doing in her heart that week.
- Watch one of the videos from that chapter's section on The Insatiable Quest for Beauty website (www.tiffanydawn.net/iqb).

Final Thoughts

Check out the video of Moriah introducing herself, which can be found at www.tiffanydawn.net/iqb. This would be a great video to watch during your first small group meeting.

In my own experience leading small groups, I've found that giving ownership to different group members helps the members feel more committed, connected, and gain more from the group experience. Assigning people to bring snacks, prepare an opening activity, lead the discussion, etc., is a wonderful way to help all the girls truly feel a part of the group and be even more deeply committed to seeing the entire group succeed.

Lastly, if you would like us to come speak or Skype with your group, we would love to! You can email us at tiffanydawn@tiffanydawn.net to figure out the details. We could come (or Skype in) to kick-start your study, for a Q&A session, or as a culminating event.

Like we said before, we would love to hear from you! Don't hesitate to email us. There is also a feedback form on the "small groups" page of the website.

God bless you as you start this adventure! We are so excited for you!!

Love,

Tiffany Dawn & Moriah Wiesner

The
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leader's guide

The Twelve-Week Study

Week One

Goals:

Each girl who battles with insecurity will know that she is not alone.

Your goal: _____.

Supplies:

- ☐ Cute stationery, envelopes, and pens for the closing activity.
- ☐ Coffee or hot chocolate for a snack, so as to create your own "coffee date."
- ☐ Extra pens (in case anyone forgot one), notebook, Bible, and "The Insatiable Quest for Beauty" book.

Opening Activity:

Have each person share her name, grade (high school) or major (college), and her answer to this question: "If you were a beverage or kind of coffee, which drink would you be and why?" Then, as a group, watch the "Meet Moriah" video on the website.

Flavor of the Day:

Read the statement (below) aloud. Give it time to set in.

Then say, "Wow, that's a lot of women! What do you think about that?"

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

Group Discussion Questions:

Keep track of time so the discussions don't get too long, and refocus the conversation if it gets off on tangents. Encourage the girls to reflect on their own journeys by applying these concepts to their personal, everyday lives. Helpful hints are included below each question.

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

☞ **What stood out to you in the first coffee date? What parts of this chapter were relatable or really touched you?**

- Each week use this type of question as a launching pad. Expound and capitalize on people's favorite parts of the book. Ask questions like, "Why did that stand out to you?" or "Did anyone else relate with that part?"
- Since it's the first group meeting, it could be hard to get the group feeling comfortable and ready to share with each other. You could ask each person to share one part of the chapter that they really liked or found interesting as a way to break the ice.

☞ **Page 22 says, "A quest is the one thing you want more than anything else, the one thing you must have no matter what it costs." Then Tiffany gave us a list of examples. Did any of those quests stand out to you? What do you think your quest is? Is it helpful or harmful?**

- Some quests are helpful (i.e. my current quest to know the Lord) and some can be harmful (i.e. my previous quest for beauty). Some quests could be either helpful or harmful, depending on how much of our identity we put into them. We just need to be balanced in our pursuit of them. For example, my quest for good grades — that's a good thing as long as I realize good grades can't determine my worth as a human being. This could be a good thing to talk through, since many quests are okay to pursue, as long as we have a balanced perspective on them.
- We can have multiple quests at the same time. In my own life, I've found that my quests are like an onion — I peel one layer off and discover another quest hiding beneath it.

☞ **Page 30 says, "Every day of my life I wished I was someone other than me... someone like the stunning, perfect girls..." Have you ever felt insecure or wished you were more like someone else?**

- The purpose of this question is to show that we are not alone. As 1 Corinthians 10:13 says, "No temptation has overtaken you except such as is common to man..." Going back to the flavor of the day: 80% of women feel insecure. We are not alone on this journey. In fact, research shows that "body image dysmorphia" (when we look in the mirror and see someone larger or less attractive than what anyone else would see in us) has become a normal part of life for women in our western culture.

☞ **We are about to begin a journey together. List the different elements involved in preparing for a trip or a journey. As you embark on this journey to overcoming your quest, what preparation will be involved? Who do you want to journey with you? What do you want to leave behind, and what do you want to take with you?**

- The purpose of this question is to help the girls think about what they'll need if they'd like to journey toward overcoming the quest for beauty. A journey involves planning ahead (finding strategies to make the journey; i.e. this small group, journaling, Bible reading, and taking time to reflect), figuring out where you're going (goal-setting), choosing who goes with you (the people in your life that can walk this journey with you, accountability partners), deciding what to leave behind and what to pack (leaving the things that hold us back and bringing what helps us; i.e. honesty versus wearing a mask), etc.

🔗 **What do you want to take away from this book study experience?**

- Give the girls a few minutes to think about this question. This goes along with the idea of goal setting. Maybe they want to take away a greater sense of confidence, purpose, or identity. Maybe they want to grow closer to God. Have each person verbalize one of their goals for this study.
- When I set off on my journey toward freedom, I took some time to think about what "freedom" meant for me. In my case, it meant liking the person in the mirror, no longer struggling with disordered eating, no longer needing a boyfriend to be happy. What does freedom mean for each of person in your study?
- What changes need to be made in their own lives to get to where they want to go? If they want to change in some way, discuss how we can only make changes in our lives by the grace of God (which is sufficient). But we shouldn't get upset with ourselves if nothing changes overnight, because change takes time.
- You can also ask what change feels like for them. Change can be difficult, but can also lead to very positive end results. Fear of change can keep us stuck.

Bible Reading & Devotional:

Read this out loud: There are many places we go in hopes 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. Let's **read John 4:5-30** together to find out what Jesus said about living water that quenches our thirst. **(You can have the girls take turns reading a few verses each. Then talk about this passage together.)**

- What happened when she learned who Jesus was, and that He could satisfy her heart? (She went and told everyone! When our hearts are truly, dramatically touched by Him, we have a story that we just can't hold inside!)

- Does this mean she would never be physically thirsty again? (No, this was about a spiritual thirst.)
- Why do you think she left her water pot at the well? (When we realize He can satisfy our hearts,
- How can we find some of this living water for ourselves? (Talk about the water of God's word — Ephesians 5 — and how His word washes our hearts from the dirt we pick up in daily life, and fills our hearts, satisfying us.)
- 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?

Closing Activity:

Have each girl write a letter to herself. Give these directions: "I am passing out stationery and pens. Each of you will write a letter to yourself, which I will then save and give back to you at the end of the book study. In the letter, talk about where you are now with regard to body image and this whole quest for beauty (or whatever your quest may be). Then talk about where you would like to be eventually. Set a goal for yourself to reach by the end of this 12-week study. After you've written the letter, put it in a sealed envelope and turn it in to me."

Talk about how to set goals, and how goals can enable us to get where we want to be. Goals should be realistic and measurable – something a person **can** achieve and will **know** if they achieve. For example, "Feel great about myself all the time" is not easily measurable, and probably isn't realistic for a 3-month study. However, "Find three things that I like about myself" is something that you can measure (three things) and that you can realistically do by the end of this study.

The girls should write the letters, seal them in envelopes, and give them to you. You'll return the letters to them at the end of the book study.

Prayer:

Lord, thank you for this time to get to know one another. We are so excited to start this study and look at some deep parts of our hearts. Please help us to be open and honest with one another, with you, and with ourselves. We bring our hearts before you and ask that you would speak to us, bring freedom to the places of our hearts that feel trapped, and awaken the parts of our hearts that have been sleeping. Help us to discover who you are and who you created us to be. Help us to find the abundant life and confidence you offer us. Guide us along this journey. We love you Lord, and we give this book study to you and ask that your will would be done. In Jesus' name we pray, Amen.

Week Two

Goals:

Each girl will identify the kind of mask that she wears.

Your goal: _____.

Supplies:

- ☐ Construction paper, markers, scissors, glitter, glue, and any other desired craft supplies for creating and decorating masks.
- ☐ Mask templates (you can Google “mask outlines”).
- ☐ Optional: Two kinds of dessert (i.e. cookie and brownie) for comparison activity during the group discussion.
- ☐ Extra pens, notebook, Bible, and “The Insatiable Quest for Beauty.”

Opening Activity:

Present this scenario to the group, and then allow each person to share their answer: “Imagine that you were invited to a fancy costume party – kind of like an old-fashioned ball. Everyone is supposed to wear a costume that says something about who they are. Take a minute to think about what you would wear, and then share that with the group. Why did you choose the outfit you did (i.e. color, style, material, era, etc.)? What does it portray about you?”

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>

Group Discussion Questions:

☞ **How did your homework go?**

- This is referring to the practical “challenge by choice” homework piece in the workbook.

☞ **What parts of this chapter stood out to you or spoke to you?**

☞ **Page 37 says, “I checked out the girls everywhere I went...sizing up my competition. I compared myself with every woman I saw, leaving my heart strung thin with...my own inadequacies.” What does it feel like to compare yourself to others? What can you do instead of comparing?**

- At this point, bring out two completely different kinds of desserts (i.e. a brownie and a cookie) and ask the group to compare them. Discuss how silly it is to compare them when they're unique and not supposed to look or taste the same. They're equally good, just different and created for different purposes, and they're never going to be the other thing. Why compare them? If some say, “But I don't like a brownie, so to me the cookie is better,” you can process that by discussing that different people have different preferences, but that doesn't give one less value than the other. Some might prefer cookies and some might prefer brownies, but they are both equally valid and appreciated desserts. Likewise, I'm never going to look like you and you're never going to look like me; so why try? We're both equally good and unique in our own way and meant to be the way we are.

☞ **Page 39 says, “I didn't feel loved for who I was. How could I? No one knew who I was!” Have you hidden behind a mask or tried to cover up who you are with the characteristics you thought you should have?**

- Trying to fit a certain image can come as a result of comparing ourselves with others.
- A mask is something you hide behind, something you think will make you good enough or happy. It's closely tied to our quest.
- If I had described my mask back then, it would have been pink and sparkly. I would have decorated it with clothes, because I thought I had to look a certain way to be happy. I would have put a picture of boys on it, because I thought I had to be in a relationship to be happy, and if I wasn't, then there must be something wrong with me. I would have put an A+ — kind of for good grades, but more for this idea of perfection. There was no room for a mistake in my life ever.
- What characteristics did you feel you should have? For me they were makeup, dating cute boys, and getting good grades. Those things are not wrong in and of themselves, but I tried to base my identity on them. Really

my identity could only be found in God. I also tried to change myself to meet certain cultural expectations, when really I needed to be the person God made me to be.

- There is a balance: Sometimes we need to have a professional face or “mask,” like when we’re at work, but this isn’t the kind of mask we’re talking about now. Talk about this balance: What kind of mask is okay to wear, and when? The really important thing is that we have a few people we are truly honest with. We don’t have to share all our struggles with everyone, but we need to share them with a few trusted people. It’s also important that we feel as though we’re learning how to become ourselves, rather than trying to be someone else to get people to like us.

☞ **What are the results of hiding behind a mask? How has this affected you, others, and your relationship with God?**

- Talk about why we wear masks, how tiring it is to keep hiding behind a mask, and how wearing a mask keeps us feeling alone and separated from others, because people don’t really know us.
- Process how scary it can be to let down the mask, but what things could happen. Maybe people will feel more comfortable around you. For example, have you ever known someone who seemed so perfect that you felt insecure around them? Honesty makes us relatable. Has your mask pushed others away, even though it was intended to do the opposite?

☞ **What do you think it would feel like to take off the mask? Who would be hiding underneath?**

- Masks deteriorate, but God gives us eternal robes of righteousness (Isaiah 61:10).
- If your group wants to talk more about how to be themselves, check out this blog together: “**How to Be Yourself.**”³

Bible Reading & Devotional:

Read together: 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 human “mask” experience. To this day, we continue to hide from God, others, and ourselves, feeling ashamed or afraid.

³ This blog can be found at <http://tiffanydawn.wordpress.com/2016/05/03/how-to-be-yourself/>.

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.

Let's read Genesis 3 together, and then we'll talk about it. (Focus 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 and 10, and Revelation 19:8.)
- Together watch the lyrics video for my song "Mask" on YouTube, or listen to the song on Spotify. Then pray together.

Closing Activity:

Hand out mask templates and some crayons, markers, and craft supplies. Have each girl decorate her mask with words, drawings, or symbols that represent her own quest. Have her portray the things she looks to for confidence, the things she hides behind, or ways she feels like she has to be, in order to be loved. You can put some fun music on in the background and the girls can hang out and chat while doing this activity. When I did this mask activity, I included symbols representing fashion, good grades, boys, and weight. Those were the things that I thought made me good enough to be loved. Each girl can share and explain her mask with the rest of the group if she would like. Each girl should save her mask for the rest of the book study and add to it if more thoughts come up. During week #11 we'll have part two of this mask activity (very exciting)!

Prayer:

Thank you, Father, that you love us even in the most broken places of our hearts and lives. Even when we feel alone and ashamed, you are there with us, and your arms ache to hold us. Thank you that out of our brokenness comes new life and wholeness in you. Right where we are on this journey, we bring our hearts to you once again. Make us more like you, and show us who you are and who we are in you. Lord, this mask we wear – the mask that hides those parts of us that maybe no one else knows exist – you see us even in those hidden places. You know every hair on our heads, and you know the person behind the mask. Thank you that we are fully known and fully loved, and that you are able to bring us from brokenness to wholeness. As we journey with you, please hold our hearts. In Jesus' name, Amen.

Week Three

Goals:

Each girl will understand the meaning and importance of surrender.

Your goal: _____.

Supplies:

- ☐ Ingredients and recipe for the opening activity's snack.
- ☐ Pens, notebook, Bible, and "The Insatiable Quest for Beauty."

Opening Activity:

Make a snack together while chatting. (Some easy snack ideas are trail mix, cookie decorating, or ice cream sundaes. You can find quick, delicious recipes at www.allrecipes.com.) Here's a conversation starter: "In this week's chapter, Tiffany felt like her Bible had been hijacked when she read Ezekiel 16, because she felt like the chapter was written specifically for her! Have you ever felt like your Bible was hijacked? If so, why, and what was the verse?"

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?⁴

Group Discussion Questions:

☞ **How did your homework go?**

☞ **What parts of this chapter were relatable? How did this chapter impact your own life?**

⁴ "Skin Cancer facts," *Skin Cancer Foundation*, 2012, <http://www.skincancer.org/skin-cancer-information/skin-cancer-facts>

☞ **What did you think about Israel's Quest for Beauty (Ezekiel 16)? If you had to rewrite the story to be about you, what would it sound like?**

- Break the story into four parts: (1) Where she was first found, (2) what life was like after God found her, (3) why she walked away and what that felt like, and (4) when God rescued her again. Encourage the girls (if they feel comfortable) to share what those four parts of their own lives would be. Maybe some of those parts don't exist in their own lives. What parts do exist?

☞ **God told Tiffany, "You can't serve two masters" (page 55). What does that mean? What masters are you serving?**

- Again, this ties back to the idea of a "quest." What are we spending most of our time and energy on?
- In Luke 4:8, Jesus refers to the age-old command to "Worship the Lord your God, and serve Him only." What does it mean to worship or serve someone?
- Long ago, people would worship idols. They would pray to statues and try to do whatever they thought would make those statues happy, so that the statues would bless them. We realize how silly this is, because wooden statues can't do anything to help us. But how many times do we now worship "ideas" or material possessions or a mask or a quest? We still have idols today; they just look different.
- What does it look like to worship God? Check out Matthew 11:28-30. When we serve the Lord, He is a loving God to follow. When we serve anything else, it tells us we are not good enough. It's like page 40 said, "In retrospect, the choice seems so simple: 'So, Tiffany, you can choose God, who loves you just as you are and wants the best for you. Or, you can choose to follow Beauty, which will tell you what a terrible person you are and how everyone is better than you...'" Sometimes, though, we just don't realize how much God loves us.

☞ **Page 57 says, "This was the very first step I took toward freedom: Surrender." What does "surrender" mean? Why is it important?**

- I like to define "surrender" as letting go or giving up control to someone else. Surrendering my quest for beauty meant choosing to let go of the quest over and over, and choose to worship and look to God for identity instead of to beauty.
- Check out Romans 12:1-2's take on surrender (The Message version): "So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead,

fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you."

- Page 57 says, "Sometimes, to be honest, I didn't want freedom; I just wanted...to be a slave again." Have you ever had this happen to you? This is part of the journey toward surrender.
- Surrender is a process, and you can even chart your progress to encourage yourself. How? Through journaling! Remember that we need to surrender over and over. It can be a long process. God's just as (or more) interested in the journey than in the destination, because along the journey toward surrender we come to know Him more than ever before.

☞ **Page 54 says, "I knew He wanted me to let go...and I was terrified. If I gave Him my pursuit of beauty...I assumed He would just take my beauty away and let me be miserable, unnoticed, unloved, and lonely for the rest of my life..." Is there something you need to surrender? If so, is there something (like fear) that holds you back from surrendering that part of your life to God? What does it feel like for you to talk about surrender?**

- My fears of surrender were that I'd end up looking hideous and being alone. Were those realistic fears? No; they were lies from the enemy. Often when God asks me to do something, I feel afraid. The enemy tells me it'll turn out badly. But I need to replace those lies and fears with the truth of what God says. He is with me. He is faithful. His plans for me are good. At the time, in the midst of my fear, I didn't realize how much God loved me. Yes, things would change when I surrendered, but in the end it would be for good and not for evil. On the other hand, I had to surrender **even if it had meant** that I would be alone forever and look hideous. I had to face that risk so that I could truly live and breathe.

Bible Reading & Devotional:

Read this out loud: 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 what 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 let's read Hebrews 11:8-16 together now.

Closing Activity:

The practical homework is to fast something you enjoy doing, for the purpose of spending time with God and surrendering to Him. Discuss the purpose of a fast: setting our eyes on God and saying, "You are worth everything we have. I would rather spend time with You, than have my (you fill in the blank: i.e. Facebook time, makeup, favorite TV shows)." We're not talking about fasting food right now, just in case some may be struggling with disordered eating. However, we are bringing up the idea of giving up something we love, for awhile, in order to spend more time with God. Talk about how the idea of "fasting" ties into the idea of surrendering yourself to God.

Prayer:

Jesus, we are weak. You know that even better than we do. Thank you for loving us in our brokenness. Father, we ask that you would come and rescue us. We want to choose you over all our other desires, and yet sometimes we feel incapable, too weak to choose you. Please meet us, draw so near to our hearts and fill us with the strength of heaven. Let it be a moment when heaven touches earth; when your strength touches our weakness and transforms it into surrender. We give you our lives, our hearts. Wherever we are on this journey, and however much we are able and ready to surrender, we give it to you. We love you Lord, and we thank you that you love us right where we are – wherever that may be. Thank you for choosing us in our weakness. Thank you for coming to rescue us. In Jesus' name, Amen.

Week Four

Goals:

Each girl will recognize with what she tries to fill her heart.

Each girl will determine the next step she can take to build a closer relationship with God.

Your goal: _____.

Supplies:

- ☐ Donut holes as a snack.
- ☐ Pens/colored pencils and copies of Appendix A's image of a donut for the closing activity.
- ☐ Pens, notebook, Bible, and "The Insatiable Quest for Beauty."

Opening Activity:

Share: "Today we're going to be talking about how God can fill the emptiness in our hearts. That reminds me of a donut, so...what is your favorite kind of donut or sweet treat?"

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.⁵

Group Discussion Questions:

☞ **How did your homework go?**

☞ **What parts of this chapter stood out to you, and why?**

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

☞ **Pages 62-63 talk about all the things Tiffany tried to use to fill the emptiness in her heart. But none of it worked. She says, “Anytime I was alone, I felt the emptiness. I knew something huge was missing somewhere deep inside me.” Have you ever felt that way? If so, what did you use to try and fill the emptiness? Will those things truly fill your heart? Why or why not?**

- Process some healthy ways to fill the void in our hearts, instead of negative habits. Ultimately I've found only God can fully fill the hole, but He also created us to need things like healthy relationships with other people, serving others, etc. On the other hand, abusive relationships, addictions, etc. are unhealthy ways of trying to fill the hole.

☞ **On pages 63-64, while standing in front of the crooked staircase, Tiffany asked God to fill that emptiness in her heart, and she said He started to. She said it wasn't an overnight, magical experience, but it was the beginning of a journey to find fullness. What do you think about that? Have any of you experienced something like this?**

- If some of the girls have asked God to fill their hearts, encourage them to share what that experience was like for them. Point out that it's different for everyone; some of us feel God instantly and others don't. This is why the journey is important. No matter what our initial experience is, we won't always have the “feelings,” but as we build a relationship with God each day, despite our feelings, we begin to find the fullness of life that He offers.
- Some girls might not believe that God can fill their hearts. That's okay! Along this journey, pray that God will reveal Himself to them. Even if it's not during this book study, hopefully these discussions will plant a seed for the future.

☞ **On page 65, Tiffany says, “It wasn't a quick fix, and at first that was a little bit annoying... There was nothing fast about this healing of my heart. But when you spend quality time with God, over and over, you can't help but change; you can't help but heal.” She then compares time with God to spending time with a friend, and starting to think and talk like that friend. Has that ever happened to you with a friend? How do you think this can happen to us in our relationship with God? What are some ways you can build a closer relationship with God? What is the next step you, personally, would like to take to build this relationship?**

- Talk about practical ways to get to know God (i.e., studying your Bible, listening to worship music, talking with like-minded friends, finding a mentor, praying, worshipping, going to church). It's easy to say, “Yeah, yeah, but those things won't change anything for me.” Often, that's a sign that we've never really tried them long-term and consistently. If we are regularly filling our minds and hearts with God's word, and spending

time with Him, our lives will completely change. It takes hard work, but it's worth it!

- Ultimately, a lot of it comes down to our hearts, and wanting to know Him. As a kid, I listened to a story in which a little boy named Seeker wanted to go see the King (who symbolized Jesus). The gatekeeper asked Seeker, "Do you REALLY want to see the King? You have to REALLY want to see the King!" That's what changes our lives — when we REALLY want to get to know the King! It's not always an emotional feeling; it's often a choice we make that eventually changes our emotions as well.
- Talk about the role feelings play in our walk with God. As young women, our emotions go up and down like a rollercoaster. Our feelings don't always match what's true. Sometimes we need to learn how to live "above" our feelings, realizing they don't have to control our lives. There are some resources on the book's website that give more insight into this idea of feelings — feel free to check those out as a group.

☞ **What do you think God wants you to find when you come closer to Him?**

- Read John 10:10 and Ephesians 3:14-19 together.

☞ **What is the next step you would like to take to build a closer relationship with God?**

- Talk about the next steps each girl wants to take. Maybe it's spending five minutes each morning praying, or reading ten verses a day. I tend to be an "all or nothing" person, and so if I can't spend a full hour with God, what's the point of spending any time at all? That's a huge lie from the enemy. Just like with physical exercise, something is better than nothing. It can be small and simple. The important part is that we are doing something to come closer to God.

Bible Reading & Devotional:

Read this out loud: Psalm 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 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 this certainty. 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 Tiffany says on page 67, "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. So let's read Psalm 145:14-21 together.

Closing Activity:

Hand out Appendix A's image of a donut to each of the girls. Give these instructions: "Pretend this donut is your heart. Draw or write in the hole the things you use to try to fill your heart." On the side of the page, write down the things you would like to try after today's discussion — perhaps your next step for coming closer to God, or other healthy ways you can fill the hole in your heart.

You can then process this activity as a group. Our hope is that this exercise will provide a visual illustration of what things they currently use or have used to fill their hearts; the ways they use their time, resources, energy, and thoughts. We hope this also gives a pictorial view of how God should start to fill this space, as nothing else fits quite right.

Prayer:

Pray together that God would fill your hearts. Have everyone pray (either out loud or quietly) at the same time for the person to her right, and then after a minute or two, you can close out the prayer time with a simple, ending prayer.

Week Five

Goals:

Each girl will be able to list three verses about who she is in Christ, and/or about how much God loves her.

Your goal: _____.

Supplies:

- ☐ Markers and pastel/light colored paper for the opening activity.
- ☐ Copies of Appendix B: "Bookmark," to hand out for closing activity. Also construction paper, blank paper, markers/colored pencils, fancy scissors, and any other desired craft supplies for the closing activity.
- ☐ Bible concordances for the discussion and closing activity (or girls can use their phones).
- ☐ Pens, notebook, Bible, and "The Insatiable Quest for Beauty."

Opening Activity:

Pass out a sheet of construction paper and marker to each girl and instruct her to write her name on the top of the page. Everyone then passes their sheet to the left and that person writes what they like about whoever's sheet they have in their hands. Pass to the left again and again, until everyone has written something on each person's sheet. These should be positive, uplifting remarks – things they love about the person. Then return each paper to the person whose name is on the top, after everyone else has written an encouragement on it.

Flavor of the Day:

According to [raderprograms.com](http://www.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."⁶

⁶ "Media Influence," *Rader Programs*, 2012, <http://www.raderprograms.com/causes-statistics/media-eating-disorders.html>

Group Discussion Questions:

☞ **How did your homework go?**

☞ **What parts of this chapter stood out to you the most?**

☞ **Pages 72-73 talk about Tiffany's two main difficulties in accepting God's love. One was feeling like it was prideful to believe God loved her, and the other was believing she had made too many mistakes for God to love her. I think this is very normal. Many of us struggle to believe we can really be loved. What has made it difficult for you to believe that God loves you?**

- As each girl shares, you can ask the other girls if they've ever had that same doubt. You can also talk through those doubts, asking what everyone thinks the truth is to replace each doubt that comes up, like pages 72-73 did with my two doubts.
- The purpose of this question is to normalize these feelings. Many, if not all of us, have at one time or another felt unworthy of love.
- This provides an opportunity to once again share that we don't have to live by our feelings. As young women, going through hormonal changes, there will be times when we feel insecure or unworthy, but **our feelings don't determine who we are**. As we learn who we are in Christ, we can let HIM, and what He says about us, give us identity...instead of what we feel about ourselves. (Which, as we learned from the "Flavor of the Day," can often be negative.)

☞ **We are going to go on a Bible scavenger hunt. We want to find out: What does God say about you? How does that compare with what YOU say/think about yourself?**

- You could have the girls take a few minutes to individually (or in pairs) find some Bible verses to answer these questions, and then come back together and share. (You could do this in silence, or turn on worship music. You could have Bible concordances available for the pairs to utilize.) Or you could discuss and do this Bible scavenger hunt all together as a group.
- You won't know who you are until you know Whose you are (God's, the One who made and loves us), and what He has to say about you.
- Sometimes I expect God to be disappointed in me, and then am shocked to find that He loves me even when I've messed up! Re-read Zephaniah 3:17 (page 76 in the book) and talk about how great God's love is.
- Here are some things God says about us, based off of just one verse (1 Peter 2:9): He chose us, we are royalty, we are special to Him, and He has a mission for us – to proclaim His praise. Brainstorm some more Bible verses

that show what God says about us! (Some ideas are Psalm 139, 1 John 3:1, Romans 8:29-39, John 3:16, and Jeremiah 29:11.)

- Then talk about how these things compare with how we see ourselves.

☞ **When we discover unconditional love, it provides a safe environment to let down the mask and be ourselves. We need to find this first in the Lord, but also in other people. Who are some people in your life who provide that unconditional love?**

- Talk about the importance of a good support system and things to look for in building healthy, trustworthy relationships. What are signs that a relationship is healthy and helpful, and what are signs that it's hurtful? (Example: In a healthy relationship, people are honest with you, but in an encouraging way. In a less healthy relationship, people either just flatter you or are constantly tearing you down.)
- See what the Bible has to say about how much we need human relationships: Hebrews 3:12-13, Hebrews 10:24-25, 1 Thessalonians 5:11, and James 5:13-16.

☞ **How can you get to know God's love?**

- Similar to last week, these spiritual ideas can feel a little abstract. Here's a place for you to talk about practical ways to discover more of God's love.

Bible Reading & Devotional:

Read this out loud: 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 just soak up its words, and even pray it back to God. Let's do this together.

Let's read verses 1-4. And in fact, let's read it in two different Bible translations (i.e. NIV, Message, NKJV, ESV, etc.). What versions do you all have with you? After we read verses 1-4 in two versions/translations, I'll give you an example of how to pray this back to God.

Here's an 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 let's read verses 5-6 in two different versions. Who would like to read this time?

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 let's read verses 7-12, again in two versions. Who would like to read?

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 let's read verses 13-16, again in two versions. Who's reading this time?

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 let's read verses 17-18, again in two versions. Who's reading this time?

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...!

could never being 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.

Prayer:

Father, it is amazing how much you love us. You've created us, rescued us, died for us, and rose again. You comfort us and want a relationship with us. Thank you Lord for how deeply you love us. Please make it real to us. It can be easy to say the words and lose the power and personal understanding of what this kind of love means. Father, give us a fresh revelation of your overflowing love. Even as Paul prayed, we ask for your Spirit of wisdom and revelation to open our hearts and minds to see and revel in this love. Thank you that you delight in us, that you like us, that you enjoy spending time with us, and that we don't have to be perfect to earn this love. We love you too Lord. And we allow ourselves to receive, dance, and rest in your unchanging love for us. In Jesus' name, Amen.

Closing Activity:

Hand out copies of Appendix B's Bookmark. Give these instructions: "On this page, you'll see a bookmark that Tiffany's friend gave her years ago. The bookmark lists several verses about who we are in Christ. Now you get to make your own bookmark. Use the concordances or your phones to look up verses about who you are in Christ. Then you can choose a piece of construction paper and any of the craft supplies here to create your own bookmark."

You can set the mood for this time however you'd like. If you'd like to create a quiet, thoughtful mood, I would recommend playing some worship music in the background, like Steffany Frizzell's song "You Know Me." Or you can set this up as a more lighthearted time, with some music on and the girls chatting.

Week Six

Goals:

Each girl will be able to name one way to live as one of God's spies.

Your goal: _____.

Supplies:

- ☐ The "Set Your Mind" video, pulled up and ready to go for the discussion time.
- ☐ Pens and copies of the car template (Appendix C) for the closing activity.
- ☐ Pens, notebook, Bible, and "The Insatiable Quest for Beauty."

Opening Activity:

Share: "Tiffany said one of her dreams in life is to be a spy. What is one of your life dreams? If possible, surprise us by sharing something we don't already know about you!"

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."⁷ What do you think this means, and how does it relate with this week's reading?

Group Discussion Questions:

☞ **How did your homework go?**

☞ **What parts of this chapter stood out to you, and why?**

⁷ Irvin D. Yalom and Molyn Leszcz, *The Theory and Practice of Group Psychotherapy*, 5th Edition, 2005, Basic Books, page 15.

🌀 **Page 84-85 says, “Spies are not living for...what other people think of them. No, they’re living for the mission... God started showing me that...as long as I was living for myself, what other people thought of me would continue to matter more than anything else... Quite frankly, I needed to get over myself...” What do you think this means? Have you ever found that when you focused on what other people thought of you, you were only focused on your insecurities? How did you take your eyes off of yourself?**

- The line “I needed to get over myself” can sound a bit harsh at first, so it may need some processing to make sure the girls understand it correctly. Many of us don't like ourselves, and our culture says the cure is to focus on our positive attributes. While there is some truth to that, I've also found an even greater antidote to self-hatred: To stop focusing so much on myself. It's been a shocking discovery for me. You see, our lives are incredibly valuable, but the key to realizing how valuable we are, and the key to freedom, actually come when we lose sight of ourselves. When we become absorbed in our heavenly mission, that's when freedom comes, because we're no longer focusing on ourselves and our own insecurities.
- Focusing on our heavenly mission (to love God and love others, to know God and make Him known) is easier said than done. Have the girls try to think of a time when they've done this — when they have been tempted to focus just on themselves, but instead they decided to focus on the Lord or on loving others. If they feel comfortable, they can share these memories, and how it made them feel.
- I know in my own life, there have been times when I started comparing myself with other girls, and feeling badly about myself. I had a choice in those moments: Would I continue thinking about how badly I felt, or would I focus on how I could make the other people in the room feel comfortable? When I focused on myself, I felt miserable. When I focused on loving the other people around me, I lost sight of myself and found joy.

🌀 **Page 85 says, “Freedom doesn’t come when Jesus is just part of our lives. It comes when He is our life.” What do you think the difference is? How can you tell the difference in your own life?**

- Making Jesus the number one priority in our lives takes a constant, life-long journey. I don't think any of us will get all the way there this side of heaven, but every day we can come closer toward that goal. And the closer we come, the more freedom we will find.
- It's like Paul wrote in Philippians 3:12-15: “Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has laid hold of me. Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press

toward the goal for the prize of the upward call of God in Christ Jesus. Therefore let us, as many as are mature, have this mind..."

☞ **Pages 85-86 talk about temporary versus eternal things. This reminds me of Colossians 3:1-3, which says, "If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Christ in God." How can we set our minds on things above, on the eternal things? (After some discussion, together watch the "Set Your Mind" video.⁸)**

- When you're at work, at school, and at home, how is your life reflecting God and centering around Him? For example, are you speaking positive things instead of hurtful things or gossip? Are you looking for opportunities to share God's love with others?
- One of the main ways that I try to set my mind on things above is by being aware of God's nearness throughout the day. The Bible says that He is always with us (see Matthew 28:20, for example), and so I try to take short, 10-second breaks throughout my day to acknowledge that He is with me. Sometimes this means taking a moment to remember He's with me, and other times I take a minute to pray — thanking Him for my day, praising His greatness, or asking for His help.
- When I started living from the perspective of eternity (realizing this world wasn't my home), I realized how many things didn't matter — things I used to think were so important! — things like how much I weighed, having brand name clothes, dating lots of guys, etc. Setting my mind on "things above" helped put everything else in my life into perspective, and helped me find confidence.
- The "Set Your Mind" video can be a helpful tool to practically set our minds on things above from the start of our day.

☞ **What are you investing your life in — temporary or eternal things?**

- Brainstorm examples of investments that are temporary or eternal. (For the section on temporary vs. eternal investments, see pages 85-86.)

☞ **Read the "Starbucks Revelation" section out loud (pages 87-88). How can you look up to God instead of focusing on yourself? In other words, what is one way in which you can live like God's spy? This should be something practical that you can do in your daily life.**

- This could also be a way you can remind yourself that you are God's spy. For example, it could be a verse or quote written on your bedroom mirror,

⁸ The "Set Your Mind" video can be found at tiffanydawn.net/iqb, at the bottom of the "Coffee Date #6" section.

or a new way you're going to try to react when facing difficult situations. Encourage each girl to come up with (and write down) one way she can live like God's spy, or remind herself that she is God's spy. She can share this with the group if she would like.

Bible Reading & Devotional:

Read out loud: 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 choose suffering instead of fame and comfort? Someone who looks to the reward that was coming — someone who knows this world is not his or her home.

Let's read these verses together.

- 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. What we can see with our hearts, by faith in Jesus, is what's truly important and eternal.
- 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."⁹

⁹ Camp, Jeremy. "There Will Be a Day." Speaking Louder Than Before. BEC Recordings, 2008.

Closing Activity:

Hand out copies of the car template (Appendix C). Have each person fill out this template, labeling who is driving their car, who's in the passenger seat, who's along for the ride in the back seat, where the car is heading, and what they've packed to bring with them. Then relate this to their lives. For example, who's in control of your life (i.e. God? you? someone else?), where are you heading, who are the people holding you accountable, what things are most important to you, etc.? When looking at life from an eternal perspective (instead of a temporary perspective), what changes do you need to make in your "car?"

Prayer:

Father, you are what truly matters. You are what our hearts long for more than anything else. You are the answer to our quests, the fulfillment for our hearts. Lord, sometimes we don't know how to love you, but we want to. Please help us to keep our eyes focused on you and to love you more than anything else. Help us to live in such a way that you would be glorified; in a way that is all about you and not about us. We surrender to you. Take our lives; they are all for you. Glorify yourself through our lives. In Jesus' name, Amen.

Week Seven

Goals:

Each girl will name one practical step to help overcome her quest.

Your goal: _____.

Supplies:

- ☐ Copies of the "Lies vs. Truth Chart" in Appendix D.
- ☐ Optional: The "What are you feeding your mind?" video, pulled up and ready to go for the group discussion.
- ☐ Depending on which version of the closing activity you decide to use, you may need small to medium-sized mirrors or a big mirror, a tarp for mirror smashing, lipstick or other instruments to write on the mirror, glass cleaner, paper towels, camera, and/or a dry erase board with markers.
- ☐ Pens, notebook, Bible, and "The Insatiable Quest for Beauty."

Opening Activity:

Have each person share their sweet and sour of the week. (The sweet should be a positive highlight of the week and the sour something that was difficult or a prayer request for the week.)

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.¹⁰

¹⁰ "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

Group Discussion Questions:

Encourage group members not to use numbers in this discussion. (Examples of numbers being used: “I was a size 0,” or “I weighed 110 pounds.”) Numbers can be triggering to others, so it’s best to not use them in this particular group discussion.

☞ How did your homework go?

☞ What parts of this chapter stood out to you, and why?

- While this group setting may not be the best place to talk in-depth about specific people's struggle with eating disorders, we hope today will provide a connection for you to talk with your girls individually about this in the future. During this group, apply the steps in the chapter to the quest for beauty in general, but also let the girls know that if any of them are struggling with disordered eating, they can talk with you afterwards. You could then support them but also encourage them to talk with their parents, doctor, and/or a counselor.

☞ In Coffee Date Seven, Tiffany listed practical steps for overcoming your quest. Which of these steps stood out to you the most, and how can you apply it to your own quest?

- **1: Find your inspiration. What do you want more than your quest (page 96)?** What does freedom mean for you (page 97)? The fact that you're in this book study means that there is a part of you — no matter how small — that wants to break up with your quest. What is that part of you (page 98)?
- **2: Celebrate your victories and learn from your mistakes (page 98).** What mistakes are you most likely to get mad at yourself about? How can you learn from those things? What victories have you had lately that you can celebrate?
- **3: Share your struggle with someone you trust — someone older and wiser (page 99).** Have you ever tried to hold things inside? How did opening up to someone else help? Maybe it didn't help at first, or maybe you realized that others deal with the same things. Maybe one person's honesty gave everyone else permission to be authentic. How do you find a mentor? I like to define a “mentoring relationship” as a relationship with someone you trust, with whom you are honest, and you let them be honest with you, even if that means calling you out on things. The “mentor” you choose should have two main qualities: (1) They should be a little older than you are, so they've already walked through the season of life you are going through now, and (2) they should be someone you respect — not someone who is perfect, but someone you look up to and want to

learn from. It can take time to find a mentor that you really connect with, but it's so worth the investment to find this person! I would not be who I am today without my mentors.

- **4: Figure out what's causing your quest (page 101).** The quest — or unhealthy behaviors that go along with it (like disordered eating or self harm) — are never the issue in and of themselves. There's always something deeper. This may not be something the girls want to talk about in the group, but you can discuss: How do you figure out what's causing your quest? What are signs that you may have found the deeper issue?
- **5: Find your “triggers” and make a plan of action (page 102).** What triggers you to want your quest? Examples: If you're single, do you feel discontent when someone changes their relationship status on Facebook to “engaged”? How do you handle that? Or, are there certain social situations in which you are tempted to be a different person and live a double life? What is your response to that temptation? Together you can decide on a trigger to use for an example, and brainstorm a plan of action to go with that trigger.
- **6: Change the way you think (page 106).** This is possibly THE HARDEST part of beating a quest. It takes a lot of time and work, but it is worth it! What kinds of food are you feeding your mind? Are those things negative, positive, or just filler — like the potato chips of mind food? What are some positive things we can feed our minds? (You could also watch the “What are you feeding your mind?” video together.¹¹)
- **7: Find and use healthy coping skills (page 109).** What coping skills work for you when you are stressed? Together you could look at the list of coping skills on the website, and even try some together (i.e. try a stress-relieving exercise).¹² Journaling was one of my coping skills. How has journaling in the workbook felt? Is it a habit you'll continue after the study?

☞ **On pages 106-109, Tiffany talked about how to fight the battle in our mind. I've made some copies for you of a chart that lists some of the lies many of us believe, next to Scriptural truth to combat that lie. (Hand out copies of Appendix D: “Lies vs. Truth.”) Let's read through these together.**

- Encourage the girls to continue adding to this list on their own time when lies come to mind. They can also keep this list by their bed or in their locker at school, to easily remind themselves of truth when they are tempted to believe a lie.

¹¹ This video can be found on www.tiffanydawn.net/iqb at the bottom of the “Coffee Date #7” section.

¹² This list can be found on www.tiffanydawn.net/iqb in the “Coffee Date #7” section.

☞ On page 94, Tiffany says, “I’m thankful that I’m a hot mess.” Sometimes our society focuses on perfection instead of on PROGRESS. How can we change our mindset to focus on progress?

- With deep-seated struggles, we can easily get discouraged if we aren’t perfect right away. It brings relief to realize we don’t have to be perfect, we just need to be making progress. Talk about how to look back and measure your progress. Have others (like mentors and friends) who can help you see how far you’ve come, from their outside perspective.

Bible Reading & Devotional:

Read out loud: 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 (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 and of 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. Let’s read this passage together.

- 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?

Closing Activity:

There are a couple ways to do this activity. The first option is to give everyone a small mirror and have them write on it (using lipstick, markers, etc.) things they’ve disliked about themselves. Then take the mirrors outside and smash them into pieces. (It may be helpful to put a tarp on the ground first.) Or (and this may be more practical) bring in a bigger mirror (or dry erase board) and have everyone in the group write what they dislike on it. Then they can Windex it off and write positive things about each other and themselves all over it. You could take a picture of it with the group gathered around, frame this, and give it to the girls during the last meeting as a surprise gift. (Or, if everyone agrees, you could Instagram it to #IQBGirls!) If you’d like a playlist of background songs for this time, check out the “Beauty” playlist I created on Spotify under “Tiffany Dick.”

Prayer:

Thank you Lord that you love hot messes like us. Thank you that all of us, by nature of being human, are broken and need you. Thank you, especially, that in

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those areas of our weakness, you can be glorified. So, Lord, we give you those areas of weakness, whatever they may be for each of us. Help us to take the next step, whatever that may be for each of us, on our journey to overcoming our quests. Thank you that nothing is impossible for you, and that you are stronger than all our weakness. We love you Lord. Thank you that as we walk this journey, we are never alone. You are always with us, and you have provided brothers and sisters in Christ to walk with us as well. In Jesus' name, Amen.

Week Eight

Goals:

Each girl will be able to explain what a healthy balance looks like for her.

Your goal: _____.

Supplies:

- ☐ Copy of nutrition quiz and answer key (see Appendix E) and pens for the opening activity.
- ☐ The "Healthy Balance" video pulled up and ready to go for discussion.
- ☐ Healthy snacks, like apples and peanut butter, humus and veggies, ants on a log, yogurt and granola, or cheese and crackers.
- ☐ Glue, scissors, blank paper, magazines (optional), markers, and construction paper for the closing activity.
- ☐ Pens, notebook, Bible, and copy of "The Insatiable Quest for Beauty."

Opening Activity:

Have each girl fill out the nutrition quiz (see Appendix E) on her own, and then go over the answers as a group.

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"?¹³

Group Discussion Questions:

☞ **How did your homework go?**

¹³ Shelley Hitz, "Mirror, Mirror, Am I Beautiful?", *Teen-Beauty-Tips.com*, 2008, page 16, <http://www.teen-beauty-tips.com/support-files/mirrormirrorbookpdf.pdf>

☞ **What parts of this chapter stood out to you the most, and why?**

☞ **Thinking back on the opening quiz: Are there any surprising things you learned? Any changes that might help you achieve a balanced approach to health?**

- Watch and discuss the “Healthy Balance” video.¹⁴
- What do you think is a good step for you towards taking care of yourself? It could be something you are already doing and want to continue, or it could be a change you'd like to make.
- Talk about how important balance and moderation are in all of life. Taking care of ourselves looks different for everyone; there's no cookie-cutter formula. But it always involves balance. Caring for our bodies shouldn't consume all our thoughts and energy, but it should have an important place in our lives. How do you find this balance of taking care of yourself without being obsessed with how you look?

☞ **If you saw food as an energy source, would that change your attitude toward food? If so, how?**

- Talk about seeing our bodies as wonderful creations that allow us to do amazing things, as Amy said in the video. Talk about seeing food as a fuel source, energizing our bodies so they can do those amazing things, like Moriah wrote about last time (see Coffee Date #7's “Moriah Speaks” section in the Workbook). In our society we tend to see food as good or bad, like Amy talked about in the video, but in reality, food cannot be inherently evil. Instead, it's a fuel source that we need to consume in a balanced way. As a doctor once asked me, “Would you feel guilty for putting fuel (gas) in your car? Then why would you feel guilty for putting fuel (food) in your body?” (And food is such an enjoyable fuel source! How cool is it that God would make the food we eat so delicious!)

☞ **Tiffany shared five things that help her take care of herself: Buying outfits that fit (page 119), working out regularly (page 120), weighing herself less frequently (page 120), developing an attitude of gratitude toward food and learning mindful eating (page 121), and noticing what her body can do for her (page 124). Which of these practical tips stood out to you the most? Which are already a part of your life, and which would you like to try?**

☞ **Mindful eating can be hard to understand. Let's talk about this more. How do you learn to listen to your body, and how can this help you?**

¹⁴ This video can be found at tiffanydawn.net/iqb, at the very bottom of the “Coffee Date #8” section.

- Listening to your body doesn't only have to do with eating. Our bodies also let us know when we're stressed, tired, emotional, etc. How do you slow down enough to listen to your body? What signals does your body give you when you get tired or hungry? (For me, it was headaches and dizziness.) How can listening to your body help you? (For me, it helps me recognize my triggers and which coping skills I should use, like we talked about in the last chapter.) This is something that can be really helpful to talk about with a doctor, counselor, or nutritionist.

☞ **What are a few things you appreciate about your body — besides just what you look like?**

- See pages 124-125 for some examples of this. See if you can brainstorm any more items to add to the list!

Bible Reading & Devotional:

Read this out loud: 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 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 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?

Prayer:

Lord, thank you for the bodies you've given us: For legs that allow us to walk with a friend, hands that allow us to feed the hungry, eyes that allow us to see the beauty in your world, and a mouth that can sing your praises. Help us to care for these bodies that you've given us, and to stand in awe of you for creating us so intricately, so wonderfully, and so carefully. Give us wisdom as we find this

balance of taking care of ourselves while simultaneously letting go of our culture's obsession with perfection. Help us to find this delicate balance and care for ourselves in a way that glorifies you. We love You Lord, and we love that you know us intimately, even down to the number of hairs on our heads. In Jesus' name, Amen.

Closing Activity:

Give these instructions: "Take a piece of paper and create a collage that represents the different 'knit together' (Psalm 139) parts of who you are. You can write, draw, cut out parts of magazines, and put it all together into a design that represents YOU. Spend extra time focusing on what your body can do for you, instead of just what you look like. Then, if you feel comfortable doing so, you can share your collage with the group!"

OR, you could watch and discuss India Arie's music video to the song "Video" on YouTube.

Week Nine

Goals:

Each girl will recognize how serving others can help her beat the quest.

Your goal: _____.

Supplies:

- ☐ Card making supplies for the opening activity.
- ☐ An organization to send the cards to (and its guidelines of what should/should not be written on the cards).
- ☐ Optional: Have my YouTube video "How to Make Friends" pulled up and ready to go for the group discussion.
- ☐ Check out www.chazown.com ahead of time, as your girls will be filling out this gifting test as their homework for the week.
- ☐ Pens, notebook, Bible, and "The Insatiable Quest for Beauty."

Opening Activity:

Have card-making supplies laid out, and spend the first 15-20 minutes writing cards for an organization of your choice (i.e. children with terminal illnesses, soldiers overseas, missionaries, etc.). The girls can chat while they do this service activity.

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?

Group Discussion Questions:

☞ **How did your homework go?**

☞ **What part of this chapter stood out to you the most, and why?**

☞ **Page 128 talks about the method Tiffany used to use for getting over a guy — by thinking about how much she was over him! Have you ever tried this? Did it work for you? Page 129 says, “The secret to getting over a guy is the same secret to taking another step toward freedom from our quests: Stop constantly thinking about it, and instead start thinking about something else.” What can you focus on, instead of focusing only on your quest?**

- This, too, is a balance. We have to focus on our quests to some extent in order to find freedom, but we don’t want them to take over all our mind space. What are some things you that you find helpful to focus on, instead of just your quest?

☞ **Page 130 talks about finding our passion and purpose, and invest in that. What are some of the things you are passionate about that you would like to invest in? How can investing in those help you break up with your quest?**

- Sometimes it’s hard to figure out our passion in life, but often we make it harder than it is. Usually it comes down to this question: “What do you love to do? What comes as naturally to you as breathing?” One of my girlfriends said she used to feel overwhelmed, asking, “God what do YOU want me to do?” And she felt like He said back, “What do YOU want to do?” I love that! God has put desires and interests in each of our hearts, so we can use them for His glory. So...what do YOU want to do?
- What are those things you love doing; that make you come alive when you do them? Usually those are our gifts, pointing to our place in the great adventure. (Note: These don’t have to be overtly “spiritual,” but can be used to bless others. For example, one of my friends is gifted in graphic design. That might not seem too “spiritual,” but she used her gifting to create my book cover!)
- Sometimes we think that serving God has to look a certain way that seems exceptionally “spiritual.” But we need to step outside that limiting “box” and see how God will work through our lives, as we simply live every day to serve Him. I wrote a song about this, called “This Is Who I Am.” It says that wherever He puts me, right there I’ll serve Him.
- The church is the body of Christ, and each of us is a part of that body and has a different role within it (1 Corinthians 12). Each role is vital.

☞ **Page 134 says, “Everywhere I go, I try to focus on how the other people in the room are feeling.” Imagine you are walking into a room full of people that you don’t know at all. What will you do first? How can you help yourself focus on the other people instead of on your insecurities?**

- There’s no right or wrong answer to this question; we all are made differently and respond differently in groups of people. If a group was entirely composed of outgoing people, it would be rather loud. Likewise, if

you had a group entirely composed of very introverted people, it would be rather quiet. It's more fun with lots of personalities in the mix. Our personalities and responses are God-given. However, we can all practice focusing on others. For some of us, that might mean having individual conversations, and for others that might mean letting someone else have a turn leading the conversation. The more aware of others we are, the less aware of ourselves (and our insecurities) we become.

- You could have the group take turns role-playing their answer to this question, and then practice focusing on others instead of on themselves in a group situation.
- You could also watch and discuss my YouTube video on "How to Make Friends."¹⁵

☞ **What is one service experience you've had? It could be serving your family, church, community, or sharing your story. What was that like for you? Did it make any difference in how you felt about yourself? How can service help you beat your quest?**

- Talk about ways you can serve others in your daily life. Sometimes we forget that we can even serve our families (i.e. babysitting younger siblings to give our moms some time of rest).
- Talk about how service makes them feel. A lot of people say service helps them feel better about themselves. For example, when we (Moriah and Tiffany) made dinner at the Ronald McDonald House (a place near the hospital for families of very sick children) with a group of our friends, we had a blast and felt so happy afterwards. Not only were the families staying there blessed, but so were we!

Bible Reading & Devotional:

Read out loud: 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.

Closing Activity:

Brainstorm a list that includes two things: (1) ways to serve others, and (2) new things you could try to do just for fun — to explore new interests and passions. Have each person take two minutes to come up with their own list of ideas, and

¹⁵ This video can be found at www.youtube.com/c/tiffanydawn, or you can search for "How to Make Friends Tiffany Dawn" on YouTube.

then share it with the group. Here are some ideas (both service-oriented and just plain old fun) that could be included: Volunteer at a soup kitchen, bring a coworker their favorite food, make a meal for your local Ronald McDonald House, take a yoga class, get together with an old friend, delete your Facebook for a month, buy a friend lunch, ask a stranger how their day is, put down your phone so you can really engage with a friend, sign up for a dance class, or bake a new recipe to share with someone close to you.

The purpose of this exercise is to give girls motivation and ideas to try new things in life, helping them practice service while learning about their interests. You could also set a date for your group to go do a service project together after the book study ends.

Prayer:

(First, have each person thank God for a few of the blessings He's put in their lives.) Thank You Lord for all that you've blessed us with. We ask that you would help us to walk as Jesus walked: serving others. Fill us with your love, which we can then pour into others. Help us to see the people around us through your eyes. Thank you for teaching us how to love by the way you loved us. In Jesus' name, Amen.

Week Ten

Goals:

Each girl will realize that media beauty standards are unrealistic.

Your goal: _____.

Supplies:

- ☐ Stack of magazines for the opening activity.
- ☐ Dove's YouTube video "Evolution," pulled up for the closing activity.
- ☐ Remind the girls to bring their masks (created in week #2) next week.
- ☐ Pens, notebook, Bible, and "The Insatiable Quest for Beauty."

Opening Activity:

Pages 142-143 say, "We don't need these beauty products, but advertisers have convinced us that we do. How? By selling us an ideal — an ideal that is so perfect it isn't even real — and telling us that their products will help us reach this unreachable ideal... We have to realize [advertisers] are selling us more than a product; they are also selling us an image of perfection."

Browse through a stack of magazines and see if you can find examples of advertisements or articles that are selling more than a product. What are the cultural ideals these products are promoting (i.e. the subconscious messages that girls have to be pretty, have to have a boyfriend, etc., in order to be happy)? Also look for mixed messages such as an advertisement for weight loss on one side of the page and for cake on the other side. Ironical! How many subtle messages can you find? Share these with the group as you find them.

Flavor of the Day:

Check out this example of pre- and post- Photoshop. 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 Photoshop can do? You can look online as well for examples of pre- and post- Photoshopped celebrities. *(Photo by Lacey Laskowski. Editing by Matt Ebent.)*



Group Discussion Questions:

- ☞ **How did your homework go?**
- ☞ **What part of this chapter stood out to you the most, and why?**
- ☞ **What are your reactions to seeing Photo-shopped images, like the one of Tiffany in “Flavor of the Day”?**
- ☞ **On page 139, Tiffany shared a lot of statistics about how many women feel insecure or compare themselves to models. What was your reaction to those statistics?**
- ☞ **Did this chapter influence the way you see yourself? If so, how? How can you be more aware of the subtle messages in the media?**
 - Often girls say that they feel relieved after finding out about media awareness. It makes them feel better about themselves, realizing that no one actually looks the way they feel they are expected to look.
 - Talk about how to be aware of subtle messages in the media, like in the opening activity.
- ☞ **Page 151 says, “Our words are powerful and can lift up — or devastate — others... Take a few minutes to explore your own biases and the things you say without thinking.” What do you think your biases are? What are the things you talk about the most? Do you find yourself talking differently — in either a good or bad way — based on the people you’re with?**
 - My conversations used to be all about weight and dieting, gossip and tearing myself down. What are healthier conversations to have, and how do we take the bold step to redirect conversations to other topics?
 - Talk about ways to make a difference; i.e., redirecting negative conversations, raising awareness in our circles of friends, complimenting

people, and being aware of our subconscious biases. Ask for examples from their own lives.

☞ **Page 150 says, “What if this next generation of girls grew up with role models who didn’t talk negatively about themselves? If they had those role models — or even just two role models, which could be you and me — would that change the way they think about themselves?” How can you be a positive role model? What is one step you can take towards that?**

- Is there a younger girl in your life that you want to be a role model for? Picture her. What do you want her to hear from you? What do you want her to see in you? What do you want to protect her from? How does this impact the way you want to be a role model for others?
- What do you want to tell your 10-year-old self?

Bible Reading & Devotional:

Read Romans 12:1-2 out loud in the Message version as well as the NIV, ESV, or NKJV. Then read the following paragraphs out loud: 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?” (Take a few minutes to think about these questions.) Would anyone like to share their thoughts?

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.¹⁶

- What do you think the difference is between being transformed and conformed? How does the media try to conform us, and how can we choose instead to be transformed by God's word?

Closing Activity:

Together watch and discuss Dove's video “Evolution” on YouTube (there's also a link to it on this chapter's page on The Insatiable Quest for Beauty website).

¹⁶ If you would like to read more about this together, check out Tiffany's blog post “Water's Cleaning Power” at <http://tiffanydawn.wordpress.com/2015/11/29/devo-waters-cleaning-power/>.

Also, remind the girls to bring their masks (created in week #2) next week.

Prayer:

Today pray as a group in a “coffee bean style prayer” (aka, popcorn-style prayer). Here’s what I mean: First, take a couple minutes as a group to quietly turn your hearts toward God. Then, whoever would like to pray can take a turn whenever they feel like praying. Have someone designated as the closer, who will be the last to pray, after everyone else has had the opportunity to pray.

Week Eleven

Note: This week's meeting may run a little long.

Goals:

Each girl will realize that her worth comes from Jesus, not from boys.

Your goal: _____.

Supplies:

- ☐ Big sheet of paper (or a whiteboard) and markers for the opening activity.
- ☐ Chocolates for a snack.
- ☐ Tiffany's YouTube videos "Six Things Every Teen Girl Should Know about Sex" and "How to Enjoy Being Single" pulled up and ready for the group discussion.¹⁷
- ☐ Planner to figure out a time to go on a group date. Remind the girls to bring their planners as well!
- ☐ Remind the girls to bring their masks (created in week #2) this week.
- ☐ Pens, notebook, Bible, and "The Insatiable Quest for Beauty."

Opening Activity:

Bring in a big sheet of paper or a whiteboard and split it into two sides. One side should say "healthy relationships" and the other "unhealthy relationships." This activity can refer to significant others as well as to friendships. Have the group brainstorm traits of relationships to put on each side. (Examples of unhealthy: Controlling, manipulative, isolates you from other friends, talks behind your back. Examples of healthy: Supportive, speaks the truth in love, trustworthy, respectful.)

- Have you seen any of these warning signs in your own, or your friends', dating relationships? If so, what did you do?
- How can these warning signs apply to friendships?

¹⁷ You can find both of these videos at tiffanydawn.net/iqb, at the bottom of the "Coffee Date #11" section.

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?¹⁸

Group Discussion Questions:

☞ **How did your homework go?**

☞ **What parts of this chapter stood out to you the most, and why?**

☞ **Page 160 says, “It was like I thought my life would be more complete with a husband; like I would have more worth if I had a ring on my finger. I thought being taken would mean someone wanted me.” Have you ever felt that way? What did you do?**

- My whole quest for beauty began as a way to try and be worthy of love from my boyfriend. Sometimes the quest for beauty can begin with looking to guys for our worth.
- It's easy to feel like being in a relationship will give us more worth — especially when it seems like all our friends are dating except for us! What can you do to help yourself when you feel this way? Brainstorm some ideas. One suggestion is to make a list of all the people who love you so much, and a list of ways you can “nourish your own soul,” as the Flavor of the Day mentioned.
- Watch and discuss Tiffany's YouTube video “How to Enjoy Being Single.”

☞ **Page 173 says, “Don't try to find your worth in boys, because you already have your worth.” What do you think of that statement? Where do you find your worth?**

- Discuss how to find our worth as daughters of the King, instead of in boys. You can also discuss other areas of life that can give us a sense of worth — like doing well in school or sports, finding things we are good at and taking pride in those things. But there is only one place that can ever give us perfect worth, and that's in Christ.
- Another direction this question can take, especially for college age and late high school, is, “How do you set physical boundaries in relationships?” Sometimes we feel that, in order to keep a guy's interest, we have to do anything he wants, and so we lower our standards. But we are worth more

¹⁸ Veronica Shoffstall, “After a While,” as posted in “Quotations: Dare to Be Great!”, *The Quote Garden*, 2012, <http://www.quote garden.com/be-great.html>

than that! Talk about God's view of sex versus our cultural view. Talk about ways we can help ourselves and our boyfriends to stay within godly boundaries. Some ideas are finding accountability partners, going on group dates, limiting alone time, talking with significant others about boundaries, taking things slowly, respecting your body and your significant other's body, etc. Also talk about the grace of God, forgiveness, and healing in this sensitive area.

- Watch and discuss Tiffany's YouTube video "Six Things Every Teen Girl Should Know about Sex."

☞ **On pages 167-169, Tiffany interviewed a bunch of guys to ask what they were looking for in a woman. What did you think of their answers?**

- One girl said, "They all wanted someone who was confident, but it's not that easy to just be confident!" Great point! And that's what we're talking about in this book: Learning how to walk confidently as a daughter of the King, rather than trying to be confident in what you look like. Ask, "What do you think it means to be confident? What things have you learned so far in this study that can help you walk in confidence?" One thing I learned was that even if I was being ridiculously dorky and goofy, I had to "own it" and "be me." That was confidence. I started thinking, "I'm loved by God and by people in my life, and my true friends will love me for the person I am." What others thought didn't matter as much. So if a guy didn't like me for me, I wasn't going to try to change myself to be who he wanted me to be. I just realized he wasn't someone I should date, and there would be other guys who would like me for me.
- There is a balance here. We shouldn't be too concerned with what other people think, but at the same time, we have to make sure our actions are encouraging others. That's part of how we glorify God. We need people who will tell us if our actions are not glorifying to God. This is where mentors come in handy.
- If a guy interviewed **you** asking, "What are you looking for in a guy?", what things would you say? Which characteristics are truly important to have in a long-term relationship? How do these characteristics relate back to our chart from the opening activity?
- You can also read and discuss my blog post "How to Know if Someone Is the One."¹⁹

☞ **How can you enjoy life right now, whether or not you are in a relationship?**

- Discuss how singleness can be helpful, the ways in which it can prepare us for the future, and how it can help us find out who we are.

¹⁹ You can find this blog post at tiffanydawn.net/iqb under the "Coffee Date #11" section, or at <http://tiffanydawn.wordpress.com/2015/10/29/how-do-i-know-if-someone-is-the-one/>.

- 1 Timothy 6:6 says, “Now godliness with contentment is great gain.” In every situation, we can walk with contentment in our hearts, whether we are single, dating, or married. Like the video “How to Enjoy Being Single” said, contentment isn’t losing the desire for something; it’s surrendering the desire.
- When you feel lonely, that’s okay. It’s a normal part of life. Begin taking that loneliness to God and finding yourself in Him. Contentment is possible in every situation, but if we can’t walk in it now, it won’t come naturally later, either.

Bible Reading & Devotional:

Read out loud: 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. Let’s read verse three together now.

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. If I cut my season of singleness short, outside of His time, it would stunt my growth, hindering what He was trying to do in my life. 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. So let’s read that together now.

The passage 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 had handpicked a husband for me, and would bring him into my life at the right time. Which, He now has. (You can hear more about that on my website.)

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

Closing Activity #1:

Have each person take out the mask they created during the second week. Discuss: "When you look back at the mask you created during the second week, how do the symbols on your mask appear to you now, considering that all of life should be about God and for Him, rather than about us?" Then have each girl find a comfortable, private place in the room, while you turn on some soft worship music (some ideas: "Oh How He Loves," "You Know Me" by Steffany Frizzell, or "We Dance" by Steffany Frizzell). Ask each person to bring her mask before God. Ask them to symbolically rip up the masks, if they feel ready to do so. Spend as much time as needed on this activity; the group may run a little late.

Prayer:

God, one of the hardest things to trust you with is relationships. In theory, we know that you know what's best for us, but in practice, we often feel like we need to help you out and take things into our own hands. Remind us that we are made whole in our relationship with you, not by dating the right people. Help us learn how to walk with confidence, whether we are single or have a significant other. Thank you that wherever you put us – in any situation – our goal in life is to please you, and you give us the grace to live each season of life fully. We entrust our futures and relationships to you. If we are single, we give you our future husband and ask that you would hold him in your hands. If we are in a relationship, we ask that you would be at the center of our relationship, and that it would bring glory to you and bless other people. Give us wisdom wherever we are, that we could walk in a way that pleases you. In Jesus' name we pray, Amen.

Closing Activity #2:

Plan a girls' night. You could schedule this for the end of the study, at a random time, or next week (picking up the study the following week). Make this a time to simply have fun and hang out together, nourishing each other's souls.

Also, remind the girls to bring their masks (created in week #2) next week.

Week Twelve

Goals:

Each girl will be able to name one area in which God has made beauty out of brokenness in her own life.

Your goal: _____.

Supplies:

- ☐ Cardboard and/or construction paper and markers for the closing activity.
- ☐ The letters each girl wrote to herself at the beginning of the study.
- ☐ The "Before & After Stories" video pulled up and ready for the closing activity.
- ☐ Pens, notebook, Bible, and "The Insatiable Quest for Beauty."

Opening Activity:

Return the letters each person wrote to themselves during week one. Ask if people would like to share what was written and where they are now along their journey, in relation to their goal. Ask them what their goal would be for the future, as they continue to walk out this journey each day.

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!²⁰

Group Discussion Questions:

☞ **How did your homework go?**

²⁰ "Eleven Hints for Life," *Board of Wisdom*, <http://www.boardofwisdom.com/default.asp?listname=life&topic=1005>

☞ **What part of this chapter stuck out the most to you, and why?**

☞ **How did it feel to rip up your mask last week?**

- The closing activity last week could have been both a powerful and difficult experience for the girls. Take some time to process it.

☞ **Page 182 says, “This is your life. Who you become depends on the choices you make today and tomorrow and the day after that... Are you who you want to be?” Who does God want you to be? What choices can you make to become the person He created you to be?**

- One of the goals for this week's discussion is to bring closure to the group, and help the girls make a plan of action from here on out. Some ideas are to encourage them to find accountability partners, mentors, continue journaling, and set goals for themselves.
- Some of our (Moriah and Tiffany's) personal goals were: Meet regularly with a mentor and allow them to speak into our current situations. Read books that inspire and motivate us to find greater freedom from our quests. Spend quality time alone — time to think and take care of ourselves. Evaluate habits (eating, fashion, etc.) frequently.
- When we say, “who does God want you to be?”, we are not talking about living behind a mask; rather, we are talking about coming out of hiding and then continuing to let God transform us into who He wants us to become. God's love didn't leave me where I was. It not only gave me confidence to be exactly who God made me to be, but it also gave me courage to be transformed into the fullness of who He wanted me to become. His love gave me room to grow. There are parts of our lives that will need to change as God forms us into His image. I once heard someone say: He loves us right where we are, but He won't leave us there.

☞ **Tiffany talked a lot about forgiveness on pages 182-185. What did you think about this section? Is there anyone you need to forgive? Has forgiveness ever brought freedom in your own life? If so, how? If not, how do you think it could?**

☞ **Page 187 says, “It's amazing to see the kind of beauty [God] can make out of our broken lives.” God can turn the rain into rainbows, and He can turn our brokenness into wholeness, if we'll but open up our hearts and let Him. When have you seen God make beauty out of brokenness in your own life?**

- What did you think of Tiffany's God-works-everything-for-good blanket? You might not have a blanket like this, but is there an object, memory, or story in your life that reminds you that God can work all things for good?

Bible Reading & Devotional:

Read out loud: 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 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.

Let's read these verses together: Jude 1:24-25 and Philippians 1:6. How can these verses be an encouragement to you as we are finishing this study?

Closing Activity:

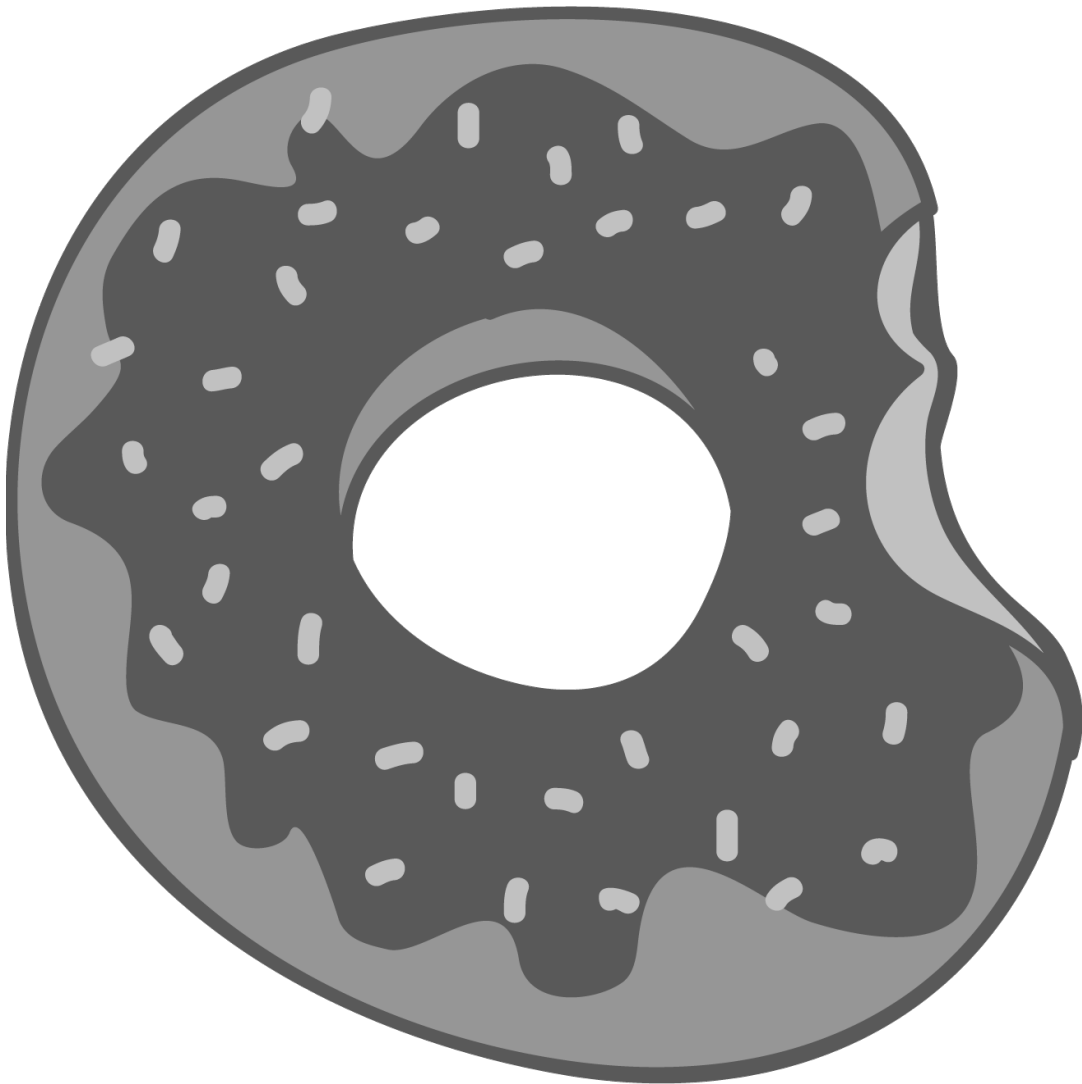
Provide cardboard or construction paper and markers. Watch the "Before and After" video online,²¹ and then in similar fashion have each girl write out one thing they used to feel insecure about and how they now feel confident in that area of life. Share these with the group. You could even take a photo and Instagram it to #IQBGirls! And then, each girl can take her poster home to remind her of God's faithfulness.

Prayer:

Have each person take a turn in the center of the circle. Have everyone gather around that person and pray for them. Someone can be the "note taker" and write down what people pray so the person can hold onto and remember it later.

²¹ You can find this video at tiffanydawn.net/iqb, at the bottom of the "Coffee Date #12" section.

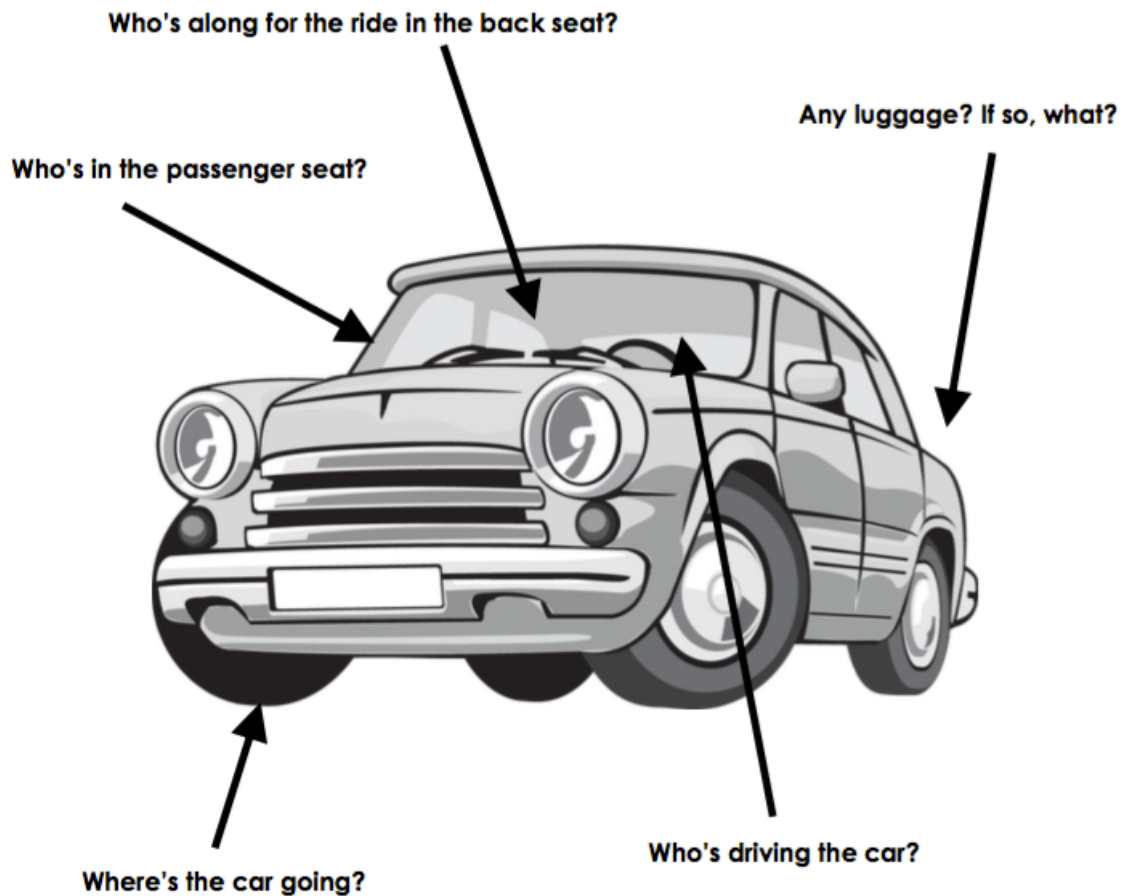
Appendix A: Donut Image



Appendix B: Bookmark Example



Appendix C: Car Template



Appendix D: Lies vs. Truth

My Fading Lies	His Healing Truth
What went wrong with my body? Why do I not look like _____? Was I an accident?	I painstakingly knit you together in your mother's womb. You are fearfully and wonderfully made. (Psalm 139:13-16)
There is nothing more important than beauty, though. It's what defines my worth.	When I died for you, there was nothing in Me that was attractive, but it was the most important event of history. (Isaiah 53:2-5)
Maybe I should give my body away to guys. Then someone will really love me.	Do you have any idea how precious your body is? You are My creation, My precious treasure. Honor yourself, and your body, as My treasure. (1 Corinthians 6:15-20)
Why would I do that? There's no point to life. What am I even here for?	I have a plan and purpose for your life, and good things in store. You will discover that purpose as you get to know Me. (Jeremiah 29:11-13)
I have a hard time believing that. I feel worthless.	You are the apple of My eye. (Psalm 17:8, Zechariah 2:8) No one and nothing can snatch you out of My hand. (John 10:29)
But I still feel like I'll be worthy if I make myself good enough.	I loved you even while you were My enemy. (Romans 5:6-11) Your best deeds — all your self-made "good-enough-ness" — are like filthy rags. (Isaiah 64:6, Romans 3:21-26) You cannot earn My love, but I've given it freely. It's not how good you are that makes you worthy; it's the fact that when you accept My free gift of salvation, you were covered in My blood and clothed in My righteousness. (1 Corinthians 1:30-31)
But surely you'll love me more if I do all the right things. I can't make a mistake, because then you'll stop loving me. Why can't I seem to get it right? Why do I keep making mistakes?	Daughter, you are like an earthen vessel, a clay pot. You are fragile, easily breakable, human. But I have called you in that very condition because My weakness is greater than your strength. In your weakness, I am strong for you, and all glory goes to Me. (1 Corinthians 1:25, 2 Corinthians 4:7) I have called you to live a life that's set apart, but you need Me for that. And it won't happen overnight. (2 Peter 1:2-7, Philippians 3:12-14) Nothing can separate you from My love, not even your failures. I am for you, so not even your own self-condemnation can stand against you. (Romans 8:31-39)
God, could this be true? Do you really care? Do you really see me?	I see every hair on your head (Luke 12:7), and I see every moment of your life. When you sit and when you rise, I am with you forever. (Psalm 139:1-12)

Originally written by Tiffany Dawn for SAGE Ministry's 2014 Conference Magazine.

Appendix E, Part 1: Nutrition Quiz

1. Which of the following is a good source of protein?
 - a. Carrots
 - b. Cereal
 - c. Chicken
 - d. Whole grain bread
2. How many servings of fruit are in one 8oz cup of 100% fruit juice?
 - a. $\frac{1}{2}$ a serving
 - b. 1
 - c. 2
 - d. 3
3. How many glasses of water should you drink in one day?
 - a. 4
 - b. 8
 - c. 12
 - d. 16
4. How many servings of vegetables should you eat each day?
 - a. 1-2
 - b. 2-3
 - c. 3-5
 - d. 5-9
5. Which of the following provide the best source of calcium?
 - a. Spinach
 - b. Soy beans
 - c. Milk or yogurt
 - d. All of the above
6. True or False: Fat is bad for your body.
 - a. True
 - b. False
7. True or False: Exercise has to be at a gym.
 - a. True
 - b. False
8. How many hours should you be outside, absorbing sunlight (and vitamin D), each day?
9. True or False: Eating breakfast every day makes you gain weight.
 - a. True
 - b. False
10. True or False: Skipping meals is a good way of losing weight.
 - a. True
 - b. False

Appendix B, Part 2: Nutrition Quiz: Answer Key

Answers provided by Amy Stacy, Registered Dietician.

Answer key explanations were compiled by Tiffany from online sources.

Please talk with your doctor for advice and before making any lifestyle changes.

This is not medical advice!

1.C: Chicken. Why is protein important? Wiki Answers says that protein contains elements critical for growth and repair of cells, keeping your immune system strong, and because every cell in the human body contains proteins.

"Why Is Protein Important?", WikiAnswers, 2012, http://wiki.answers.com/Q/Why_is_protein_important_to_the_human_body

2.B: One. Note that we are talking about 100% fruit juice, rather than a juice that's mostly sugar and less fruit.

3.B: Eight. But beware – if you drink a lot of caffeinated drinks, you may become dehydrated and need to drink more water!

"How Much Water Should You Drink?", Harvard HealthBeat, 2005, http://www.health.harvard.edu/healthbeat/HEALTHbeat_091405.htm

4.D: Five to nine. What's a serving size? One cup of carrots, green beans, etc., or two cups of raw, leafy veggies like spinach. Check out our source to ask how much makes a serving size for other veggies!

"What Is a Serving of Vegetables?", Eating Well, 2012, http://www.eatingwell.com/nutrition_health/nutrition_news_information/what_is_a_serving_of_vegetables

5.C: Milk or yogurt. We've all heard that calcium helps build strong bones and teeth – but get this: According to WebMD, you also need Vitamin D in order for your body to absorb calcium. Without Vitamin D, the calcium won't do you much good. So where can you find Vitamin D? Fatty fish, cheese, and egg yolks, to name a few. Or, get some sunlight!

Reviewed by Louise Chang, MD, "Top Food Sources for Calcium and Vitamin D," WebMD, 2012, <http://www.webmd.com/food-recipes/guide/calcium-vitamin-d-foods>

6.B: False! Our culture seems to think fat is evil, but your body actually NEEDS to consume some fats! According to WebMD, fat provides essential fatty acids and helps our bodies use vitamins A, D, E, and K. Fat also keeps our skin healthy, eyesight strong, and helps children's brains develop. Go figure!

Elizabeth M. Ward, MS, RD, "Fat Facts: Good Fats Vs. Bad Fats," WebMD, 2012, <http://www.webmd.com/food-recipes/features/good-fats-bad-fats>

7.B: False again! You can exercise anywhere! Go for a run outside, take a long walk, use a workout video in your home, go hiking, swimming, etc... Now we've all heard that exercise is important – but why? Well according to kidshealth.org,

exercise not only gives you more energy, but it also makes you feel happier because it releases endorphins – improving your mood! Exercise can also help to protect you from some diseases. Note: We are talking about exercise in moderation; *not* over-exercising.

Mary L. Gavin, MD, "Why Exercise Is Wise," *Teens Health* from Nemours, Kidshealth.org, 2012
http://kidshealth.org/teen/your_body/take_care/exercise_wise.html

8: Approximately fifteen minutes per day without sunscreen.

9.B: False. Seems like skipping breakfast would be a quick way to start losing weight, right? Think again! WebMD shows that skipping breakfast can lead to over-eating later in the day, because by lunchtime you can feel starved.

Jeanie Lerche Davis, "Lose Weight: Eat Breakfast," WebMD, 2012,
<http://www.webmd.com/diet/features/lose-weight-eat-breakfast>

10.B: False again. Skipping meals is actually NOT a good way to lose weight. According to everydayhealth.com, eating regularly is the better choice. Eating regularly also helps you keep up your energy levels. I mean, who wants to feel tired all day?

Madeline Vann, MPH, "Why Skipping Meals Undermines Weight Loss," *Everyday Health*, 2010,
<http://www.everydayhealth.com/weight/skipping-meals-undermines-weight-loss.aspx>