

becoming MORE *Beautiful*

workbooks



A Beautiful Life: Pursue Jesus, Reclaim Your Values, and Live Them Every Day

A BIBLE STUDY AT HOME
FOR SINGLE WOMEN

As the COVID-19 crises continues, many single women are wondering what their new normal will be, wondering what their future holds, and wondering if their dreams will ever come to life.

During this time of uncertainty, we all are challenged to embrace this crisis as a purposeful disruption to reflect, reconsider and reclaim our values.

What is certain is that going back to the old normal is no longer an option. For many of us, the old normal did not align with our values especially in our dating relationships. Our best option is to intentionally live the beautiful life God has for us waiting on the other side of this crisis.

John 10:10 says, The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

Defining your core values is the first step towards living your beautiful life. Your values are at the heart of every decision you make, every relationship you encounter and every goal you achieve. They are the things that matter to you the most, the nonnegotiable characteristics that best define who you are.

Your most important values serve as a filter through which you make the choices that define who you are. If you are unhappy with certain areas of your life or know that God has more for

you, now more than ever, is the time to determine if they best illustrate your values and if they are aligning with your actions.

As a Christian, it is vital that you consider how your values align with the values of Jesus. The more you pursue Jesus, the more you will know Him better and learn what His values are.

Sir Philip Gibbs, an English Journalist said, “At all costs we must re-establish faith in spiritual values.”

What are some spiritual values highlighted in God’s Word?

Galatians 5:22-23 lists the most essential Christian core values in detail.

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Identifying Values Exercise: Look over the following core values list. Ask yourself, which values are important to you. Start by selecting 15 values, and then narrow your selection down to 5 values. If one of your core values is not listed, be sure to add it.

Core Values List

Accomplishment	Forgiveness	Money	Success
Affirmation	Freedom	Nurturing	Tranquility
Ambition	Frugality	Obedience	Transparency
Authenticity	Fulfillment	Orderliness	Trust
Balance	Fun	Patience	Truth
Beauty	Gentleness	Peace	Unity
Business	Genuine	Perfection	Virtuous
Career	Giving	Performance	Vision
Caution	Godliness	Persistence	Wellness
Collaboration	Goodness	Productivity	Winning
Communicating	Grace	Purity	Wisdom
Community	Gratitude	Pursuing Jesus	Work Ethic
Compassion	Growth	Quality	Worship
Competence	Happiness	Recognition	Worth
Competition	Health	Relationship	
Consistency	Holiness	Relaxation	
Courage	Home	Respect	
Creativity	Honesty	Righteousness	
Determination	Humility	Risk Taking	
Diligence	Humor	Security	
Discipleship	Independence	Self-esteem	
Discretion	Influence	Self-control	
Efficiency	Inspiration	Sensitivity	
Elegance	Integrity	Servanthood	
Encouragement	Joy	Service	
Enlightenment	Kindness	Silence	
Eternity	Kingdom Perspective	Simplicity	
Excellence	Leadership	Sincerity	
Excitement	Long-suffering	Solitude	
Faith	Love	Spiritual Growth	
Faithfulness	Loyalty	Stillness	
Family	Maturity	Stability	
Focus	Meekness	Strength	

Select 15 Values

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

Select 10 Values

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Select 5 Values

- 1.
- 2.
- 3.
- 4.
- 5.

Defining and Aligning Your Core Values Exercise: After you have narrowed down your values to 5 selections: (1) prioritize the values based on how you want to experience your beautiful life and (2) ask yourself the following questions to determine how well you are in line with your core values.

What is the definition of this core value?

What does this core value give you?

How does your decisions and actions align with your core values?

How do you feel when your actions are not in alignment?

What adjustments if any do you need to make to reclaim your values?

Core Value Overview Exercise: Read the following verses. What does it look like when your life is aligned to the following core values:

Kingdom Perspective: Matthew 13:45-46 (The Parable of the Pearl of Great Price)
Again, the kingdom of heaven is like a merchant seeking beautiful pearls, who, when he had found one pearl of great price, went and sold all that he had and bought it.

Discretion: Proverbs 11:22

Like a gold ring in a pig's snout is a beautiful woman without discretion.

