> Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.
> *— 1 Peter 3:3-4*

Book: New Testament / 1 Peter
Topics: beauty, clothing, heart, humility

Interpretation:
1 Peter 3:3-4 tells us about the importance of developing our spirit instead of focusing on our physical appearance. These verses emphasize that we should have a gentle and quiet spirit, as this is of great value to God.

First, we must understand that these verses are a call to humility, and humility is one of the most important characteristics we must have as Christians. In today’s society, we are constantly bombarded with messages that tell us to be successful, to have a perfect appearance, and to be the center of attention.

However, this is not what God asks of us. He wants us to have a humble spirit, not to focus on our appearance or what society expects of us, but to develop a kind and loving heart.

Also, we must remember that a gentle and quiet spirit does not mean that we are weak or that we do not have our own opinions. In fact, it is quite the opposite. A person with a gentle and quiet spirit is able to communicate clearly and effectively while remaining respectful and loving at all times. He is able to listen to others, put himself in their shoes, and seek solutions that will benefit everyone.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> But the Lord said to Samuel, “Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.”
> *— 1 Samuel 16:7*

Book: Old Testament / 1 Samuel
Topics: beauty, heart, pride

Interpretation:
This verse takes place in the story of *Samuel* choosing King *David*. Samuel, in search of a successor to King *Saul*, visits Jesse's family and meets his seven sons. Samuel is attracted to Eliab, the oldest and tallest son, but God tells Samuel not to judge by appearances but to look within.

This verse presents an important dual perspective: on the one hand, the need to overcome the limitations of superficial appearances, and on the other hand, the importance of the heart in our relationship with God and in life in general.

It is easy to judge people by how they look on the outside. But it is important to remember that while appearances may be attractive, they are not what best defines a person. As the verse says, *God looks at the heart, that is, at one’s goodness, character, values, and virtues*.

Often in our quest for happiness and self-fulfillment we focus on meeting standards of beauty and material success, but it is important to remember the inner beauty that every person possesses and that cannot be measured by physical, social or cultural standards.

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> I also want the women to dress modestly, with decency and propriety, adorning themselves, not with elaborate hairstyles or gold or pearls or expensive clothes, but with good deeds, appropriate for women who profess to worship God.
> *— 1 Timothy 2:9-10*

Book: New Testament / 1 Timothy

Topics: beauty, clothing, community, goodness, materialism, worship

Interpretation:
This verse asks us to think about our appearance and how we should present it to the world. It can be interpreted in many ways, but in general it tells us that we should dress modestly and simply, avoiding ostentation and excess in our clothing. It is important to note that this does not mean that clothing should necessarily be plain or unattractive, but rather that it should be *appropriate, respectful, and elegant*.

In verse 10, Paul emphasizes that women should demonstrate their godliness through *good works*. It is important to note that Paul does not limit the importance of good works to women only, but rather that this practice should be demonstrated by all believers, regardless of their gender.

Godliness is a term that describes the attitude and behavior of a person living a godly and religious life. *In the Christian context, godliness focuses on worshiping God, honoring His word, and obeying His commands*.

Paul understands that true godliness is not just an outward appearance, but an active practice in our lives, demonstrated through good works. Good works are all those actions that we perform for the benefit of others, in love and service, and based on our principles and convictions. The practice of godliness without good works is meaningless and reveals a religion devoid of content, based on appearances and formalities. True godliness moves us to demonstrate God's love through our actions and behavior.

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> Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.
> *— 2 Corinthians 4:16*

Book: New Testament / 2 Corinthians
Topics: beauty, body, encouragement, receiving

Interpretation:
2 Corinthians 4:16 encourages us to think about the importance of renewing our inner self. We often focus on taking care of our outer body and neglect our inner life, but the Bible teaches us that our soul

is the most important thing.

Wear and tear of the outer man

The Apostle *Paul* tells us that our outer man wears out over time. The human body ages and loses strength, which can affect our quality of life. As we age, we feel more tired and less healthy - this is normal, but this should not deprive us of hope.

Renewing the inner man

While our body wears out, our inner man is being renewed day by day. What does this mean? It means that we must focus on taking care of our inner life, our soul. Just as the body needs food to stay healthy, our soul needs spiritual food.

How to renew our inner man

Renewing the inner man is an ongoing process that requires discipline and dedication. Here are some ways to refresh it:

- *Prayer* is a way to connect with God and open your hearts to Him. Spend time each day talking to and listening to God.
- *The Bible* is God's Word, containing valuable teachings for our lives. Read the Bible every day and meditate on its teachings.
- *Service* is a way to show love to others and follow *Jesus'* example. Spend time helping others and serving your community.
- *Good deeds* are a way to reflect God's love in our world. Do good to others and leave a positive impact on the lives of those around you.

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> For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.
>
> — *Ephesians 2:10*

Book: New Testament / Ephesians
Topics: beauty, creation, following, Jesus

Interpretation:
Ephesians 2:10 tells us that we are God's workmanship. This means that we were created by God according to a divine purpose. It's important to remember that this doesn't just apply to those who believe in God, but to all of humanity. As humans, we are already God's workmanship.

What were we created for?

The second half of the verse tells us that we were created to do good works. In other words, God has a plan for each of us, and He calls us to fulfill a specific purpose in our lives. This could mean helping others, being a good friend, a good leader, teaching others, and more.

How can we do good works?

Ephesians 2:10 makes it clear that God has already prepared good works for us. However, this doesn't mean that we should just sit back and wait for opportunities to fall into our laps.

We must be mindful and involved in our community, helping others, and being responsive to the needs of others. We must be proactive in seeking out opportunities to do good.

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> So God created mankind in his own image, in the image of God he created them; male and female he created them.
> — *Genesis 1:27*

Book: Old Testament / Genesis
Topics: beauty, creation, God

Interpretation:
The Book of Genesis is the first book of the Bible to recount the creation of the world, according to the Judeo-Christian tradition. The first chapter of this book tells how God created humanity, entrusting them with the responsibility of caring for and managing the world He created.

The creation of humanity

This verse mentions that God created humanity in His own image and likeness. The idea that humanity was created in the image of God is very important in Christian theology, as it implies that

humanity possesses a divine nature that distinguishes it from other creatures created by God. The image of God in humanity refers not so much to its outward appearance as to its spirit, soul, and capacity for thought and feeling, making it unique among all creation.

The meaning of the image of God

The phrase *"So God created mankind in his own image"* suggests that humanity, like God, possesses the capacity to create, love, compassion, and make moral decisions. That is, God created humanity with the capacity to be like Him, but not equal to Him. Humanity, possessing this divine image, bears a special responsibility to care for creation and to properly exercise the authority given to it over it.

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> The grass withers and the flowers fall, but the word of our God endures forever.
>
> *— Isaiah 40:8*

Book: Old Testament / Isaiah
Topics: beauty, God, reliability, Word of God

Interpretation:
Isaiah 40:8 is a powerful statement about the timeless and eternal nature *of God's Word*. In a world where everything is temporary and ephemeral, God's Word is an unshakable rock, providing comfort and security to believers.

The transience of life

The first thing we can take away from this verse is the fleeting nature of life. Here, the grass and flower symbolize the ephemeral beauty and transience of life. Although nature holds the great beauty of flowers and plants, they quickly fade and disappear. Such is our life: ephemeral, with an inevitable end. Everything we hold dear and value in this world will not last forever.

The permanence of God's Word

However, our verse gives us great hope. God's Word is eternal and endures forever. This verse is a promise that God's Word will endure and never lose its power and relevance. God's Word is

everlasting and offers sure, unchanging guidance to all who place their faith and trust in Him.

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> Arise, shine, for your light has come, and the glory of the Lord rises upon you.
> — *Isaiah 60:1*

Book: Old Testament / Isaiah
Topics: beauty, God, Light, valuable

Interpretation:
The prophet sees a vision of the distant future: he contemplates not the Jerusalem which, having been destroyed by the Babylonians, will gradually rise from the ruins, but the one which, after the second coming of the **Messiah (Jesus Christ)**, will become the spiritual center and a beacon for the whole world. For He will live among people *(in the Jerusalem of the Millennial Kingdom)*. This is expressed by him in the phrase **"the glory of the Lord has risen upon you."**

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> Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?
> — *Matthew 6:25*

Book: New Testament / Matthew
Topics: beauty, contentment, food, life, thoughts, worrying

Interpretation:
In this Bible verse, we can find a fundamental teaching for life: *“Do not worry about your life.”*
However, in modern life, worry has become a constant companion of our daily lives. We worry about

problems at work, the economy, health, personal relationships, and much more.

Worry, although natural for humans, can become an obstacle to happiness and self-fulfillment. Worrying too much about things can cause states of anxiety, depression, and other emotional disorders. Moreover, worry is an attitude that makes us lose the ability to enjoy the present moment and appreciate what is truly important in life.

In this verse, Jesus encourages us to not worry about our daily lives and shows that God cares about our needs. Worrying does not solve anything, but trusting in God gives us the peace and security we need. In the Bible, we find many examples of people who trusted God and saw their faith rewarded.

The Bible text also reminds us that **“life is more than food, and the body is more than clothing.”** Often we become obsessed with material things and forget that life is more than just being in a good economic position or having material goods. Life is a precious gift that we should take care of and appreciate in all its dimensions.

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> Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised.
>
> *— Proverbs 31:30*

Book: Old Testament / Proverbs
Topics: beauty, awe

Interpretation:
The verse begins with a stark statement: *"Charm is deceitful, and beauty is vain"*. This phrase refers to the idea that physical beauty and superficial grace can be deceptive and futile unless they are accompanied by deep humility and fear of the true God. It is important to note that this statement applies to both men and women, but this verse is specifically focused on the virtue of a God-fearing woman.

The second part of the verse states that a woman who fears God is indeed to be praised. This statement suggests that inner beauty and humility are more valuable than outer beauty and superficial appearance. A God-fearing woman is not only a pious woman, but also humble and simple, which makes her more attractive and valuable in the eyes of God and society as a whole.

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> For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.
> — *Psalm 139:13-14*

Book: Old Testament / Psalms
Topics: beauty, body, creation, miracles, praise, soul

Interpretation:
Psalm 139:13-14 is a powerful statement about the value and dignity of human life. In these verses, the psalmist *David* marvels at how God created him in his mother's womb. He acknowledges that it was God who formed him from within and made him fully human. These verses show us that our existence has purpose and intrinsic value.

What do these verses teach us?

These verses teach us that *God is the Creator and Sustainer* of human life. He is sovereign over the life of every person and has created each one unique and unrepeatable. We are not accidents, but were intentionally created by the Creator of the universe. This knowledge gives us a sense of purpose and destiny in life, as we can trust that God has a special plan for us.

These verses also show us how precious human life is. Because God created us this way, each of us has inherent dignity and worth. This means that we are valuable not because of our abilities, achievements, or social status, but simply because we were created by God. This is important because it helps us treat others with respect and love, regardless of their appearance, nationality, or social status.

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> You are altogether beautiful, my darling; there is no flaw in you.
> — *Song of songs 4:7*

Book: Old Testament / Song of songs
Topics: beauty, marriage, relationships

Interpretation:
The Book of Song of Songs is a poetic book of the Bible that tells a love story between two lovers.

Throughout history, physical beauty has been idealized and prized. In today's society, beauty is a standard that most people strive to achieve. However, *Song of Songs 4:7* invites us to consider the importance of inner beauty.

Inner beauty is the qualities of a person that are not visible to the naked eye, such as *kindness, generosity, honesty, and compassion*. These are the qualities that truly make us beautiful and set us apart from others. Physical beauty, on the other hand, is temporary and can fade over time.

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