



Mother-Daughter Discussion Questions for *Beauty Begins*

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Before you begin...


What would you most like to get out of reading and discussing this book together?

Chapter One: The Distorted Reflection

1. Do you feel beautiful? Why or why not? Moms, tell your daughter the ways in which she is beautiful. Daughters, tell your Mom the ways in which she is beautiful.
2. How would you define true beauty in a person?
3. The authors say that God is “enthralled” by your beauty. How does that idea make you feel?

Chapter Two: The Mirror Addiction

1. What messages about beauty have you picked up (and perhaps are still picking up) from your parents? From your workplace? From your friends? From your church? From your culture?

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2. What truths have you discovered in the Bible that help you recognize Satan's lies to us about how we look?
 3. How could the two of you help each other recognize and refute Satan's lies about your true beauty?

Chapter Three: The Selfie Obsession

1. Would you say it's wrong to think about yourself? Why or why not?
2. Would you agree with the authors that God wants you to find completion and total worth in Him? Why or why not? If so, what does that mean to you?
3. Describe a time when you found joy in helping someone else.

Chapter Four: The Beauty of Brokenness

1. Tell about a time when God used something difficult in your life to deepen your faith.
2. Who in your life has influenced you through her honesty about her brokenness? How did this affect you?
3. What do you think it means to say, "beauty begins in brokenness"?



Chapter Five: The Daily Battle


1. Why is it a daily decision to choose to look in God's mirror rather than the distorted mirror of our culture? Why is it sometimes a struggle to make that decision?
2. Do you believe that God loves you unconditionally? Why or why not? How does your view of God's love for you influence the choices you make?
3. How would you describe your relationship with God right now?

Chapter Six: A Beautiful Team

1. What qualities do you value most in a friend? Why?
2. In what ways can a good friend help your character become more beautiful?
3. What can you do as a mother-daughter team to build each other up with your words?

Chapter Seven: Fashion Rebel

1. What are some of the ways you conform to our culture? What are some ways you are a "rebel"?
2. Name three character qualities that make another person beautiful.

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3. In what ways can you team up and love your family extravagantly this week?

Chapter Eight: Cultural Revolution

1. Why do we need to rely on God's strength, rather than our own, to go against the powerful current of our culture?
2. What is one thing you could do to help your circle of influence and community think differently about beauty?
3. How have you experienced the power of encouragement in your relationship with another person?

Chapter Nine: A Beautiful Legacy

1. How would you like people to describe how you live your life?
2. How can you, as mother and daughter, help each other make choices that highlight each other's true beauty?
3. What will you do differently as a result of reading this book? In what ways has your relationship with each other changed since you began reading and discussing these ideas?