



BEOUTOCHOLONGE:

"Today, did I spend more time in God's Word or in front of this Mirror?" "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 NIV)

We,and	
, will attempt to	
spendandminutes a day in quiet	
prayer and Bible reading during the next seven weeks.	
We commit to do this for five out of every seven days.	
Signed:	
Date:	
Signed:	
Date:	

The True Girl Beauty Challenge is a creation of Dannah Gresh, as published in *True Girl:* Discover the Secrets of True Beauty by Moody Publishers. To learn more, go to mytruegirl.com.