

Bless the name of our Lord and Savior Jesus Christ. Welcome as we study the Bible, the inspired Word of God, described as a lamp to our feet and a light to our path (Psalm 119:105, ESV).

Are you a woman longing to find favor and respect among people? Perhaps you are a young woman desiring a blessed and honorable marriage, or a married woman seeking God's blessing and greater honor in your union. If so, it is essential to understand the kind of adornment God calls His daughters to embrace.

The Biblical Foundation of Adornment

The Bible contrasts two approaches to adornment external beautification and inward spiritual beauty. The apostle Peter writes:

*1 Peter 3:3-6 (NIV)*

*"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. For this is the way the holy women of the past who put their hope in God used to adorn themselves. They submitted themselves to their own husbands, like Sarah,*

*who obeyed Abraham and called him her lord. You are her daughters if you do what is right and do not give way to fear."*

## Inner Beauty as God's Standard

Peter teaches that true beauty is not external or transient but inward and eternal. The “gentle and quiet spirit” (Greek *praus* and *hesuchia*) encompasses humility, meekness, and a peaceful demeanor qualities the New Testament repeatedly values (cf. Galatians 5:22-23; Colossians 3:12). This inward adornment aligns with God’s holiness and reflects a heart submitted to Him.

Sarah’s example underscores a profound theological truth: godly submission and reverence toward one’s husband reflecting a broader submission to God’s order (Ephesians 5:22-24) is itself a form of spiritual adornment and beauty.

### Historical and Cultural Context

In the ancient Near East, women had access to various cosmetics and ornaments. However, the holy women of Scripture, by divine revelation, rejected outward adornments that might foster pride

or vanity (cf. Isaiah 3:16-24; Ezekiel 23:40) in favor of cultivating inward virtues respect, gentleness, obedience, and calmness.

Rebekah's modesty in covering her head when meeting Isaac (Genesis 24:65-67, ESV) signals submission and honor, traits that gained her favor with Isaac and God's blessing, becoming the matriarch of Israel (Romans 9:10-13).

The Danger of Worldly Adornments

The Bible warns that reliance on external adornments risks vanity, pride, and moral compromise. Jezebel's example (2 Kings 9:30; Revelation 2:20-22) illustrates how outward beauty combined with sinfulness leads to judgment. The use of cosmetics and revealing attire without godly character contrasts sharply with the call to holiness (1 Peter 1:15-16).

Incompatibility of External Glamour and Inner Godliness

Scripture teaches that one cannot simultaneously pursue worldly outward beauty and the inner qualities of meekness and submission. Outward adornment often fosters pride and lust (James 1:14-15), while true godly beauty produces humility and peace (Philippians 2:3-4).

If external and internal adornments were compatible, the Bible would not warn women against outward adornments but encourage both. Instead, it distinctly values modesty and inward grace over external show (1 Timothy 2:9-10, NIV):

*“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.”*

Adornment and Holiness Today

Modern Christian women are called to mirror these biblical principles, recognizing their bodies as temples of the Holy Spirit (1 Corinthians 6:19-20, ESV). True godliness is expressed through modesty, good works, and a heart devoted to God not through fashion trends or makeup advertisements.

Dear sisters, whether single or married, if you desire to please God and find favor in the eyes of others, embrace the biblical standard of adornment. Cultivate inner beauty marked by humility, gentleness, and a quiet spirit. Let your outward

appearance reflect modesty and respect for your natural self, honoring God and your calling.

By doing so, like Sarah and Rebekah, you will be blessed, gain favor with your spouse and community, and store up treasures in heaven where true beauty never fades (Matthew 6:19-21).

May the Lord richly bless you as you seek to adorn yourself in a manner worthy of His calling.

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