BOLD
BIBLE STUDY
DISCIPLESHIP
MUSCLE BUILDING
24/7
CELEBRATE
SOUL FOOD
FROM WITHIN
SEEING THE HEART
STORYTELLING
REAL BEAUTY
SPIRITUAL DISCIPLINES & BEAUTY
BOOK #1 • SPRING 2015
FOR CORPS CADETS

BOLD FOR CORPS CADETS
COURSE B | BOOK #1 | SPRING 2015
Published by The Salvation Army National Christian Education Department, National Headquarters

EXECUTIVE EDITOR: Captain Keith Maynor
EDITOR: Carolyn J.R. Bailey
WRITERS: Carolyn J.R. Bailey, Cari Arias
ART DIRECTION & DESIGN: Steven E. Carpenter, Jr.
ADMINISTRATIVE ASSISTANT: Siomara Paz

COPYRIGHT STATEMENT
This publication is a national document and cannot be changed without the approval of the Commissioners' Conference. All rights reserved. No part of this curriculum may be reproduced, stored in or introduced into a retrieval system, or transmitted, in any form, or by any means (electronic, mechanical, photocopies, recording, or otherwise), without the prior written permission from The Salvation Army National Christian Education Department. This includes the scanning, uploading, and distribution of this book via the Internet or via any other means. For permission information write:

The Salvation Army National Headquarters
Christian Education Department
615 Slaters Lane
Alexandria, VA 22314

All Scripture quotations, unless otherwise indicated, are taken from the *Holy Bible, New International Version*®, NIV®. Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com The "NIV" and "New International Version" are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.™

Scripture marked MSG is taken from *The Message*™. Copyright 1993. Used by permission of NavPress Publishing Group.

Leadership principles taken from *The Maxwell Leadership Bible: Lessons in Leadership from the Word of God, Second Edition, New King James Version.* Maxwell, John C. and Elmore, Tim, executive editors. Nashville, TN: Thomas Nelson, Inc., 2007.

Every effort has been made to contact the copyright holders, but should there be any errors or omissions, The Salvation Army would be pleased to insert the appropriate acknowledgment into future productions of this publication.

MISSION STATEMENT
The Salvation Army, an international movement, is an evangelical part of the universal Christian church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

TERRITORY ADDRESSES

The Salvation Army Central Territory
10 W. Algonquin Road
Des Plaines, IL 60016

The Salvation Army Southern Territory
1424 Northeast Expressway
Atlanta, GA 30329

The Salvation Army Eastern Territory
440 West Nyack Road
West Nyack, NY 10994

The Salvation Army Western Territory
180 East Ocean Boulevard
Long Beach, CA 90802

FEBRUARY
& MARCH
SPIRITUAL DISCIPLINES
WEEK 1: MUSCLE BUILDING
WEEK 2: 24/7 WEEK 3: CELEBRATE
WEEK 4: SOUL FOOD
BEAUTY
WEEK 1: FROM WITHIN
WEEK 2: SEEING THE HEART
WEEK 3: STORYTELLING
WEEK 4: REAL BEAUTY

MUSCLE BUILDING

Why should I care about spiritual disciplines? Why would I even want "discipline" at all? Well, *spiritual* disciplines are very different from other kinds of discipline like being grounded or getting a detention. Spiritual disciplines are habits that we form in specific areas to help us have a more intimate relationship with God, allowing Him to do even greater work in and through us. A habit is something we do so often that we get to the point where we do it almost without even really thinking about it. On the other hand, a spiritual habit—or discipline—should always be done with our hearts fully engaged, not simply out of routine.

There are many spiritual disciplines—some are inward (private), some are outward (affect others), and some are corporate (done in community). The list can vary, but it includes disciplines such as solitude, fasting, worship, service, Bible reading, and prayer.

Athletes know they need discipline to achieve their goals in sports. The same is true when you want to study something new—like learn another language, or master calculus. You must discipline yourself to get to where you know it effortlessly.

It's the same with our spiritual lives, too. Our life of faith doesn't come naturally. In fact, it's *against* our very nature! So we need to form habits to help us build our spiritual muscles.

If we never use our leg muscles, we'll fall limp on the floor when we try to walk. We also need to use our spiritual "muscles" regularly in order to have the strength to walk through our life as a Christ-follower.

ENGAGE

Watch the GodTube clip on spiritual disciplines.

READ

Exodus 20:7-8; Psalm 119:9-16; Romans 12:1-2; 1 Corinthians 9:24-27; and Hebrews 12:11.

EXPLORE

1. What do these verses say about why we should practice spiritual disciplines?
2. What does it mean to take the Lord's name in vain?
3. How does keeping the Sabbath holy relate to spiritual disciplines?
4. What does it mean to "not conform to the pattern of this world"? How do we use spiritual disciplines to help us do that?
5. What does the world say about discipline versus what God says about it?

APPLY

In what shape would you say your "spiritual muscles" are right now? In what disciplines are you strong? Which areas are weaker than others?

Consider the word "discipline." If you were to describe the biblical view of it to a non-believer, what would you say?

Why should *you* practice the spiritual disciplines? What difference would they make in your life?

PRAY!

LEADERSHIP PRINCIPLE

Good leaders discipline themselves to listen to the voice of God and thereby develop an intimate relationship with Him.

MEMORIZE

"Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life."

Galatians 6:8

DID YOU KNOW?

To get to the Super Bowl, a team must win at least 10 of the 16 games of the season. They practice an average of 10 hours a day besides game day and the day after. Although the Super Bowl lasts about 3 hours, there is an average of only 10 minutes and 43 seconds of actual play time!

GO DEEPER

Read the 1st doctrine and 1st "I Will" statement of "The Soldier's Covenant." Discuss or journal how they relate to today's lesson.

"Like" BOLD on Facebook and follow @BOLDcorpscadets on Twitter to get regular, relevant news, articles, and resources related to what you're studying in corps cadets.

JOHN AND CHARLES WESLEY were minister's kids—two of nineteen born to Samuel and Susanna Wesley. Out of necessity, Susanna ran a strict household with very clear rules. When they grew up, John Wesley preached, and Charles Wesley wrote hymns. They went to Oxford University in England. They wanted to be the best Christians they could be. Charles started a club at his university for others who felt the same way. His brother John joined. It was called the Holy Club and its members met every day to follow the commands of Scripture as closely as they could. (It was only later that both brothers realized we're saved by grace through faith, not by works.) Focusing on holiness and service, they fasted twice a week, studied and discussed the Greek New Testament, sang hymns (often written by Charles), prayed, shared in fellowship, and visited prisoners and the sick. They also had 22 questions they asked themselves each day. They had a method and they followed it, like clockwork. They were so faithful to the method, that those who mocked them called them "Method-ists." The name stuck.

The Salvation Army started from the Methodists. Catherine Booth was born into a Methodist family, while William Booth met the Methodist church when he was a teenager. Later, he was ordained as a Methodist minister. So the first part of William and Catherine's ministry together was with the Methodists.

We're The Salvation Army; so, as an organization based on a military pattern, we should be familiar with discipline. Yet, when The Salvation Army started, we were not known for following the rules. In fact, we broke most of them. Working outside the box established by the church was exactly what was needed and exactly what the early Salvationists did. So, how do spiritual disciplines and The Salvation Army go together?

12+

DOORS 8:30 PM

24/7

HOLY CLUB

COMING IN FEBRUARY

FRI 6 **ENGAGE**

Play a round of "Simon Says."

SAT 7 **READ**

Galatians 5:22-23; 2 Timothy 1:7; and 2 Peter 1:5-8.

SUN 8 **EXPLORE**

1. How do spiritual disciplines and The Salvation Army go together?

FRI 13 2. Considering the Scripture passages, can we say, "spiritual disciplines work for the rest of the church, but they aren't necessary for us"?

SAT 14 3. How are spiritual disciplines taught in The Salvation Army?

SUN 15 4. As a Salvationist, where would you get resources to work on spiritual disciplines? What resources are available?

FRI 20 5. What is the CSLD?

6. What is 24/7 Prayer?

SAT 21 **APPLY**

Using the handout, ask yourself "The Holy Club's 22 Questions."

SUN 22 Which spiritual disciplines would help you grow where you are weak?

FRI 27 Which one(s) will you work on this week?

SAT 28 **PRAY!**

TICKETS ON SALE FOR ALL 24/7 HOLY CLUB EVENTS AT ALL TICKET SALVATION LOCATIONS. DATES AND TIMES ARE SUBJECT TO CHANGE. CALL OUR 24-HOUR CONCERT LINE FOR MORE INFORMATION 1.555.4WESLEY

LEADERSHIP PRINCIPLE

Good leaders discipline themselves to listen to the voice of God and thereby develop an intimate relationship with Him.

MEMORIZE

"Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life."

Galatians 6:8

DID YOU KNOW?

John Wesley died on March 2, 1791. He was 88. At the end, gathering all the strength he had left, he said, "The best of all is, God is with us." He lifted his arms and raised his voice as loud as he could, saying again, "The best of all is, God is with us."

GO DEEPER

Read the 1st doctrine and 1st "I Will" statement in "The Soldier's Covenant." Discuss or journal how they relate to today's lesson.

Explore the CSLD resources and videos at: www.salvationarmyspirituallife.org

www.salvationarmy.org/csld/247videos

Sign up for the CSLD newsletter.

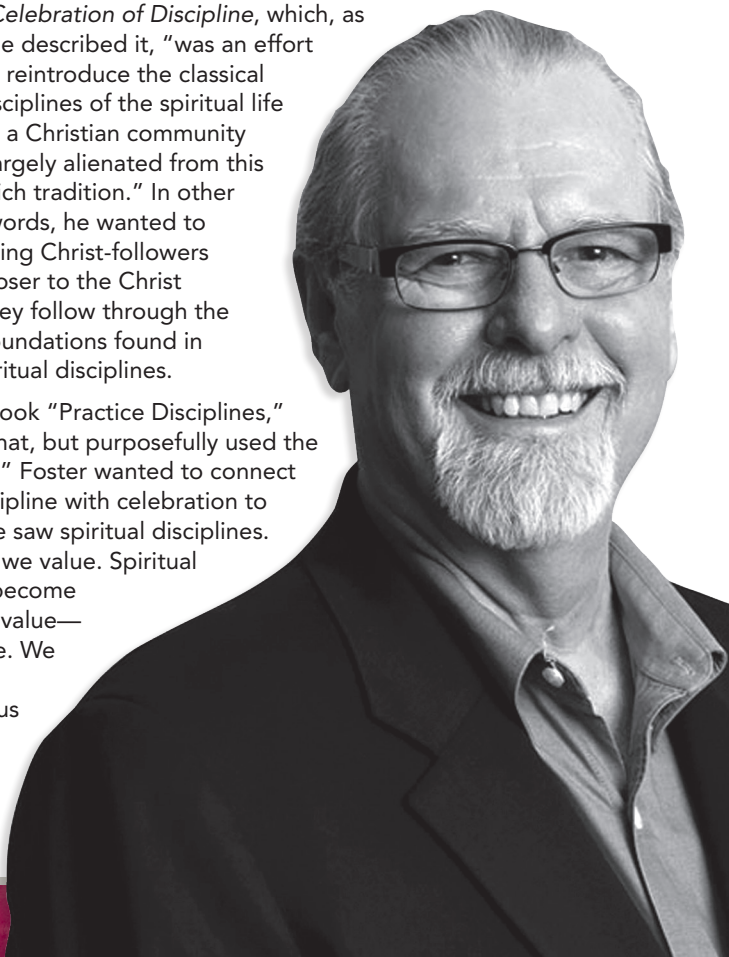
CELEBRATE

RICHARD FOSTER BECAME A CHRISTIAN in his early high school years. He accepted Jesus because a group of teens that he was around seemed to be very "real." Watching them made him start to read up on Christianity and eventually come to believe that Jesus really did rise from the dead.

Coming from a Quaker background, he went to George Fox College in Oregon (George Fox was the founder of the Quaker tradition). He studied religion and philosophy. Then he studied theology at Fuller Theological Seminary in Southern California.

From his studies and his ministry in churches, he began to realize that there was more to deepening one's faith than just Bible reading and prayer—the two "disciplines" that most evangelical Christians are familiar with and practice. Quaker tradition is particularly well known for a focus on silence and solitude. So he started to study… and write.

Foster is most well known for his book *Celebration of Discipline*, which, as he described it, "was an effort to reintroduce the classical disciplines of the spiritual life to a Christian community largely alienated from this rich tradition." In other words, he wanted to bring Christ-followers closer to the Christ they follow through the foundations found in spiritual disciplines.



He didn't title his book "Practice Disciplines," or something like that, but purposefully used the word "Celebration." Foster wanted to connect the concept of discipline with celebration to change how people saw spiritual disciplines. We celebrate what we value. Spiritual disciplines should become something that we value—and, thus, celebrate. We can rejoice in them because they help us grow closer in our relationship with Christ.

In his book, Foster focused on inward disciplines (prayer, fasting, meditation, and study), outward disciplines (simplicity, solitude, submission, and service), and corporate disciplines (confession, worship, guidance, and celebration).

Engage

Watch the clip on "Silence and Solitude."

Read

Joshua 1:8; 1 Kings 19:11-13; Esther 4:16; Psalm 118:24; Psalm 145:5; Matthew 4:10; Matthew 6:16-18; Mark 6:31; Luke 5:15-16; John 4:23-24; John 13:13-17; Ephesians 6:18; Philippians 4:4; Philippians 4:10-13; 1 Thessalonians 4:9-12; 2 Timothy 2:15; James 5:16; 1 Peter 4:10; 2 Peter 3:17-18; and 1 John 1:9.

Explore

1. Why do you think Richard Foster felt he needed to "reintroduce" the disciplines?
2. What prepared him for reintroducing spiritual disciplines to Christians?
3. What do you know about the other spiritual disciplines already?

Complete the "Celebrating the Disciplines" handout.

Apply

What are some things that you already do to exercise the disciplines of Bible study and prayer in your own life?

Consider silence and solitude, in particular. Why do you think those can be hard disciplines for Christians in our culture today?

Which discipline is hardest for you? Why?

Pray!

LEADERSHIP PRINCIPLE

Good leaders discipline themselves to listen to the voice of God and thereby develop an intimate relationship with Him.

MEMORIZE

"Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life."

Galatians 6:8

DID YOU KNOW?

Quakers and Salvationists have more in common than you might think. Although pacifist at their core (which seems opposite to our "I'll Fight!" heritage), they're a non-sacramental denomination, not outwardly practicing communion and baptism.

GO DEEPER

Read the 1st doctrine and 1st "I Will" statement of "The Soldier's Covenant." Discuss or journal how they relate to today's lesson.

Search for and "like" Richard Foster's "Renovaré USA" page on Facebook.

Watch a short video on Quakers and communion: www.fgcquaker.org/resources/form-without-substance.

Check out one of Richard Foster's books from the library; *Celebration of Discipline* or *Freedom of Simplicity* are two good ones to start with.

SOUL FOOD

For many people, when they think of "discipline," their mind goes to the extreme. They picture Nazi Germany and soldiers hailing Hitler. Or, more present day, perhaps North Korea comes to mind. Little freedom. Lots of dictatorship. Perhaps you think of a teacher who can't control student behavior in math class and everyone suffers. That's discipline. Spiritual disciplines, however, not only give us true freedom, but they actually feed our soul. They are the source for getting close to the Savior in our daily lives.

It can be easy to be a Christian at the corps. If someone asked you how you show that you're a Christian, you might quickly respond, "I pray, read my Bible, and go to church." Those are good things, but we need to go deeper to get to know Jesus—to really know Him. Part of going deeper is not showing off the spiritual things we're doing so others can see what "good Christians we are."

Dallas Willard says, "People who think that they are spiritually superior because they make a practice of a discipline such as fasting... are entirely missing the point. The need for extensive practice of a given discipline is an indication of our weakness, not our strength… The disciplines we need to practice are precisely the ones we are not 'good at' and hence do not enjoy."

It takes studying God's Word and insights into each discipline to know their purpose. For example, in his book titled *Fasting*, author Scot McKnight writes, "Fasting is the natural, inevitable response of a person to a grievous sacred moment in life." He explains the biblical purposes for fasting and that the most common reason for it in the Bible is out of repentance for sin.

And after writing his popular book on all of the spiritual disciplines, Richard Foster dedicated an entire book to the discipline of simplicity. He explains, in detail, how simplicity isn't only a matter of getting rid of stuff, but rather a way of turning our hearts toward dependence on God. "One way to nurture simplicity," he writes, "is through the discipline of silence."

ENGAGE

Do the "Pure Silence" activity.

READ

Isaiah 58:1-9; Matthew 13:1-23; Romans 8:12-13; 1 Thessalonians 4:3-8; 2 Timothy 1:7; and 1 Peter 1:13-15.

EXPLORE

1. What is your understanding of the purpose of fasting?
2. According to the Isaiah passage, what is a true fast?
3. How do you think simplicity and silence work together as spiritual disciplines?
4. Using the parable in Matthew 13:1-23, discuss whether or not spiritual disciplines are always fruitful in all people.
5. If some disciplines are outward and corporate, why do we say they're not for "show"?

APPLY

Complete the "Soul Food" handout. Choose at least 2 examples that you will try to put into practice this week.

PRAY!

LEADERSHIP PRINCIPLE

Good leaders discipline themselves to listen to the voice of God and thereby develop an intimate relationship with Him.

MEMORIZE

"Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life."

Galatians 6:8

DID YOU KNOW?

Mardi Gras is French for "Fat Tuesday"; the name refers to "fattening up" on all things desired the day before Ash Wednesday, when the Lenten season begins.

Since Lent (the month leading up to Easter) is about focusing on repenting of sins, Mardi Gras became known for wild parties, gorging, drunkenness, etc., with the idea that it doesn't matter because it's followed by a season of "making up for it" and seeking forgiveness.

The Bible is clear that this isn't the type of freedom grace provides for us!

GO DEEPER

Read the 1st doctrine and 1st "I Will" statement of "The Soldier's Covenant." Discuss or journal how they relate to today's lesson.

Read a little about Mardi Gras history from the most famous Mardi Gras location, New Orleans: www.mardigrasneworleans.com/history.html

from within

Elkanah had two wives: Peninnah and Hannah. Hannah couldn't have children (1 Samuel 1:5), and found herself in tears in the presence of a priest named Eli (1:9-12). His heart went out to this hurting woman, and he blessed her (1:17). Not long after that, Hannah gave birth to Samuel. She took her toddler back to the priest who had prayed a blessing over her to show him the result (1:26-27); and Samuel grew up under Eli's teaching (2:11).

Fast forward some… Eli's sons should have taken over leadership, but they were pretty bad guys (2:12), so Samuel found himself serving as the leader of Israel (also called "judge" at this time; 7:15). Then he grew old, and appointed his sons as the next leaders, but they were bad guys, too (8:1-2). So the people came to Samuel and said they didn't want a judge anymore, but rather a king like everyone else had (8:5). Samuel talked to God about it, warned everyone what would happen if they had a king, but they still wanted one.

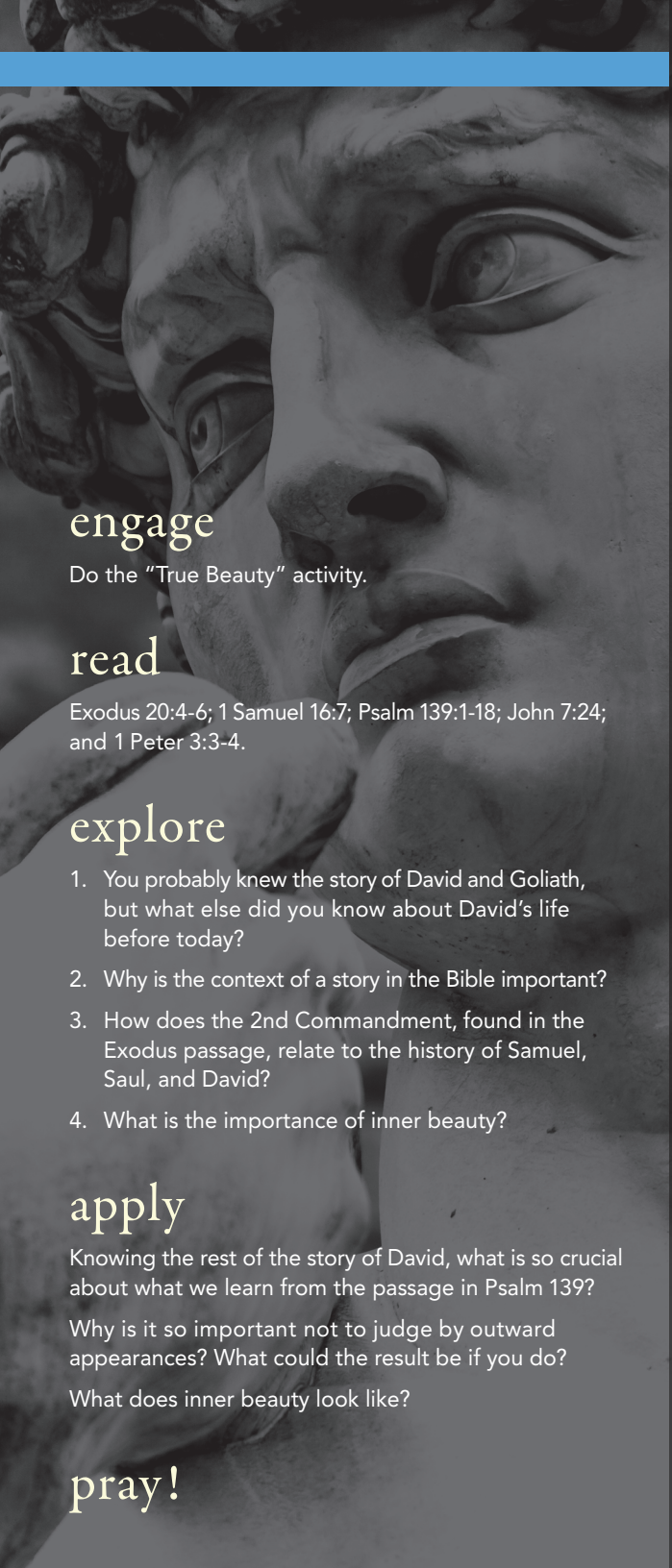
There was this man, Kish, who somehow lost his donkeys. He sent his son, Saul, off looking for them. Now Saul was one good-looking guy (9:2). He ended up going to Samuel to see if he knew where the missing donkeys were, and suddenly the 30-year-old, handsome donkey-hunter went from nothing to king (11:15).

Samuel's parting speech to the people was a warning to follow God (12:13-14, 24-25). But Saul ended up not waiting on God, and got some bad news (13:14). Wars happened. God gave instructions. People disobeyed —including Saul. Samuel and Saul argued over whether Saul had been obedient or not, but God had the last word (15:22-23). And Samuel never saw Saul again.

God told Samuel that He'd chosen a new king—one of Jesse's sons. Samuel met the first, handsome son, and thought he was "surely" the new king (16:6). But God told him that it's not about outward appearances, but rather the heart (16:7). So Samuel met all the other sons, but knew none of them were whom God had in mind for the next king. He asked Jesse if there were any more sons.

Enter David. He was "the one" (16:12). He was the one who was anointed as the next king over God's people. And he went down in history as a beloved follower of God—not without his failings or (major) mistakes—but one who set his heart on his Creator. Beauty came from within David.

It's not a bad thing to have physical beauty—after all, we're told David was, in fact, handsome (16:12). The fact of the matter, however, is that outward beauty is not the qualification for service, leadership or worth.



engage

Do the "True Beauty" activity.

read

Exodus 20:4-6; 1 Samuel 16:7; Psalm 139:1-18; John 7:24; and 1 Peter 3:3-4.

explore

1. You probably knew the story of David and Goliath, but what else did you know about David's life before today?
2. Why is the context of a story in the Bible important?
3. How does the 2nd Commandment, found in the Exodus passage, relate to the history of Samuel, Saul, and David?
4. What is the importance of inner beauty?

apply

Knowing the rest of the story of David, what is so crucial about what we learn from the passage in Psalm 139?

Why is it so important not to judge by outward appearances? What could the result be if you do?

What does inner beauty look like?

pray!

leadership principle

Wise leaders never judge by outward appearance.

memorize

"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

did you know?

Studies show that teachers expect more attractive children to perform better in school.

Attractive women are at a disadvantage when seeking a job typically held by men.

Attractive defendants are less likely to be convicted.

In the Middle Ages, women would put bat blood on their cheeks to be more attractive.

The search for beauty is a $160 billion-a-year industry.

go deeper

Read the 10th doctrine and 1st "I Will" statement of "The Soldier's Covenant." Discuss or journal how they relate to today's lesson.

Read 1 Samuel in another version besides NIV, such as *The Message* (check out www.biblegateway.com).

AMANDA BYNES looked at the outward appearance, and then went on Twitter® to pass her judgment on which celebrities are ugly. For her, the ugliest are Zac Ephron (actor), Miley Cyrus (singer), Rihanna (singer), Sarah Hyland (actress), Chrissy Teigen (model), and even President Barack and First Lady Michelle Obama. Her first critique of almost every person was, "You think you're beautiful, but you're ugly."

Does that mean British boy band One Direction is right: "You don't know you're beautiful, that's what makes you beautiful"? Actually, we're beautiful because we're created in God's image. And if "beauty is in the eye of the beholder," then we're beautiful because, when He looks at us, God sees us as beautiful and as His beloved. For these reasons, He wants us to see ourselves —and everyone else, too— as beautiful.

When accepting his 2013 Teen Choice Award, Ashton Kutcher said, the most beautiful thing is "being really smart and being thoughtful and being generous." In the movie *Forrest Gump*, when Forrest was bullied and called stupid, his mother always said, "Stupid is as stupid does." So to paraphrase, we could say, "Beauty is as beauty does." Whether or not our hearts are beautiful comes out in how we treat others —especially how we treat those whom other people ignore.

From Elizabeth Cottrill at the mercy seat in Whitechapel to the Cellar, Gutter and Garret Brigade of Drury Lane to Major Betty Baker on the streets of NYC and Major Ivy Nash on the streets of Moscow and London, The Salvation Army has looked at the homeless, prostituted, sick, and addicted and seen people Jesus loves. In serving them, they've shown their own beautiful hearts.

ENGAGE

Do one of the "Do You See Me?" activities.

READ

Genesis 1:26; 1 Samuel 16:7; Matthew 25:31-40; and 1 Peter 3:3-4.

EXPLORE

1. Which pile of products would you pick to make yourself beautiful? Why?
2. According to Genesis 1:26, 1 Samuel 16:7, and 1 Peter 3:3-4, what makes us beautiful?
3. How did each of the following people or groups demonstrate "beauty is as beauty does" (Matthew 25:33-40): Elizabeth Cottrill? Cellar, Gutter and Garret Brigade? Major Betty Baker? Major Ivy Nash?

APPLY

Who do you have a difficult time seeing as beautiful (created and loved by God)?

Practice saying what Major Betty Baker did: "You are a person made in the image of the God I love and serve." Ask God to change your eyes.

If "beauty is as beauty does," what are some ways you were beautiful this week? How could you be more beautiful next week?

Who did you see as beautiful this week? Why?

PRAY!

LEADERSHIP PRINCIPLE

Wise leaders never judge by outward appearance.

MEMORIZE

"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

DID YOU KNOW?

Rome is good about feeding its homeless population, but there is nowhere for them to get clean. So, Pope Francis is having three showers for the homeless built at St. Peter's Square, a few yards from his residence. Tenor Andrea Bocelli helped to pay for the project, and a construction company donated the labor.

GO DEEPER

Read the 5th "I Will" statement in "The Soldier's Covenant." Discuss or journal how it relates to today's lesson.

Look up Major Betty Baker of The Salvation Army.

Read more about Pope Francis and his approach to the poor.

IT MIGHT BEGIN WITH "ONCE UPON A TIME…" OR "A LONG TIME AGO IN A LAND FAR, FAR AWAY…" But when it starts, all eyes and ears turn to the storyteller because everyone enjoys listening to a well-told story. Telling a story well, however, isn't as easy as it sounds. It takes practice.

A good magician knows the art of distraction. He tries to get you to look somewhere else so you don't see what he is really doing. A good storyteller knows the art of focus. Distraction is not the storyteller's friend. Everything the storyteller says and does, every detail the storyteller chooses, is to focus the listeners' attention and to make the picture clearer.

Jesus was a master storyteller. He always knew His audience. He knew what images to use. He knew what Scripture to reference. Throughout the Bible, we're treated to great parables—made-up stories that are still true. We're also treated to real people's life stories, like the story of Esther. Some of them are nothing like our own story—like when Esther became queen. Some of them are more like our own stories than we'd like to admit: Esther was afraid and had to make difficult decisions. All of them have something to teach us.

While there is tremendous power in stories themselves, how those stories are told can release their power. When a story is told well, it can be both unforgettable and life changing.

3 STORYTELLING

ENGAGE

Do the "Build A Story" activity.

READ

Esther 5:1-8; 5:9-14; 6:1-9; 6:10-14; 7:1-6; and 7:7-10.

EXPLORE

1. What makes a good story?
2. What does the story of Esther include that makes it a good story? What are some of the lessons taught through the story of Esther?
3. Have you ever heard someone make the most interesting story boring? Have you ever heard someone make the most minor incident fascinating? What was the difference?
4. How do you tell a good story? How do you focus the listeners' attention?
5. What are the benefits of telling a story instead of simply giving people information?

APPLY

Pick a partner. Tell your partner your best story. Try to use some of what you learned during the lesson. Then switch and listen to your partner's story.

PRAY!

LEADERSHIP PRINCIPLE

Wise leaders never judge by outward appearance.

MEMORIZE

"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

DID YOU KNOW?

The word God, in any form, is not used in the book of Esther once. Yet it is a book about God's faithfulness, protection, and leading.

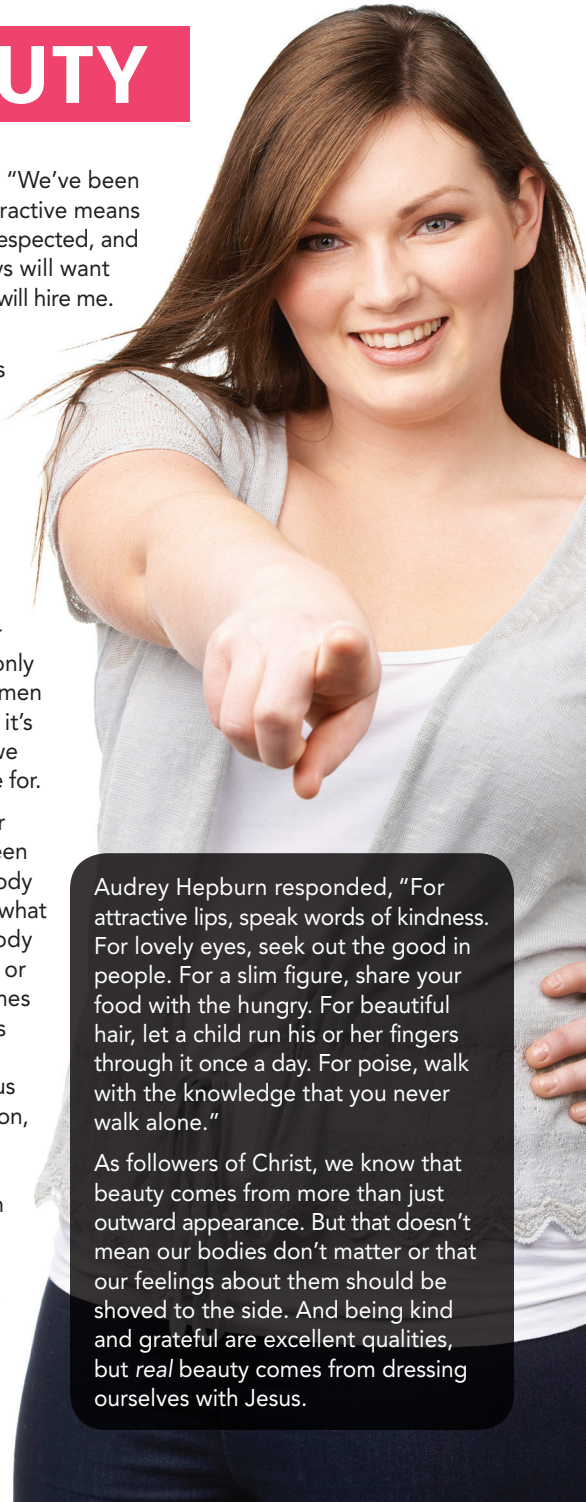
GO DEEPER

Read the 5th "I Will" statement in "The Soldier's Covenant." Discuss or journal how it relates to today's lesson.

Read the whole book of Esther. Look for examples of beauty in faith, boldness, courage, truth, and intelligence.

Watch *The Princess Bride*. What makes the story and the characters memorable?

REAL BEAUTY



AUTHOR MICHELLE GRAHAM writes, "We've been buying a lie. Literally. It's this: Being attractive means being happy. It means being admired, respected, and loved. It means I have great value. Guys will want me. Girls will want to be me. Employers will hire me. Peers will befriend me."

The average woman in the United States is 5'2" and 152 lbs.; the average model is 5'9" and 110 lbs. What is wrong with this picture? Not only are we buying the lie that beauty equals happiness, but we're also buying the lie that the models are perfect, whether Photoshopped or not, and we're buying a lie based off a lie! The media is selling an artificial reality to our culture from a very early age, and not only about young women but about young men as well. Why are we buying it? Perhaps it's because we have forgotten to Whom we belong and what our bodies were made for.

There is a continuum when we consider how we view our bodies; it goes between the extremes of body obsession and body neglect. Body obsession is focusing on what others think and proving our worth. Body neglect is anything that hurts our body or failing to take care of it. Obsession comes primarily out of fear and pride, whereas neglect is rooted in shame and control (or lack of control). Obsession may focus on wearing revealing clothing for attention, while neglect may include cutting. Eating disorders can fall on both ends of the continuum. Both body obsession and neglect give us a warped view of our self-worth and can lead to other harmful choices like sexual promiscuity.

Real beauty comes from understanding what beauty is, where it comes from, and what it looks like in our lives. When asked for beauty tips, actress Audrey Hepburn responded, "For attractive lips, speak words of kindness. For lovely eyes, seek out the good in people. For a slim figure, share your food with the hungry. For beautiful hair, let a child run his or her fingers through it once a day. For poise, walk with the knowledge that you never walk alone."

As followers of Christ, we know that beauty comes from more than just outward appearance. But that doesn't mean our bodies don't matter or that our feelings about them should be shoved to the side. And being kind and grateful are excellent qualities, but *real* beauty comes from dressing ourselves with Jesus.

ENGAGE

Watch the clips *Stepford Wives* and "Dove 'Evolution.'"

READ

Genesis 1:31; Psalm 27:4; Proverbs 31:30; Isaiah 52:7; Romans 6:13; 1 Corinthians 6:19-20; Galatians 5:22-23; Ephesians 4:22-24; and Philippians 4:8.

EXPLORE

1. How does the *Stepford Wives* movie trailer depict what is expected of women in our current culture?
2. Did you know how billboard photos (magazines, etc.) were changed before watching the "Dove 'Evolution'" clip?
3. Why is that a problem for both guys and girls? What is it doing to our perspective of what beauty is and our sense of body image?
4. What does God's Word say about beauty? What is real beauty by God's standards?
5. How does understanding that the body is a temple affect our views on self-harm, eating disorders, drugs and alcohol, and other things that relate to our bodies?

APPLY

Watch the clips "True Beauty," "Dove Real Beauty Sketches," and "Redefine Beauty."

What are ways to see another person's inner beauty?

What are ways to help another person see their own inner beauty?

How can we combat the world's view of beauty with God's view so that we have a proper body image?

PRAY!

LEADERSHIP PRINCIPLE

Wise leaders never judge by outward appearance.

MEMORIZE

"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

DID YOU KNOW?

What's beautiful in different cultures? In Indonesia, it's women with big feet. In Thailand, it's long necks (stretched with brass rings). In Iran, it's (often surgically altered) noses. For the Masai in Kenya, it's stretched earlobes, and, for the Mursi in Ethiopia, it's stretched lips (done with clay plates). In many countries, body fat is beautiful because it's a sign of wealth.

GO DEEPER

Read the 10th doctrine and 1st "I Will" statement of "The Soldier's Covenant." Discuss or journal how they relate to today's lesson.

Visit www.twloha.com to learn about their mission and ministry.

Go to www.mercyministries.org and click on "Need Our Help?" and "Signs and Symptoms" to learn more about some of the body image issues that you discussed with your brigade.

DiY

DO IT YOURSELF

The "DIY" component can be completed at any time within the Spring 2015 course. As a brigade, choose two of the four themes. Then choose one of the options offered for each of the chosen themes. Complete the activity and then answer the questions on the "DIY" debrief sheet.

THEME 1: SPIRITUAL DISCIPLINES

- Give up something for Lent (February 18–April 2): screen time other than for school, texting, social media, etc.
- Commit to a Bible study plan.
- Keep a prayer journal.

THEME 2: BEAUTY

- List the messages a teen magazine presents about what is beautiful and what isn't beautiful—(being smart?). Then watch Colbie Callait's "Try" with lyrics at http://youtu.be/2aWvSYkiP24. Talk about why women put themselves through so much to appear a certain way. Have the boys talk about what they are taught they should want in a girl/woman.
- Make a list of beautiful people in your life and write notes to them.
- Are there any people with disabilities in your corps, your school, or your neighborhood? Study up on the disability, particularly practical ways to include and be helpful.

THEME 3: WORLDVIEW

- As a brigade, watch a TV show. Pay attention to the worldview it presents; discuss it; how does it match what Scripture says?
- As a brigade, watch a movie. Pay attention to the worldview it presents; discuss it; how does it match what Scripture says?

THEME 4: TRINITY

Present an object lesson about the Trinity in Sunday school opening, in Sunday school class, or in Junior Soldier class.

COURSE B HISTORICAL OVERVIEW

1500 BC – 325 AD

1526 BC Moses is born in Egypt

1406 BC Joshua becomes leader after Moses dies

1380 BC Joshua dies, God appoints judges; Samuel is the last judge

1044 BC Samuel appoints Saul as the 1st king of Israel

1010 BC David becomes king of Israel

971 BC Solomon becomes king of Israel

626 BC Jeremiah begins prophetic ministry

470 BC Esther's story takes place

4 BC Jesus is born in Bethlehem

27 AD Jesus begins His ministry

30 AD Jesus dies on the cross and rises from the grave

325 AD The Council of Nicea defines the doctrine of who Jesus really is

650 AD – 1878 AD

650 AD The Q'uran is written

1647 AD Quakers (Religious Society of Friends) is founded

1738 AD John Wesley's conversion eventually leads to the founding of the Methodist Church

1789 AD George Washington becomes the 1st United States President

1826 AD The 1st Mardi Gras celebration is held in New Orleans

1829 AD William and Catherine Booth are born

1861 AD Civil War breaks out in the United States

1865 AD William and Catherine Booth open the Christian Mission

1878 AD The Christian Mission is renamed The Salvation Army

1881 AD – 1978 AD

1881 AD Elizabeth Cottrill starts unofficial rescue home for prostitutes in her own home

1884 AD Cellar, Gutter and Garret Brigade begins

1907 AD Florence Soper Booth starts the first Home League

1932 AD Harry Williams follows call to be SA officer, surgeon, and missionary

1933 AD Dietrich Bonhoeffer becomes a pastor

1941 AD Adolf Hitler is at the height of his power with the Nazi movement

1945 AD The end of the Holocaust

1946 AD Thika Primary School for the blind and visually impaired opens in Kenya

1978 AD Richard Foster writes *Celebration of Discipline*

1984 AD – 2014 AD

1984 AD Major Betty Baker begins serving the street people of NYC

1987 AD *The Princess Bride* is released

1988 AD Adobe Photoshop is invented

1998 AD *The Truman Show* is released

2008 AD International Centre for Spiritual Life Development opens in London

Wm. Paul Young writes *The Shack*

2009 AD Francis Chan writes *Forgotten God*

2013 AD ISIS begins to grow and becomes known worldwide

NOTE

What's on your mind?

NOTE

"THE DESPERATE NEED TODAY IS NOT FOR A GREATER NUMBER OF INTELLIGENT PEOPLE, OR GIFTED PEOPLE, BUT FOR DEEP PEOPLE."

—RICHARD FOSTER

THE SALVATION ARMY USA | NATIONAL HEADQUARTERS
CHRISTIAN EDUCATION DEPARTMENT