



# Reflections

## REDEFINING BEAUTIFUL PART 1, 2, & 3

Episode 10-12 | Let's Talk Guide | Jan-Feb '24

   @ReflectionsUPCI

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*Thank you, Ashton!*

### OVERVIEW

According to research on women, including Apostolic women, when describing someone as beautiful, we use words that describe positive attributes, such as character traits, abilities or accomplishments, and personality. When we describe a friend, we may say, "She is full of life. She makes everyone feel valuable. I love her sense of humor."

However, it seems that women are not so kind to themselves. When viewing a picture of self, women tend to focus more on the negative physical appearance flaws. Women rarely describe themselves as beautiful because of positive attributes or internal qualities. We don't view ourselves in the same way we view others. We are harder on ourselves. Is this true of you? When you see a picture of yourself, do you first see the flaws, or do you see the beauty?

How do we stop evaluating beauty by a number on a scale, a hairstyle, wrinkles, and scars? How do we realign faulty thinking with God's truth? How do we break free from the lie, "Unless you are this...you are not enough?"



Join us for a three-part series with special guests Nancy Grandquist, Duana Sargent, and Ashton Qual as we discuss "Redefining Beautiful."

**DR. CINDY MILLER**  
Podcast Host



I will praise You, for I am  
fearfully and wonderfully  
made; Marvelous are  
Your works, And that my  
soul knows very well.

(Psalm 139:14, NKJV)

