

S.H.W.O.G. Basic Training

The origination of S.H.W.O.G.

Our eldest son, Seth, was strolling across his college campus with a college roommate when his roommate enthusiastically declared the gal walking by was a S.H.W.O.G. and he was going to marry her. Seth attended the wedding a few years later. His roommate had correctly assessed that this young lady trusted the Lord, was a Smokin' Hot Woman of God and a mighty fine catch!

S.H.W.O.G.'s Beauty Basics

Questions quickly arise regarding the characteristics of a S.H.W.O.G.? Are the prerequisites youth and physical beauty? Or are the necessary characteristics attainable for any female of any age?

I have got fantastic news for you! There are beauty secrets available to ALL women which are revealed to us in the scriptures. These beauty secrets are given to us by our Heavenly Father who created each of us unique, special and for glorious purposes.

Let us begin discovering *God's Beauty Recipe* to becoming a S.H.W.O.G. We'll begin in 1 Peter 3:4:

*Let it (your beauty) be the hidden person of the heart,
with the incorruptible beauty of a gentle and quiet spirit,
which is very precious in the sight of God.*

Let us look deeper into this verse as we begin the journey to having incorruptible beauty.

1. Where does this beauty originate for us? Is this beauty source seen?
2. This beauty is described as what?
3. What are the 2 main ingredients of this beauty?
4. How are these 2 ingredients viewed by God?

We are going to look deeper at the “heart,” the origination of incorruptible beauty.

5. According to Luke 6:43-45, what is the importance of the heart?



In Psalm 139:23-24 David appeals to the Lord,

*“Search me, O God, and know my heart;
Try me, and know my anxieties;
And see if there is any wicked way in me,
And lead me in the way everlasting.”*

Take time now and ask the Lord to reveal your heart to you. What is coming out of it? What does the fruit of your lips reveal?

Please, PLEASE remember as we do this heart check—God loves you SO much! He wants “heart-junk” to be ousted out of our lives because His ways are so much better than our own ways. 1 John 1:8-9 assures us that confessing our sins brings cleansing and freedom.

If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Jesus died for our sin and rose from the grave to show that the body of sin and death have been conquered. His desire is to replace our old character (flesh) and ways of living with His character which brings life and is seen in us when we ask Him to change us and empower us to live His life through the Spirit.

Remember this as we dive deeper into our own hearts. . .

Further heart diagnostics—ask yourself the following:

*Am I easily **angered**?*

- If yes, what is driving the anger?
- Impatience?
- Expectations not met?
- Unforgiveness?
- Jealousy ?
- Feel as if you've been treated unfairly?



Look up the following verses and write what you learn:

General Info About This Sin

- Proverbs 14:16-17
- Proverbs 14:29
- Proverbs 15:18

What happens, or should happen, to an angry person:

- Proverbs 19:19
- Proverbs 22:24
- Matthew 5:21-22

What should the angry person do?

- Ephesians 4:26
- Matthew 11:29
- James 1:19

Blessings of Self-Control:

- Proverbs 14:29
- Proverbs 16:32
- Proverbs 17:27
- Proverbs 19:11

In these verses on anger, what caught your attention? What has God shown you through them?

*Am I **self-righteous**? (Eeks! A.K.A. prideful?)*

- Do I compare myself to others?
- Do I think the way I do things is the right way...always?
- Am I upset if people don't notice what I do?
- _____

*General Info About This Sin*

- Proverbs 20:9
- Luke 18:11-14
- Luke 16:14-15
- Romans 12:16

What Happens, or What Should Happen to This Person. . .

- Proverbs 28:13
- Proverbs 14:12

What should the self-righteous person do?

- Psalms 19:12-13
- Matthew 6:1-4
- Luke 22:24-27

Blessings of Humility

- James 4:6
- Psalm 25:9
- Proverbs 3:5-6

In these verses on *self-righteousness/pride*, what caught your attention? What has God shown you through them?

The last area of the heart we will examine this week is often bigger than we realize. It is very important because it can infect or affect a relationship or all our relationships quickly.

*Am I harboring **bitterness** in my heart?*

- Am I a grudge holder?
- Do I resent others?
- Do I stoke fires of unforgiveness and revenge?



If we harbor bitterness, it puts us on a “highway to the danger zone.” This is a REALLY **BIG DEAL!**

General Info About This Sin

- Hebrews 12:15
- Leviticus 19:17-18
- Ezekiel 25:15-17

What Happens, or What Should Happen to a Bitter Person?

- Deuteronomy 29:18-20
- Matthew 6:15
- Matthew 18:32-35

What Should the Bitter Person Do?

- Matthew 18:15-17
- Matthew 5:23-24
- Romans 12:14

Blessings of a Forgiving Spirit

- *Matthew 6:14*
- *1 Peter 3:9*
- *Luke 6:35-37*

In these verses on *bitterness*, what caught your attention? What has God shown you through them?

Does this feel like Spiritual Boot Camp?

These three areas—anger, self-righteousness and bitterness are issues of the heart that are Beauty Busters. As we continue in this study, we will expose more Beauty Busters. We are looking at them because we may unknowingly be walking in ways that destroy beauty as God designed it—as the hidden person of the heart.

As we seek Him and ask Him to change us into His image, we will be transformed from corrupt thinking and attitudes into those which are incorruptible. We will begin to shine from within with beauty that is incorruptible and outwardly attractive.

We will conclude by examining a few more scriptures relating to the heart. Write down what you discover from the following:

- Proverbs 4:23
- Proverbs 14:30

How could these verses relate to beauty?

From your study of the beauty busters in this chapter, is there any area in which you need help from the Lord?

Are there any actions you need to take from what you learned from the beauty busters? Make a list! Then bring it before God's throne to access His mercy and the grace needed as you undergo heart surgery (Hebrews 4:16).

Ask Him to open the eyes of your heart: that you may know uniqueness in which He has created you and to the glorious riches He has for you as you develop the hidden person of the heart through the power of the Holy Spirit.

Memorize 1 Peter 3:4

*Let it (my beauty) be the hidden person of the heart,
with the incorruptible beauty of a gentle and quiet spirit,
which is very precious in the sight of God.*

