

# Jewels in Her Crown

Have you ever dreamed of being a real princess? What would it be like? Pretty dresses? Sparkly jewels? A palace with servants to do your chores?



Did you know that you ARE a princess!

Your heavenly Father is the King of Kings! You are His daughter and he loves you very much.

But what does it really mean to be a princess? It's not all pretty dresses and jeweled tiaras? Princesses were well educated and had the best teachers. They learned languages, musical instruments, politics, and science along with etiquette and manners. Princesses participated in sports and often learned horseback riding.

Every princess has to have a crown. And it's not a crown if it doesn't have precious jewels in it. Today, let's learn what the Jewels in Your Crown ARE as a daughter of the King.

## Beauty

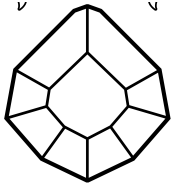
Take the "Body Image Distortion Quiz" *Take quiz individually and then discuss any thoughts or discoveries before moving on to the 3 questions.*

- |  |                               |                                |
|--|-------------------------------|--------------------------------|
| <input checked="" type="checkbox"/> I want to like my body, but for some reason I hate everything about it.                                      | <input type="checkbox"/> True | <input type="checkbox"/> False |
| <input checked="" type="checkbox"/> I think a certain part of my body (stomach, legs, butt, skin, hair, and so on) is very unattractive.         | <input type="checkbox"/> True | <input type="checkbox"/> False |
| <input checked="" type="checkbox"/> I can't think of anything positive about my appearance.  | <input type="checkbox"/> True | <input type="checkbox"/> False |
| <input checked="" type="checkbox"/> I think I'm too fat (or too thin), even though my doctor says I'm healthy and/or my friends say I look good. | <input type="checkbox"/> True | <input type="checkbox"/> False |
| <input checked="" type="checkbox"/> Sometimes I wish I could stay home from school because I'm unhappy with how I look.                          | <input type="checkbox"/> True | <input type="checkbox"/> False |
| <input checked="" type="checkbox"/> I often compare myself to other girls and feel inferior.   | <input type="checkbox"/> True | <input type="checkbox"/> False |
| <input checked="" type="checkbox"/> I think everyone is more attractive than I am.   | <input type="checkbox"/> True | <input type="checkbox"/> False |

1. What is beautiful? And who decides? Who do you want to think you are beautiful?

2. How does the King of Kings define beautiful?

Read 1 Peter 3:3-5a



3. Read Genesis 24:10-27

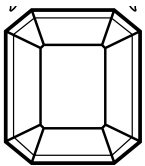
Rebekah was a beautiful woman, but what else made her beautiful?

## *Strength*

1. Describe a “strong” woman. What makes her strong? Can you name any women, either living or in history, that you think of as “strong?”

2. How does the Almighty King of Kings define strength?

Read Judges 16:20 & Psalm 118:14



3. Read 2 Chronicles 22:10-12

Jehosheba showed great strength. Why do you think she risked her life to save the young prince?

## *Wisdom*

1. Rate these people / careers. *1 = having most wisdom; 5 = having the least.*

\_\_\_\_\_ Doctor

\_\_\_\_\_ Bill Gates, billionaire

\_\_\_\_\_ Janitor

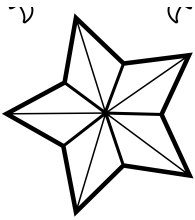
\_\_\_\_\_ Teacher

\_\_\_\_\_ Football player

Who would the world view as wise?  
What is wisdom exactly?

2. How does the King of Kings define wisdom?

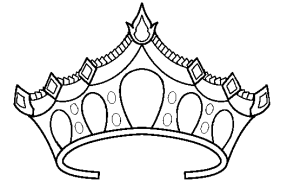
Read 1 Corinthians 1:22-25 & Ephesians 1:17



3. Read Luke 10:38-42 & John 12:1-8

Where did Mary's wisdom rest?

*Sometimes a princess is in disguise, walking among the "commoners."*



Read Luke 21:1-4

Can you see her crown?

*In Closing* – Read out loud together:

Proverbs 31:10, 25-30

<sup>10</sup> A wife of noble character who can find? She is worth far more than rubies.

<sup>25</sup> She is clothed with strength and dignity; she can laugh at the days to come.

<sup>26</sup> She speaks with wisdom, and faithful instruction is on her tongue.

<sup>27</sup> She watches over the affairs of her household and does not eat the bread of idleness.

<sup>28</sup> Her children arise and call her blessed; her husband also, and he praises her:

<sup>29</sup> "Many women do noble things, but you surpass them all."

<sup>30</sup> Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised.

## **Bibliography**

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*Body Image Distortion Quiz p.4*

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*Proper Princess Etiquette p.91*