

APPEARANCE | TOUGH TOPIC

In connection with the following Bible Story:

DAVID IS CHOSEN - 1 Samuel 16

Concerns about appearance seem to be aging down, as even girls in younger elementary are watching videos about skin care, fashion, and hairstyles. Boys also struggle with self-image and wanting to wear the right clothes and shoes. Our culture is very focused on outward appearance, which makes the story of “David is Chosen” countercultural. In 1 Samuel 16, God doesn’t focus on what the world sees; rather, He focuses on our hearts. Model this in your home by being cautious about choosing not to focus on shoes, clothing, etc. Help your kids see that everyone matters, no matter what they are wearing. Don’t make a big deal out of other kids’ shoes or brand of clothing. Rather, help your kids focus on the inner characteristics of others.

HERE’S HOW YOU CAN DISCUSS THIS TOPIC WITH YOUR KIDS . . .

Ask: How many videos did you see this week or how many conversations did you have with friends that had something to do with appearance - clothes, shoes, hair, brands, etc.?

Ask: Do you think kids care about how they look? Why or why not?

Ask: What do you think God has to say about that?

Say: You may have heard someone say how important it is to wear certain shoes or wear your hair a certain way. Many of us have made shopping lists based off of brands someone else recommends. The world around us is obsessed with how we look, which can often make us feel like our outward appearance is most important and often like it isn’t good enough. In the Bible, God chose David instead of his brothers because God saw David’s heart. God created you in His image. He loves you exactly as you are. Psalm 139:14 says: *I praise you because you made me in an amazing and wonderful way. What you have done is wonderful. I know this very well.* When we focus too much on what we look like, we might ignore what matters most—having hearts that seek after God instead of the world.