



**Physical Appearance  
Code: 9/SO/1**

**1. General Aims of the unit**

Better Understanding of the contemporary issues which faces the teens, and face them as Christians

**2. Special aims of the lesson**

1. To highlight the reasons behind being occupied by our physical appearance.
2. To explore the difference between the physical appearance and the inner appearance
3. To emphasize the importance of our acceptance to our looks and abilities.
4. To study how God uses our limitations

**3.Outcomes**

**By the end of this lesson the teens are able to:**

1. Debate the real value of the physical appearance Vs. the inner appearance
2. Give thanks to God for their look and accept their limitations.
3. Identify their abilities to use them properly.
4. Change their look for others , by looking to the whole being rather than the physical appearance only.

**4.Verses:**

1 Sam. 16:7 , 12 ; 2 Cor. 12:7-9 ; Isa. 53:2-3

**5.References:**

1. Boosting Self-Esteem Lesson 1 Group’s ACTIVE bible curriculum (Available in the resource room)
2. An article about physical appearance (attached)
2. [www.openbible.info/topics/physical\\_appearance](http://www.openbible.info/topics/physical_appearance) ( for many useful verses)
3. [www.gotquestions.org/physical-appearance](http://www.gotquestions.org/physical-appearance)