

Daily Beauty Regimen

- Wake ready to do battle (Prov. 31:10; 1 Cor. 9:24-27)
- Make sure love is your motivation (1 Jn. 5:2; Titus 2:3-5; Jn. 15:12)
- Plan your day to get things done (Prov. 31:15,27)
- Read God's word to gain beneficial language (Prov. 31:26; Prov. 16:24; 1 Tim. 4:6; Phil. 4:8)
- Express your thanks to God for the night's rest, the new day, and ask for His help and care (Mt. 6:7-15; Mt. 7:7-11; James 1:5-8)
- Check to make sure those around you have their basic needs met (Prov. 31:14, 20, 21, 27)
- Exercise so you will be strong to do the things that need doing (Prov. 31:17)
- Spend time educating yourself to be prepared to recognize good deals when they come your way (Prov. 31:13, 14, 16, 24)
- Put on your armor (Eph. 6:10-17; 2 Pet. 1:5-11; Gal. 5:22-23)

Maintenance through the day...

Think before you speak (Prov. 17:28)

Season your words with salt (Col. 4:8)

Consider how you would want to be treated (Mt. 7:12)

Be gracious (Prov. 11:16)

Do not be contentious (Prov. 21:19; 27:15)

Be respectful (Eph. 5:21, 22, 33; 1 Sam. 25:18-31)

Your adornment must not be merely external - braiding the hair, and wearing gold jewelry, or putting on dresses; but let it be the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God. 1 Peter 3:3-4