

Mirror, Mirror on the wall - What should I put on in that dressing room stall?



Colossians 3:12 says “Clothe yourselves with compassion, kindness, humility, gentleness and patience.” That sounds like plenty of clothes to me... sufficient to cover my reflection in that dressing room mirror. We have talked about some extremes in this study series- plastic surgery is definitely an extreme-but what about pretty clothes, makeup, hair color, and other forms of adornment?

For the most part we, as Christians, believe that these are acceptable within reason. Even the Proverbs 31 woman in scripture is clothed in fine linen and purple. So why don't we go ahead and adorn ourselves a little bit? It makes us all feel better about ourselves when we know we look good (confidence).

Let's face it... physical attractiveness is an undeniably important factor in our world today. And, although we may develop a wrinkle now and then, a small chin beard, and perhaps even an underarm swing, there are many substantially attractive qualities about us that improve with age.

If we take a look at Proverbs 31:30 we'll find that “Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised.” How does this appear in our lives? I believe it is shown through the fruit. Matthew 7:16 says “By their fruit you shall know them.” Hmm...not by our designer labels or salon hairdos, but by the way we live and conduct ourselves with others. Think about this- the healthiest lifestyle is a life of Christianity (Christ-likeness).

There was a lady on “Good Morning America” the other day who was the oldest woman in America today at the age of 106. When she was asked what she believed were the top 3 contributors to her longevity of life she answered:

#1 – I've always kept my nose out of other people's business.

#2 – I've never smoked or drank alcohol.

#3 – I keep a loaded 22 in my bra! Well, that's a little extreme, isn't it?

But, look at her lifestyle of caring for her earthly vehicle and not putting into it those things she knows are not good for her. She even avoids the stress of being a nosey busy-body... the worry of the wrong person finding out “what we said to whom” about a certain situation or person...and the health problems it can cause.

Ladies, we need to consider what our wardrobe(s) consist of ... physically and spiritually. It's always the right choice to look as feminine and modest as is possible in our dress ... the look of a godly woman whose purpose is pleasing God and doing all to the glory of God. And that woman should naturally have a spiritual wardrobe of compassion, kindness, humility, gentleness and patience.

Consider these factors of a complete makeover (adapted from Mary Chambers with changes):

Eyes – do you have eyes that can see, or is there a plank that needs to be removed?

Heart – does your heart need to be replaced with a brand new one that is soft, clean and calibrated to respond beautifully?



Weight – have you considered that the weight you need to lose may be literally tons of ugly, crippling guilt that needs to be permanently removed?

Mouth – usually a real trouble spot! Does extensive cleaning need to be performed?

Hips & Thighs – these may not budge; however, they should no longer be used to measure your self-worth.

Wardrobe – are they filthy rags; or have they been replaced with spotless new robes (Righteous)?

Feet – are you out of the miry clay, and on the solid rock?

We need to realize that outwardly we may look pretty much the same as we did before, but inwardly the transformation can move toward complete perfection. Just think about the final reveal!

Take a look in the mirror...

1. What does my wardrobe say about me... and about God?
2. Am I a woman who “fears the Lord?” What is the fruit of that in my life?