

SERMON STUDY GUIDE — May 10, 2026

BEAUTIFUL

Based on the message by Dawn Everett

OVERVIEW

What does it really mean to live a beautiful life?

In this message, Dawn Everett challenges believers to look beyond outward appearance, busyness, success, and the pressure of the world, and instead focus on becoming beautiful on the inside through truly knowing the Lord.

Using Proverbs 3:5–6 and the life of Deborah in Judges 4–5, this sermon calls us to stop leaning on our own understanding and start living with confidence in the voice and direction of the Lord. In a distracted and pressured world, God is calling His people back to intimacy with Him, making room for His presence, and learning to hear His voice clearly.

Deborah's life shows us that it is possible to carry responsibility, lead others, and live a full life while remaining deeply connected to God. Her confidence came from knowing that the Lord had gone before her.

This message is not just about knowing about God, it is about truly knowing Him.

HOW TO USE THIS STUDY GUIDE

Read → Respond → Reflect

Open your Bible. Read the Scripture. Let the Word answer the questions.

The goal is not just understanding, but transformation through intimacy with God and alignment with His truth.

SECTION 1 — TRUST IN THE LORD

Focus - True beauty begins with fully trusting the Lord instead of relying on ourselves.

Read - Proverbs 3:5–6

Respond

1. According to Proverbs 3:5, what are believers commanded to do?
2. What contrast does Solomon make between trusting the Lord and leaning on your own understanding?
3. In verse 6, what does it look like to acknowledge God in “all your ways”?

4. What promise does God give to those who trust and acknowledge Him?
5. What does this passage reveal about where our confidence and direction should come from?

Reflect

- When stress hits, where do I run first, prayer or overthinking?
 - What would change emotionally, mentally, and spiritually if prayer became my first response instead of my last resort?
- Am I exhausting myself trying to manage outcomes, fix people, or carry responsibilities God never asked me to carry alone?
 - What would surrender actually look like in the situations that are draining me most right now?
- What situation keeps replaying in my mind because I am leaning on my own understanding instead of trusting God with it?
 - What would it look like to place that situation fully into God's hands this week?

SECTION 2 — KNOWING HIM PERSONALLY

Focus - Knowing about God is not the same as truly knowing Him.

Read - Judges 4:4–9

Respond

1. What responsibilities and roles did Deborah carry according to this passage?
2. What does Deborah's confidence reveal about her relationship with the Lord?
3. Why do you think Barak refused to go into battle without Deborah?
4. What does this passage reveal about Deborah's reputation among the people?
5. How does Deborah's life show the difference between knowing about God and truly knowing Him?

Reflect

- Is my relationship with God built mostly on sermons, podcasts, worship music, and church services, or do I personally spend time with Him?
 - What changes would help me move from consuming spiritual content to cultivating real intimacy with Jesus?
- When was the last time I sat quietly with the Lord long enough to listen instead of rushing through prayer?
 - What distractions or habits keep me uncomfortable with stillness and quiet before God?
- If someone watched my daily life for a week, would they see evidence that I truly know God personally?
 - What visible evidence of intimacy with God do I want my life to reflect more clearly?

SECTION 3 — BEAUTIFUL ON THE INSIDE

Focus - God is calling us to make room for inward devotion and intimacy with Him in the middle of everyday life.

Read - Judges 4:4–9

Respond

1. How does Deborah's life show that it is possible to stay close to God while carrying great responsibility?
2. What pressures and distractions in modern life can make intimacy with God difficult?
3. Why is busyness dangerous to a believer's spiritual life?
4. What did Dawn mean when she said, "Let's put time and energy into being beautiful on the inside as well"?
5. How can making time for the Lord change the way someone handles stress, pressure, and responsibility?

Reflect

- How much time do I spend working on my outward life while neglecting my inner life with God?
 - What practical habits could help me begin prioritizing spiritual health as intentionally as I prioritize other areas of life?
- Has my schedule become so full that time with Jesus only happens if there is "extra time" left over?
 - What would it practically look like to intentionally build time with the Lord into my daily rhythm instead of squeezing Him into leftovers?
- What distractions, habits, scrolling, entertainment, pressure, or constant busyness are quietly stealing my affection and attention away from the Lord?
 - What do I need to replace these with so that my attention and affection are on Jesus, causing me to know and love Him more?

SECTION 4 — THE LORD HAS GONE BEFORE YOU

Focus - Confidence comes from knowing that the Lord has gone before you.

Read - Judges 4:14

Respond

1. What instruction did Deborah give to Barak in Judges 4:14?
2. What confidence did Deborah have about the Lord before the battle even began?
3. What does it mean that "the Lord has gone before you"?
4. How does hearing from God affect courage and obedience?
5. What fears or hesitations can keep people from stepping out in obedience to God?

Reflect

- Am I making decisions out of pressure, panic, and responsibility, or from confidence in what God is saying?
 - What would change if I slowed down enough to seek God before reacting to situations?
- What would change in my home, work, parenting, leadership, or relationships if I truly believed “the Lord has gone before me”?
 - How would confidence in God’s leadership affect my fear, stress, or need to control outcomes?
- Have I become so busy managing life that I no longer make room to hear the voice of God clearly?
 - What needs to be removed, simplified, or reordered so I can consistently hear from Him again?

SECTION 5 — LEADING THE NEXT GENERATION

Focus - God is raising up mothers and fathers who truly know Him and lead others by example.

Read - Judges 4:4–9, Judges 4:14

Respond

1. How did Deborah’s relationship with God impact the people around her?
2. What does Barak’s trust in Deborah reveal about her spiritual leadership?
3. Why is it important for the next generation to see people who genuinely know the Lord?
4. How can hearing and obeying God’s voice influence families, churches, and communities?
5. What does this section reveal about leadership flowing from intimacy with God rather than position alone?

Reflect

- What version of Christianity are my children, family, friends, or the people around me actually seeing from my life?
 - Would they see someone who genuinely knows God, or someone who only knows church culture and routine?
- Would the next generation learn intimacy with God from watching me, or only church attendance and religious routine?
 - What personal changes would help me model a real relationship with Jesus more clearly?
- What practical change do I need to make so the people around me can see a genuine, growing relationship with Jesus in everyday life?
 - What is one intentional step I can take this week to lead others toward intimacy with God by my example?

FINAL ENCOURAGEMENT

The busyness of life can steal the very thing we need most, time with Jesus.

God is calling His people to slow down, seek Him, and become rooted in His presence. When we truly know the Lord, He brings wisdom, clarity, peace, and direction that cannot be found anywhere else.

Deborah's life reminds us that it is possible to carry responsibility and still remain deeply connected to God. When we make room for His presence, He leads us, strengthens us, and goes before us.

You were not created to live distracted, overwhelmed, and spiritually distant.

You were created to know the Lord.

Spend time with Him. Hear His voice. Trust His direction. Become beautiful on the inside.

GOING DEEPER THIS WEEK - FURTHER SCRIPTURE STUDY

Trust in the Lord:

Psalm 37:3–7, Isaiah 26:3–4, Jeremiah 17:7–8, Matthew 6:25–34, Philippians 4:6–7

Knowing God Personally:

John 10:27, John 15:4–5, Philippians 3:7–10, Jeremiah 9:23–24, James 4:8

Beautiful on the Inside:

1 Peter 3:3–4, Romans 12:1–2, Psalm 51:10, Luke 10:38–42, Colossians 3:1–3

Hearing God's Voice:

Isaiah 30:21, John 16:13, 1 Samuel 3:1–10, Hebrews 3:7–8, Revelation 3:20

The Lord Has Gone Before You:

Deuteronomy 31:8, Exodus 13:21–22, Joshua 1:9, Psalm 139:5, Romans 8:31

Leading the Next Generation:

Deuteronomy 6:5–9, Psalm 78:1–7, Proverbs 22:6, 2 Timothy 1:5, Titus 2:1–8

Intimacy With God and His Presence:

Psalm 27:4, Psalm 63:1–8, Exodus 33:11–18, Matthew 5:8, Hebrews 10:19–22