

STUDENT SERMON STUDY GUIDE — May 10, 2026

Beautiful

Based on the message by Dawn Everett

OVERVIEW

In this message, Dawn Everett confronts something many students quietly struggle with: it is possible to know about God while slowly drifting away from actually knowing Him personally.

Between school, sports, social media, pressure, entertainment, friendships, stress, expectations, and nonstop distraction, it becomes easy to fill your life with noise while leaving very little room for the presence of God.

But Scripture paints a different picture.

Through Proverbs 3:5–6 and the life of Deborah in Judges 4–5, this message calls believers back to trust, intimacy with God, and hearing His voice clearly. Deborah carried responsibility, led people, and faced pressure, yet she still lived with confidence because she stayed close to the Lord.

This message is not about trying to look spiritual on the outside. It is about becoming beautiful on the inside through truly knowing God.

HOW TO USE THIS GUIDE

Read → Respond → Reflect

- Open your Bible
- Let Scripture answer the questions
- Don't rush through the Reflect section
- Be honest instead of giving "church answers"

This guide is not about information only. It is about confronting what is shaping your actual life.

SECTION 1 — TRUSTING GOD OR TRUSTING YOURSELF?

Focus - You cannot fully trust God while constantly leaning on yourself.

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. What does it look like to acknowledge God in “all your ways” instead of only when you need help?
4. What promise does God give to those who trust and acknowledge Him?
5. What does this passage reveal about where your confidence and direction should come from?

REFLECT

- When pressure hits my life, what do I run to first: prayer, people, distraction, or overthinking?
 - What does that reveal about what I actually trust most?
- Where am I trying to control outcomes instead of surrendering them to God?
 - What would trusting God actually look like in that area?
- Do I ask God for direction before making decisions, or only after things fall apart?
 - What would change if I started involving God before reacting emotionally?

SECTION 2 — KNOWING GOD FOR REAL

Focus - There is a difference between consuming Christian content and actually knowing God personally.

READ - Judges 4:4–9

RESPOND

1. What responsibilities and roles did Deborah carry in this passage?
2. What does Deborah’s confidence reveal about her relationship with God?
3. Why do you think Barak wanted Deborah to go with him?
4. What does this passage reveal about Deborah’s spiritual reputation?
5. How does Deborah’s life show the difference between knowing about God and truly knowing Him?

REFLECT

- Is my relationship with God personal, or mostly built on church services, worship music, podcasts, and what other people say?
 - If all of that disappeared for a week, would I still spend time with God on my own?
- When was the last time I sat quietly with God without also scrolling, multitasking, or rushing?
 - Why is silence and stillness so uncomfortable for people my age?
- Do I know God’s voice well enough to recognize when something in my life is pulling me away from Him?
 - What voices or influences have the loudest attention in my life right now?

SECTION 3 — WHAT IS SHAPING YOU?

Focus - Whatever gets your attention will eventually shape your heart.

READ - Judges 4:4–9

RESPOND

1. How does Deborah's life show that it is possible to stay close to God while carrying responsibility?
2. What pressures and distractions make intimacy with God difficult today?
3. Why can busyness become dangerous spiritually?
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 spending time with God change the way someone handles pressure, stress, and responsibility?

REFLECT

- What gets more of my attention each day than God does?
 - How is that shaping my thoughts, emotions, identity, or priorities?
- What habits, entertainment, apps, conversations, or distractions are quietly pulling my heart away from Jesus?
 - What would I need to remove or limit to make more room for God?
- Am I more focused on image and appearance, or on who I am becoming on the inside?
 - What kind of person am I becoming when nobody is watching?

SECTION 4 — THE LORD HAS GONE BEFORE YOU

Focus - Real confidence comes from knowing God is already ahead of you.

READ - Judges 4:14

RESPOND

1. What instruction did Deborah give to Barak in Judges 4:14?
2. What confidence did Deborah have before the battle even started?
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

- What fears are currently controlling my decisions, reactions, or future?
 - What would change if I actually believed God was already ahead of me?

- Do I hesitate to obey God because I'm afraid of rejection, embarrassment, failure, or standing out?
 - What does that reveal about whose approval matters most to me?
- When God challenges me to step out in faith, do I move toward obedience or pull back into comfort?
 - What step of obedience have I been avoiding lately?

SECTION 5 — WHAT ARE YOU TEACHING PEOPLE WITH YOUR LIFE?

Focus - Your life is discipling people around you, whether you realize it or not.

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, schools, churches, and friendships?
5. What does this section reveal about leadership flowing from intimacy with God rather than position alone?

REFLECT

- What are my friends learning about Jesus from the way I actually live?
 - Would my daily life point people toward God or toward compromise?
- Am I helping people become spiritually stronger, or am I influencing people away from God without realizing it?
 - What kind of influence do I honestly have right now?
- If someone followed me for a week, what would they think matters most to me?
 - What changes would help my life reflect Jesus more clearly?

FINAL ENCOURAGEMENT

The world is fighting hard for your attention, your thoughts, your identity, and your affection. If you are not intentional, distraction will slowly replace intimacy with God. But God is still calling people to know Him personally.

Deborah's life proves that it is possible to live with courage, wisdom, and confidence when your life is rooted in God's presence.

You do not have to live controlled by pressure, distraction, insecurity, or fear. You were created to know the Lord. Trust Him. Hear His voice. Make room for His presence. Become beautiful on the inside.

GO DEEPER THIS WEEK - 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