

WHAT MAKES YOU
BEAUTIFUL



20 Daily Devotions for Girls

KRISTEN WETHERELL





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What Makes You Beautiful: 20 Daily Devotions for Girls

© 2025 by Kristen Wetherell

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To my daughters, Joanna Grace and Lydia Mae.
You are beautiful because you are his.



WHAT MAKES
YOU BEAUTIFUL

What makes you beautiful, my dear?
What's in your heart? Why are you here?

Is it your eyes, your ears, your nose,
The face that your reflection shows?

Or what about your favorite shoes?
Your trendy clothes in many hues?

Is beauty based on what you see?
Or who you're turning out to be?

It's fun to wear your shoes and clothes,
To paint your fingers and your toes,
To play with makeup, do your hair,
To love what's lovely and to care
About your looks, how you appear—
But these things will not last, my dear.

When you grow old with hair turned gray,
Your outer self will fade away.
So beauty's more than what you see,
For looks will change and youth will flee.

But what about the things you do,
The gifts and work God's given you?

Is beauty found in being great,
In what you're able to create?

It's good to try to be your best,
To learn and grow, to make a quest
To realize all that lies within
And use the gifts that God's built in.
But—is beauty based on what you do?
Or what the Lord has done in you?

And what about your many friends,
The ones on whom you can depend?
Does beauty come from human love?
Or from the heart of God above?

It's wonderful to be desired,
Appreciated, and admired,
To know you're valued, loved, and prized
As being "someone" in their eyes.

But human love and fleeting praise
Will not compare to endless days
Of God's rejoicing and his smile.
(All else will only last a while.)

What makes you beautiful, my dear,
Is not your eyes, your ears, your nose,
The face that your reflection shows.
It's not about the things you do,
The gifts and work God's given you,
The risks you take, the friends you make,
Or beauty for pure beauty's sake.
It's not what people say or do—
But what God says is true of you.

For God says beauty is the art
Of loving him with all your heart.

He says that knowing him means more
Than all the knowledge you could store,
And all the places you could go,
And all the people you could know,
And all the pretty, lovely things
That you could wear, like diamond rings
And trendy clothes with all the frills—
For knowing Christ is better still.

What makes you beautiful, my dear,
Is that your God is whom you fear,
The one you follow all your days,
The one you love and trust and praise.

For he's the one who says, "You're mine,"
Who made you from his good design,
Who knows your thoughts and all your deeds,
Your longings, sins, and all your needs.

He knows what makes you really *you*!
He died and rose to make you new.

And when you offer him your heart,
Your God begins his work of art.
He makes your heart his home and throne—
A lovely place to call his own.





A NOTE FROM KRISTEN

Hello, beautiful one!

Do you know that I've been praying for you?

I wrote this book for *us* because I often wonder, *What makes me beautiful?* We females can get confused about what true beauty is, can't we? That's why I wrote this devotional—so we will grow in our understanding of what makes us beautiful, and of the most beautiful person in the universe: God.

This book is for us, yes—but it is all about *him*. The more we learn to marvel and wonder at his beauty, the more beautiful we will become. But I'm getting ahead of myself!

Each day's devotion is short and sweet, and begins with a one-sentence summary about the whole devotion—which I call a Beautiful Truth. You will read

a portion of my poem, a short Bible verse, and some brief thoughts about it. To finish, there is a prayer and then a creative prompt to help you apply what you're learning. Each chapter offers you some journaling pages where you can write down your thoughts. You'll also notice some fill-in-the-blanks throughout the chapters to help you remember God's truth.

At the very end, you will find a list of books about true beauty. I've also included a Ten-Day Bible Reading Plan if you want to keep going. God's word is such a treasure!

I encourage you to share what you are learning with others, especially your parents. Did you know that talking about what you're learning helps you learn it even better? You might even ask someone to read this alongside you.

One more thing: grab a pen or pencil and, as you read, circle the word *heart* every time you see it. This will be a very important word! We are about to discover that while we can't change our own hearts, there is someone who can. He alone makes us beautiful.

I am continuing to pray for you, and I hope you enjoy this devotional!

Love in Christ,

A handwritten signature in black ink that reads "Kristen". The script is cursive and fluid, with a large initial "K" and a long, sweeping underline.



“Let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God’s sight is very precious.”

1 PETER 3:4



DAY 1

THE HIDDEN PERSON
OF THE HEART

What makes you beautiful, my dear?



Every girl wants to be beautiful. (This includes older women, like me!) Isn't that why you're reading this? Something made you curious enough to pick up this book. Some part of you longs to know, *What makes me beautiful?*

How would you answer that question? What makes *you* beautiful?



Is true beauty defined by how you look? Is it based on the things you're good at doing? Is beauty about how popular you are or your social media followers or the friendships you have?

Our culture would answer, "Yes, yes, and yes!" The world tells us to find our worth and value—our beauty—in appearance, accomplishments, and relationships. It tells us to look within ourselves *and* to compare ourselves to others. We are even told by stores and social media that we can create the beauty we're looking for!

But deep down in our hearts, we know these things won't make us happy. They might make us feel beautiful for a moment, but the happiness fades. At the end of the day, what we long for is to be told "You're beautiful" *by someone who really matters.*

Our verse today tells us who that "someone" is: God, our beautiful Creator and Savior. "Let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious" (1 Pet. 3:4).

This verse tells us some important truths about beauty.

— *God sees everything about you.*

"God's sight" is perfect. He sees and knows everything about you in the "hidden" place that really matters: *your heart.*

— *God says your heart matters most.*

"The hidden person of the heart" is the center of what you love and it motivates everything you do. More important than how you look and what you're good at, God cares about what (and who) you love.

— *God wants you to have a beautiful heart.*

God wants your heart to be filled with true and lasting beauty ("imperishable beauty"). A beautiful heart is "very precious" to him.

So, what makes you beautiful, my dear? God's word says we must start with your *heart*. What matters most to him is what he sees deep within you.

 LET'S PRAY 

*Creator God, thank you for making me! You see my heart, and you know me. Open my heart right now to your word, that I may know and believe what makes me truly beautiful to you.
In Jesus's name, amen.*

 LET'S CREATE 

What are some things that are on your heart right now? Write them on your journaling pages. Here are some prompts to help you get started:

1. What do you think makes you beautiful?
2. When someone says, "You're beautiful," how does this make you feel?
3. What do you hope to learn from this book?



BEAUTIFUL TRUTH

God is my beautiful
Creator and Savior.

Handwriting practice lines consisting of 18 horizontal dotted lines.

God is my beautiful Creator and Savior.





“He has put eternity
into man’s heart.”

ECCLESIASTES 3:11