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PARTICIPANT'S
GUIDE

Helping Teen Girls Become Real In A Fake World

WHY DO I NEED A HEAD-TO-SOUL MAKEOVER?



What a fake world we live in. Fake tans. Fake eyelashes. Fake teeth. Fake hair. Fake smiles. In such a plastic society, where pretending is normal and faking it is admired, it is all-too rare to come across a person who is real and genuine. Such a person is a breath of fresh air to be around, and we are drawn to her because she doesn't act stuck-up, doesn't put on masks, and doesn't try to be someone she's not.

But for many of us, it's hard to be real. There are things about us we'd like to hide or change. Maybe that's why makeover shows are so popular on television right now. We watch in fascination as a person gets a new chin or a different hair-style, a wardrobe overhaul or a forced exercise regimen. We imagine what it would be like to get a head-to-toe makeover...how much more confident we'd feel, how popular we'd be, how we could relax and not worry about what others are thinking of us. We'd *finally* be able to be real.

Well, every single one of us needs a makeover. Not a head-to-toe makeover, but a head-to-soul makeover. And in this study, that's what we're all going to get! We'll change what's bothering us in our *heads*—things like insecurity, anxiety, stress, irritability, and envy—by working on character qualities in our *souls*—such as confidence, courage, self-control, patience, and contentment. The more we develop these character qualities, the more like Jesus Christ we will be—and that's what it takes to be truly real in a fake world.

HOW THIS STUDY WORKS

TELEVISION REALITY SHOWS

This study uses a different television reality show each week to teach us about the character flaws we need to overcome. For example, we'll use the show *American Idol* to learn about pride, and *Fear Factor* to explore fear and anxiety.



SELF-ASSESSMENTS

You'll take a magazine-type self-assessment every week to discover where in your life you might have a particular character flaw. The "reveal," which is sometimes surprising, lets you know which aspect of the character flaw you should work on over the next week. If you want to know how your results compare with other participants, go online and do the self-assessments at www.headtosoulmakeover.com.



LEARNING ACTIVITY

There's a fun exercise in every lesson. Whether it's tossing an old habit in the trash can or building a house of cards with your group, each week includes a playful activity to help you discover and deepen a positive character quality.



BIBLE LESSON

The Bible is the original makeover manual. In it are lessons that can help us form our character and make us more like Jesus Christ. We'll spend time every week exploring a Bible passage or story and talking together about how it can help us become more real.



MAKEOVER CHALLENGE

At the end of each meeting, you get to choose a Makeover Challenge to try during the upcoming week. This is an action step that you'll work on to help you get stronger in a character quality and overcome a character flaw in your life.



MAKEOVER JOURNAL

You'll track your progress in your Makeover Journal. Week by week you will get to record what happens as you encounter different situations that give you a chance to practice your Makeover Challenge. You can also blog about your experiences at www.headtosoulmakeover.com.



MAKEOVER TEAM

You and two others will form a Makeover Team, which is your accountability group for the whole study. You'll be given personal things to discuss together and suggestions for encouraging one another throughout the week.

LET'S DO IT!

Unlike reality-show makeovers that wash off with the next shower or start looking shabby over time, your Head-to-Soul Makeover has eternal benefits. When you join forces with God to overcome the character flaws that have been messing you up, you'll discover that God has created you to be a person of power, confidence, and hope. And you know what else happens as a side-benefit of a Head-to-Soul Makeover? You will become more genuine and real—and that is the most attractive type of person to be around!

So, are you ready to get started on the best makeover ever? Then, in the words of the *Extreme Makeover: Home Edition* team, "LET'S DO IT!"

EPISODE 2



CHAT ABOUT IT

From your Makeover Journal, share something that happened this past week that gave you a chance to practice one of your character qualities.

This week, imagine yourself as a contestant in the singing competition reality show, *American Idol*. Thousands of hopefuls audition for this show, but many of the contestants are deluded about their musical abilities. Eventually, the field is narrowed to the top 12 performers, and telephone voting determines the “American Idol,” who gets a recording contract and national fame.

Have you ever won a competition, election, or tryout? Did winning change you in any way? Can you think of any examples of people who were changed by fame or wealth or success?

FOUR PRIDEFUL IDOLS

There are four types of pride that we can see among contestants on *American Idol*. And we may see the same kinds of pride among people we meet—or even in our own lives. Do you recognize any of these kinds of people?

- **Idol 1 thinks too much of herself:** This contestant has limited talent, but claims everyone tells her she’s a great singer.
- **Idol 2 thinks too little of herself:** When this contestant is complimented, she puts herself down: “You really thought that was good? I don’t think I sang very well.”
- **Idol 3 thinks too little of others:** This contestant criticizes the judges and other contestants.
- **Idol 4 ignores input from others:** This contestant thinks she always knows best. When contestants ignore the judges’ advice because they think they know better, they usually find themselves voted off the show.



CHECK YOURSELF

Let’s try out for our Character Makeover version of *American Idol*, called *Prideful Idol*. In this *tryout* you’ll discover which of the four Prideful Idols you are.

Do the *Prideful Idol* Tryout now, either here or online at www.headtosoulmakeover.com.



TRYOUT

There are four types of pride seen in typical American Idol contestants. Circle the number corresponding to how frequently you think you have exhibited each type of prideful attitude in the last few weeks.

RARELY
1 2 3 4
ONCE IN A WHILE
SOMETIMES
FREQUENTLY

IDOL 1: I THINK TOO MUCH OF MYSELF

Looking out for Number 1: I seek to get the best for myself.

1 2 3 4 **Exaggerating:** I embellish the truth to make myself sound better.

1 2 3 4 **Name dropping:** Knowing important people makes me feel important.

1 2 3 4 **Self-centeredness:** I am insensitive to the needs of others. "It's all about me."

1 2 3 4 **Showing off:** I call attention to my possessions, abilities, or goodness.

IDOL 2: I THINK TOO LITTLE OF MYSELF

1 2 3 4 **False humility:** I point out my shortcomings, looking for reassurance.

1 2 3 4 **Undeserving:** I can't receive compliments, gifts, or help; I don't feel I deserve them.

1 2 3 4 **Overworking:** I do more than what is expected, looking for affirmation.

1 2 3 4 **Woe is me:** I often have some catastrophe I'm complaining about, looking for sympathy.

1 2 3 4 **Failure:** I feel I need to try hard because I haven't earned God's approval yet.

IDOL 3: I THINK TOO LITTLE OF OTHERS

1 2 3 4 **Argumentative:** When others speak, I focus on what I disagree with and argue about it.

1 2 3 4 **Critical:** I often find ways in which others don't meet my standards.

- 1 2 3 4 **Irritable:** I get annoyed easily and point out things that bother me.
- 1 2 3 4 **Judgmental:** I'm quick to assume the worst about people.
- 1 2 3 4 **Put-downs:** I intentionally belittle others with cutting or snubbing remarks.

IDOL 4: I IGNORE THE INPUT OF OTHERS

- 1 2 3 4 **Defensive:** If I'm caught in an error, I usually believe it wasn't my fault.
- 1 2 3 4 **Ignores suggestions:** I don't like to listen to advice. "You're not the boss of me."
- 1 2 3 4 **Isolated:** I reject help from others, preferring to go it alone.
- 1 2 3 4 **Refusal to change:** "This is just the way I am, so accept me."
- 1 2 3 4 **Unteachable:** I am closed to input or guidance. I have my act together.

TRYOUT RESULTS:

Idol 1: I Think Too Much of Myself	Total: _____
Idol 2: I Think Too Little of Myself	Total: _____
Idol 3: I Think Too Little of Others	Total: _____
Idol 4: I Ignore the Input of Others	Total: _____
TOTAL PRIDEFUL IDOL SCORE:	_____

SCORING:

- 1-20 *You are a model of genuine humility.*
- 21-40 *You are learning to be more and more humble. Way to go!*
- 41-60 *Thank you for your honesty. That's the first step to humility!*
- 61-80 *Hmm! You have some work to do.*

Now that you have done the *Prideful Idol Tryout*, which type of Prideful Idol did you find most surprising to have on the list? Which of the Prideful Idols are the most difficult for you to be around? Which Prideful Idol total was highest for you?

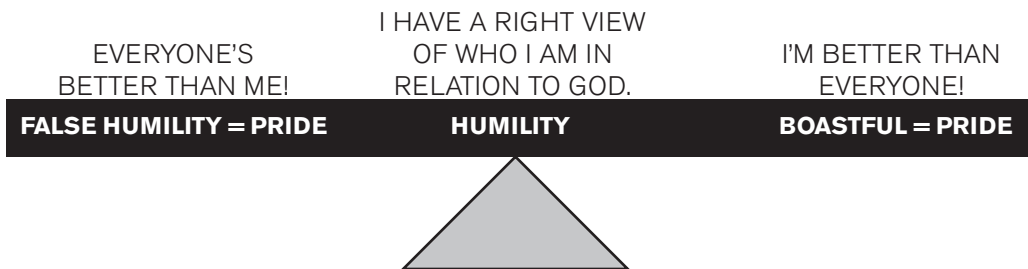


TALK IT OVER

THE *TRUE* AMERICAN IDOL

Let's turn our attention to the character quality that helps us be a true American Idol—not the kind you worship, or the kind who is prideful, but someone who is genuine and deeply attractive, a person people want to be around. **This quality is humility.** Now, you may be thinking humility is something it's not. Humility doesn't mean dressing ugly, letting everyone boss you around, or feeling worthless. Humility *does* mean **thinking rightly about who you are in relation to God.** Right thinking is realistic thinking—knowing your *real* strengths, your *true* weaknesses, your *genuine* talents, and your *real* worth. When you think *realistically* about yourself, you're “being a *real* person in a fake world”!

The scale below shows three kinds of thinking. On the right is boastful thinking, which is the most obvious form of pride. But, on the left end of the scale is false humility, the kind of thinking that says “everyone is better than me”—which is actually another form of pride. Such thinking is prideful because it's still all about getting people to focus on us, give us attention, and reassure us that we're not as pitiful as we say we are. Humility is balanced in the middle. Humility means you have a right view of who you are and who you're not, and who God is—and that you just ain't him! When your eyes are always on yourself and whether you're better—or worse—than others, that's pride. When your eyes are on God, you can't help but be humble.



INTRODUCING OUR “HUMBLE IDOL”

Do you know who Jesus named as the greatest person ever born? Well, it wasn't Moses of Red Sea and Ten Commandments fame; it wasn't David, who was a “man after God's own heart”; it wasn't Abraham, the father of the nation of Israel. Rather, it was the scruffy, wild-eyed hermit, John the Baptist, about whom Jesus said, “I tell you the truth: Among those born of women there has not arisen anyone greater than John the Baptist” (Matthew 11:11). Now, why was John the Baptist Jesus' top pick for World's Greatest Guy? Because he was humble. Let's see what we can learn about humility from our Humble Idol, John the Baptist.

1. A humble person has the right perspective about who she is. She says, “God is God—and I am not.” Consider what John the Baptist once said:

“After me will come one more powerful than I, the thongs of whose sandals I am not worthy to stoop down and untie.”
(Mark 1:7)

How does this statement show that John the Baptist was humble? Why isn't this false humility? What could you say about how you compare to Jesus that would show the right perspective on who you are?

2. A humble person directs people's attention to God. She says, “It's not about me.” Take a look at our next passage:

The next day John was there again with two of his disciples. When he saw Jesus passing by, he said, “Look! The Lamb of God!” When the two disciples heard him say this, they followed Jesus. (John 1:35-37)

How does this scene from John's life show that he was humble? How do you think he felt when his disciples left him? What can you say in certain situations to point people away from you and toward God?

3. A humble person is not self-focused but God-focused. One problem with achieving humility is that it's impossible to develop it by working on it directly. The more you focus on humility, the more you are focusing on yourself, which is prideful. So how are you supposed to work on humility if working on it makes you prideful? Well, John the Baptist had a two-part formula:

"He must become greater, I must become less."
(John 3:30)



TRY IT OUT

THE MIRROR EXPERIMENT

Here's how this works. (*Mirrors and small paper squares will be passed out to the group.*) Look at your reflection in the mirror. Now, keep looking at yourself, but think about the **second part** of our formula for humility: *"I must become less."* So, try *not* to think about yourself right now... Is it possible?

Now, while looking in your mirror, we're going to try the **first part** of the formula: *He must become greater.*" Put the paper in front of the mirror, then move it closer and closer to your eyes until you can no longer see your reflection.

- *What just happened? Describe what you saw in the mirror as the paper got closer to your eyes.*
- *So, when working on the quality of humility, what happens when you try to start with the second half of the formula: "I must become less"?*
- *At the moment the paper blocked out your reflection, were you thinking of yourself or the paper?*
- *So, what happens to your thoughts about yourself when you start with "He must become greater"?*
- *What are some ways you can increase how much you focus on God?*



CHECK IN WITH YOUR MAKEOVER TEAM

Go back to your *Prideful Idol Tryout* and share with your team which type of pride tends to be the biggest problem for you and why. In your Makeover Journal for this week, choose your Makeover Challenge; share with your team which one you chose and why. Arrange to contact one another this week to check in on how you're doing on your God Hunt and the challenge you chose for the week.



MAKEOVER JOURNAL WEEK 2



CHOOSE A MAKEOVER CHALLENGE

Choose a challenge based on what type of *Prideful Idol* you are, and write about how you do this week in your *Makeover Journal*. Want a daily reminder? Sign up at www.headtosoulmakeover.com.

If you scored highest in...

...try this Makeover Challenge to become more humble.

Idol 1.

I think too much of myself.

- I will stop bragging, exaggerating, or showing off. I will do something nice for someone in secret, so I don't get noticed.

Idol 2.

I think too little of myself.

- I will stop pointing out my shortcomings. I will practice simply saying "Thank you" when someone compliments me.

Idol 3.

I think too little of others.

- I will stop being so judgmental. I will find something complimentary to say to a person whom I often find irritating.

Idol 4.

I ignore the input of others.

- I will stop thinking I'm always right. I will say, "You're right, thank you for helping me," to someone who offers me advice.



MAKEOVER BONUS CHALLENGE: GO ON A GOD HUNT

To focus more on God and less on you, go on a God Hunt this week. Look for and then record in your Makeover Journal those moments when you see God show up in your day. Such times may include things you see in nature, interruptions, cool coincidences, delays, things that go right, frustrations, talks you have with people, answers to prayer—anytime you see signs of God’s presence with you.

DATE: _____

Makeover Challenge

I tried my Makeover Challenge to become more humble, and here’s what happened...

God Hunt

Today, I saw God show up when...

DATE: _____

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