

# Book Study: *Beautiful Freedom* by Stacy Reaoch

## Part 1: Finding Freedom

**Main Idea:** We can experience greater freedom in our body image as we:

1. redefine beauty through a biblical lens;
  2. examine our heart motives in the areas of appearance, food and exercise; and
  3. steward the good gift of our bodies for the glory of God.
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## Chapter 1: A Beautiful Life

Biblical beauty is rooted in God's good character, design and purpose —not cultural standards or physical perfection.

- **God is the source of beauty**

*One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple (Psalm 27:4).*

- **We become beautifully transformed as we set our gaze on Him**

*And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit (2 Cor. 3:18).*

- **God values the state of our hearts above outward appearance**

*For the LORD sees not as man sees: man looks on the outward appearance, but the LORD looks on the heart (1 Samuel 16:7).*

- **Even so, our physical bodies matter. The body is a good gift created by God on purpose for a purpose**

*For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well (Psalm 139:13-14).*

*We are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them" (Eph 2:10)*

## Discussion Questions

1. In what sense is God the most magnificent display of beauty?

2. How does the world define beauty? How is that different from God's definition?
3. What does it mean that you are "fearfully and wonderfully made"? What about your body can you praise God for?
4. What purpose is your body meant to serve?

### **Personal Reflection**

Write one lie you've believed about your body and one truth from Scripture that replaces it.

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## **Chapter 2: Whose Kingdom Are You Seeking?**

Our thought life and daily choices reveal what kingdom we are living for—God's or our own.

- **Even good things can become idols**

*Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also (Matthew 6:19-21)*

- **Diagnostic questions (40):**

- *What do I feel like I can't live without?*
- *What do I need in order to be happy or complete?*
- *What makes me angry or bitter?*
- *What do I feel entitled to, and how do I respond when I don't get it?*
- *Where does my mind go during "down time"? What do I daydream about?*

- **We can trust God with our body image worries**

*Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you (Matthew 6:25-33).*

### **Discussion Questions**

1. How can good things (healthy eating, exercise, discipline) become idols?
2. As you consider the diagnostic questions, do any possible idols come to the surface?
3. What does it practically look like to “seek first the kingdom of God” with your anxieties surrounding your appearance, food or exercise?

### **Personal Reflection**

Ask yourself: What am I hoping my body or daily habits will give me that only God can provide?

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## **Chapter 3: Apathy, Obsession, and a Healthy Balance**

God calls us to steward our bodies—not ignore them or idolize them.

- **We aim to glorify God with our body**

*Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body (1 Cor 6:19-20).*

- **Resting in God’s presence is essential as we seek wisdom and freedom**

*You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore (Psalm 16:11).*

### **Discussion Questions**

1. Which extreme are you more prone to: apathy or obsession? Why?
2. What does it mean to view your body as a “living sacrifice”?
3. How does God’s grace help us pursue balance rather than perfection?
4. What would “reasonable” stewardship look like for you in this season?

### **Personal Reflection**

Identify one practical step toward balance that reflects trust in God rather than control.

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