

HEAD-TO-SOUL MAKEOVER:

Becoming Real in a Fake World



Lesson One: What Not to Be



Chat About It

5 minutes

In this study on “becoming real in a fake world,” we’re going to use a different reality show every week to illustrate the character qualities that help us become more real. If you could be on one of these reality shows, which one would you choose and why?

- The Biggest Loser – where you compete to lose the most weight
- What Not to Wear – where you are coached to transform your fashion disasters
- Extreme Makeover – where you are transformed by plastic surgery
- Trading Spaces – where you and a friend redecorate each other’s rooms
- Extreme Makeover: Home Edition – where your family receives a whole new house

“What NOT to BE”

30 minutes

In today’s lesson, we’re introducing a new reality show called “What NOT to BE.” Girls nominated for this show have character flaws that make them irritating or unattractive, and the coaches, Stacy and Clinton, have 40 days to help them become more real and more likeable.

If you had to nominate an unlikeable or irritating person to be on the show, “What NOT to Be,” what kinds of negative character qualities would she have?

What advice would you give Stacy and Clinton about the character qualities they should help her work on so that she becomes someone who is more genuine and likeable?

Let’s get personal now. For this episode, you have nominated yourself to go on the show because you notice that you keep having trouble between you and your friends, or you and your parents, or inside your head. You suspect you might have some character flaws, and you want to get some help from a coach to become a more real and likeable person. Before you start your 40-day adventure, your coach asks you to take the “What NOT to Be” Quiz. This will reveal what character flaws you need to throw in the garbage can – just like Stacy and Clinton do with people’s “fashion disaster” clothes – and what character qualities you should work on over the next 40 days so that you can become more real and likeable.



Take the “*What NOT to Be*” Quiz now.

Name _____

Date _____

WHAT NOT TO BE

What NOT to Be Quiz

For the following three sets of character flaws, rank each one from 1 to 5.

1 = I never act like this

2 = I rarely act like this

3 = Sometimes I'm like this and sometimes I'm not

4 = I have this tendency

5 = I often act like this.

Set 1

- ___ A. Self-centered
- ___ B. Insecure
- ___ C. Fearful
- ___ D. Addictive/Obsessive
- ___ E. Impatient
- ___ F. Envious
- ___ G. Hate interruptions
- ___ H. Difficulty finishing

Set 2

- ___ A. Judgmental
- ___ B. Poor self-esteem
- ___ C. Anxious
- ___ D. Over-emotional
- ___ E. Intolerant
- ___ F. Rarely satisfied
- ___ G. Hard time sharing
- ___ H. Easily discouraged

Set 3

- ___ A. Perfectionistic
- ___ B. Feeling Worthless
- ___ C. Untruthful
- ___ D. Stressed out
- ___ E. Demanding
- ___ F. Restless
- ___ G. Greedy
- ___ H. Avoid decisions

SCORING: Total your scores. Add up your 3 A's, your 3 B's, etc.

EXAMPLE: 3 A. Self-centered + 4 A. Judgmental + 2 A. Perfectionistic = 9 A's

REVEAL: Circle your top 3 scores. These are your 3 strongest *character flaws* that you need to throw in the garbage can, and the *character quality* that will help you overcome them and become more likeable.

A's _____ A character flaw of **Pride** is 'thrown away' by developing **Humility**

B's _____ A character flaw of **Insecurity** is 'thrown away' by developing **Confidence**

C's _____ A character flaw of **Fear** is 'thrown away' by developing **Courage**

D's _____ A character flaw of **Anger** is 'thrown away' by developing **Self-Control**

E's _____ A character flaw of **Impatience** is 'thrown away' by developing **Patience**

F's _____ A character flaw of **Envy** is 'thrown away' by developing **Contentment**

G's _____ A character flaw of **Greed** is 'thrown away' by developing **Generosity**

H's _____ A character flaw of **Quitting** is 'thrown away' by developing **Perseverance**

Share one of your highest-scoring areas, and explain why you think you need to work on developing that character quality.

Do any of your top three scores surprise you or seem to not fit with who you think you are?

Introducing the Most Real Person Ever

15 minutes

Just in case you're thinking that *What Not to Be* is all about making you popular, let's introduce you to The Most Real Person Ever. In "What NOT to Wear," when Stacy and Clinton want to show their guest how to dress right, they demonstrate sample outfits on a mannequin. But, in our *What Not to Be* show, we have a living model whose character qualities we can look at and fashion ourselves after – Jesus. Now, Jesus wasn't always popular. Not everyone approved of him. In fact, he alienated some people. So, why are we calling him The Most Real Person Ever? Because he possessed character qualities that pleased God, which meant he was **genuine**, did what was right, and loved people.

Can you think of stories from the Bible where Jesus exhibits the character qualities we mentioned earlier that make a person genuine and likeable?

A person who is genuine, or real, doesn't always appeal to everyone. A person who has the courage to do the right thing may even alienate someone. When you reach out and love certain people, it can make them run away. But Jesus wasn't concerned about being popular. He was concerned about pleasing God, and that is a mark of true character.

So, on the show, *What NOT to Be*, our goal is to "throw away" our character flaws, and replace them with character qualities that make us look and act like Jesus. The Bible calls this process discipleship, and it calls the end-result being like Christ, or Christlike.

A MAKEOVER TAKES WORK

Have you ever been a part of a team, such as a sports team, a musical group, or a drama production? Share the kinds of drills your coach or director has you do during practices.

Have you noticed that you don't improve your skills simply by joining the team? You improve your skills by practicing the disciplines and drilling the basics and rehearsing the techniques. The same is true with your character. Having a Head-to-Soul Makeover doesn't happen just because you join the "Christian team." Someone read 1 Timothy 4:7-8 aloud:

Train yourself to be godly. Physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.
(NIV)

According to this verse, what can we do to ourselves to achieve godliness (which is another word for being like Christ)? How much value is there in becoming godly?

It is important to realize that godliness doesn't just happen. It is something that we choose to work on and train into ourselves, which is what this *Head-to-Soul Makeover* is all about. Someone read Romans 5:3-4 aloud.

³We can rejoice, too, when we run into problems and trials, for we know that they are good for us; they help us learn to be patient. ⁴And patience develops strength of character in us and helps us trust God more each time we use it until finally our hope and faith are strong and steady. (TLB)

How is it that problems can make us rejoice? If strength of character makes us strong and steady, what does a life **without** strong character look like? Does anyone have an example of a time you didn't trust God and it made the situation worse?



This Week's Makeover Challenge

10 minutes

Start a Makeover Journal. Start it off by listing your top 3 character qualities to work on (you could staple your *What NOT To Be* quiz inside). This week, record problems that come along that trigger one of the character flaws you ranked high on your quiz. (For instance: if having to give a speech triggers **fear** in you, write that down!) Then look at which character quality helps you deal with this problem (in this case, **courage**), and rejoice! God has given you a chance to practice this quality and make it stronger in your life!



Form a Makeover Team

Divide up and form Makeover Teams of 3 girls who will stay together for the next 40 days. Ask each other this question: *What were your top 3 character qualities to work on, and why?* Then, IM or text prayers to each other this week, such as “God, give Emily courage when she gives her speech tomorrow.”