# THE WAY

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## FROM THE CHAPLAIN

**Week 5 was photo week at our College - a time when everyone wants to look their best, knowing that these images will be around for years to come.** It was an impressive week. Uniforms were on point, people were clean-shaven, shirts were tucked in, and hair was immaculate - and that was just the staff!

One day, I was in class while some of our senior girls were getting ready for their photos. They were fussing over every detail - hair, posture, how they'd appear on camera. There was laughter, but also tension. They were clearly feeling the pressure to get everything just right. I couldn't help but wonder: Why are you going to all this trouble? There's more to you than your appearance.

Worrying about how we come across to others is something we all wrestle with—it's nothing new. But the Bible offers us a different take on what really matters when it comes to beauty – something that goes deeper than appearances. Listen to these words from the Apostle Peter:

*"Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewellery or fine clothes. Rather, it should be that of your inner self—the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight. For this is the way the holy women of the past who put their hope in God used to adorn themselves."*
1 Peter 3:3–5

This passage offers timeless beauty advice - not just for women, but for men too.

1. Work on inner beauty over outer beauty. Outer beauty fades with time, but inner beauty -

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character, integrity, faith - grows stronger as we mature.

2. Focus on the beauty of gentleness and peace. Gentleness is not weakness; it’s controlled strength. The word translated “quiet” in English actually means peaceful, calm, steady, and chilled - not anxious or rest-less. A woman (or man) of faith can stay calm in the storm because they know that God is in control.

In a way, true beauty is hope you can see - in both attitude and action. Christian women (and men) are gentle, they manage their strength with grace - just like Christ. They are at peace, even in tough times, because they trust in God's plan – just like Jesus.

So parents, let’s teach our daughters - and our sons - that real beauty isn’t found in mirrors or makeup kits, but in faith, hope, and love. That kind of beauty doesn’t fade. In fact, it grows brighter with time.

**Reverend Denis Oliver**
College Chaplain

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