

Teen Talk #1



Question: "My problem is that I don't like the way I look. I have so many pimples on my face that I always keep my head down. I am embarrassed. I don't talk to or look at people the way I used to. I don't even answer my question in Bible class anymore. Can you advise me on how to handle this?"

Answer 1: This day and time, society places a lot of emphasis on the outward appearances of man. This can put a lot of pressure on some of us. But if we are Christians and heed what the Bible says, we know the most important part of man is the inward man. For the things which are seen are temporary, but the things which are not seen are eternal. Read this in 2 Corinthians 4:16-18. You should try to look your best, but the outside is not the most important part to God. What is on the inside is the most important to Him, because the outside of man will decay. Your pimples will eventually go away. So hold your head high because you are royalty (1 Pet. 2:9). Put your faith in God. Don't worry about your pimples. Everybody has gone through that stage of life at some time or other. Just keep your head high and keep on trying to please God. That's the most important!

--Sonia, age 17, Bowling Green, KY

Answer 2: Learn to like yourself again! Regain your self-respect and self-confidence by studying the Bible more, answering the questions presented to you in class and getting out and doing things with other people your age. I realize that socializing, liking yourself and studying will not rid you of your problems, however, they will help you through this. Yet, perhaps the best thing to do is talk to God. He may not remove your "thorn in the flesh" immediately, but, because He is there, He will help you during your trials. Never give up hope and remember: it's not the outside that counts, it's the inside.

--Gretchen, age 16, Jackson, TN

Answer 3: When I felt this way I talked to my friends. It helped a lot to talk to them because they would just listen about me and my problems. They would try to help me get through those times by encouraging me. I also started looking at my life as a Christian. Every time I started to feel this way I knew God would listen and wanted to help me. When you're feeling that way, you need to talk to God and ask for His help. If you're living a Christ-like life, He will help you. Whenever times get tough, we need to look for God's help. We also need to be sure that we didn't bring it on ourselves. You need to look and see if you are living right, for that might be your problem.

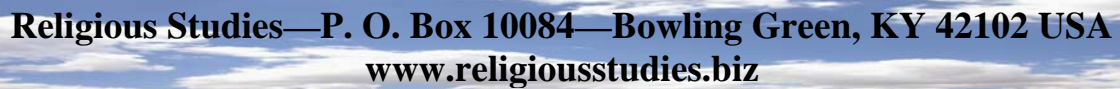
--Becky, age 13, Murfreesboro, TN

Answer 4: Not answering questions in class or not associating with others should not be the way to handle your problems. Instead of letting it get you down, you should go on and enjoy life. Remember: God doesn't look on the outward appearance; He looks at the heart. It is our duty and responsibility to keep the inward man clean and unspotted. Jesus Himself had, "*no beauty that we should desire him*" according to the prophets. Therefore, we should not become discouraged if our looks do not equal or surpass those of our peers. Each person is his own individual and should be satisfied with themselves in their own respective way. Remember: beauty is only skin deep.

--Chris, age 17, Birmingham, AL

Answer 5: Many teenagers have a problem with acne and the extreme self-consciousness it brings on. I used to have a problem, although not very severe, with acne and I know how it can make you feel. If the problem is not a major one, washing your face twice a day with sulfur soap can help tremendously (it reduces oiliness). There are also many products on the market that can help. If the condition is bad, you would probably be better off seeing a dermatologist (ask your doctor to recommend one). There are new treatments which can work wonders. The main thing is to overcome the self-consciousness. Don't let it affect your spiritual performance. Try to get help to overcome it and look forward to the day it disappears.

--Paul, age 18, Oxford, OH



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