**Aware of our inner beauty like Esther**

*I encourage you to read the entire book of Esther or a story version of her life.*

Esther was reserved, modest, quiet and humble – not really the image of a heroine – yet that is what she was. Esther was a very beautiful young woman, for this reason she given to the king against her will, when his former queen, Vashti, disappoints him. The king’s rules were that a woman who came to him, she had to go through a whole year of beauty treatments. King Xerxes was obsessed with physical beauty, which Esther did possess, yet it was her inner beauty that impressed him most.

Esther used her position to protect her people, gaining favour with the king. She wasn’t as flashy and overt as Vashti, yet her inner beauty was what got the attention of the king. She did as she was told and never asked for more than she should. Esther bravely approached the king for help, which she did with humility and grace. She didn’t shout or demand, she became a favourite of the king in her quiet way and when the time came she was able to ask for help for her people.

**Q – Inner beauty is more important than outer beauty – is this your experience of the world you live in?**

**Q – What inner qualities do you value in other people?**

**Q – Many of Esther’s inner qualities are like the fruit of the spirit. How have these helped you to work with others?**