

All These Madness About Body Enhancement

Proverb 31 has a heart-searching question for today's men and women: "Who can find a virtuous woman?" Why is she hard to find? Surely, the Church has many virtuous women, women who love God, women who serve, women who surrender their lives for the kingdom of God, women who know that inner beauty and godliness are far more important than the fading nature of a good physical image. Why then is the virtuous woman still so hard to find?

I suggest that the reason is because people today, both men and women, are looking for things other than the beauty of inner godliness. Recently ST Forum has a number of articles questioning the claims of many body image salons. They promised body enhancements, slim figures, body toning etc, and even guarantee sure results in a short time. Women are not the only one going for these. Even men are going for facial, spa, toning etc. Why all these madness about body and image? The media, of course, plays a big part in enticing the consumer. TV ads, and press commercials everyday have pictures of men and women in body perfect figure in seductive poses. And to add pressure to the consumer, some of these advertisements convince us that without a good body image, we will lose out in society.

But we mustn't blame the media and society for all our troubles. Sure, they stir up the lust and the passion inherent in us. But we should realize also that we all have a sinful desire to be vain. But then, vanity is only one of the problems. It is one thing that affects mostly unbelievers. (I said mostly) But for the Christian, we seem to be more affected in another way - we sometime begin to lose confidence in life when we realize that we are not as beautiful as the nicely attired working woman.

Now, I am sure we all are mature enough to realize that caring for the physical body and looking beautiful is not a bad thing. The Bible does not condemn a woman when she puts on perfume and beautiful apparel to make herself look beautiful. Even the virtuous woman of Prov 31 puts on fine linen. But when we begin to lose confidence in life because we do not have that beautiful look, we are falling victim to the image-conscious culture in society.

We need to take a second look at all this madness about having a good body image. The lifestyles and fashion magazines are telling us to be beautiful to win a relationship, and to be successful in life. The world is craving for a good body, and when it does this, it shuts the eyes to behold the beauty that is within. But God looks at the heart and not the physical appearance. The Christian needs to know that the virtuous woman is beautiful even without a good body image.

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