

Radiant Faces

They looked to Him and were radiant, and their faces were not ashamed. —Psalm 34:5

Medieval women swallowed arsenic and dabbed on bats' blood to improve their complexions. The desire to be beautiful is as old as civilization and continues to this day. It is reported that Americans spent between \$7 and \$33 billion annually on cosmetics and other beauty products. The average woman spends over \$200 a year on cosmetics and we know that many women spend \$200 on a single beauty item.

The popular culture leads us to believe that we must measure up to the idealized, air-brushed men and women we see on magazine covers. Not only are these images unattainable but they give us the false sense that what matters most is our appearance. God sets an entirely different standard of beauty.

The Psalmist gives some advice about being truly radiant. In Psalm 34 he tells how he sought the LORD and the LORD heard him. The time we spend with the Lord in prayer and worship affects our countenance. As we fall in love with the Lord it will be seen on our faces.

Oh, taste and see that the LORD is good; blessed is the man who trusts in Him!
—Psalm 34:8