

Bible Study

for *My Divine Natural Hair: Inspiration & Tips to Love & Care for Your Crown*



THE PURPOSE OF THIS BIBLE STUDY

The purpose of this Bible study is to interact intentionally with the following unequivocal truths:

- You are fearfully and wondrously made in the image of God.
- Your hair is not God's afterthought, but it is uniquely designed and divinely crafted by a holy God.
- Your thinking about your hair will be renewed and refreshed to help you know intimately how God wants you to accept and love your natural coils and fully embrace your natural hair as a gift from God.

HOW TO USE THIS BIBLE STUDY

This is a supplemental Bible study for *My Divine Natural Hair: Inspiration & Tips to Love & Care for Your Crown*. It is intended for small groups and book clubs who wish to actively discuss and apply these readings both to your thoughts toward your hair and to your daily hair care regimen. Pray to see your hair the way God sees you—as a joy and not a burden. Pray to take a spiritual journey involving your natural hair.

TABLE OF CONTENTS

| | | | |
|---|----|---|----|
| The Purpose of This Bible Study | 1 | Twenty-five: The Labor of Hair Care | 28 |
| How to Use This Bible Study | 1 | Twenty-six: I Surrender All | 29 |
| Our Hair, God's Creation: The Hairmeneutic of Applying Biblical Principles to Black Hair Care | 3 | Twenty-seven: Celebrate My Hair | 30 |
| One: Transform My Thinking Instead of My Hair | 4 | Twenty-eight: Hair Hate | 31 |
| Two: Affirming My Hair | 5 | Twenty-nine: Touch—the Love Language of My Hair | 32 |
| Three: Hair Identity | 6 | Thirty: Small Hair Prayers | 33 |
| Four: Rest for a While | 7 | Thirty-one: My Hair Is a Member | 34 |
| Five: Happy Hair | 8 | Thirty-two: Scarves & Wigs | 35 |
| Six: Throwing Out the Magazines | 9 | Thirty-three: Fairytale Hair | 36 |
| Seven: Crowns | 10 | Thirty-four: Princess Hair | 37 |
| Eight: In Touch With My Hair | 11 | Thirty-five: Weakness | 38 |
| Nine: God Honors My Hair | 12 | Thirty-six: I Didn't Marry Your Hair | 39 |
| Ten: When I'm the Only Afro In the Room | 13 | Thirty-seven: He Loves My Hair, He Loves It Not | 40 |
| Eleven: My Hair Is Like a Garden | 14 | Thirty-eight: Grief & Alopecia | 41 |
| Twelve: No Longer Ashamed | 15 | Thirty-nine: Consistency & Care | 42 |
| Thirteen: Hands Off My Hair! | 16 | Forty: More Than My Hair | 43 |
| Fourteen: We're On This Hair Journey Together | 17 | Forty-one: Divine Natural Hair | 44 |
| Fifteen: Work It, Girl! | 18 | Forty-two: Just Like Eagles' Feathers | 45 |
| Sixteen: When My Natural Hair Goes to Work With Me | 19 | Forty-three: The Aroma of My Hair | 46 |
| Seventeen: Age & Thinning Hair | 20 | Forty-four: Counting My Hairs | 47 |
| Eighteen: God Has Already Anointed My Head | 21 | Forty-five: Natural Hair in Hospitals | 48 |
| Nineteen: The Black Hair Community | 22 | Forty-six: Image Builders | 49 |
| Twenty: Heavy Hair | 23 | Forty-seven: Don't Be a Long Hair Hater | 50 |
| Twenty-one: My Wake Moment | 24 | Forty-eight: Educate the Next Generation | 51 |
| Twenty-two: Know Thy Hair | 25 | Forty-nine: Self-Conscious About My Hair | 52 |
| Twenty-three: A Prayer for Children & Alopecia | 26 | Fifty: Protection Is Perfection | 53 |
| Twenty-four: Black Hair in Church | 27 | Fifty-one: It Is Well | 54 |
| | | Fifty-two: What Does Age Have to Do With It? | 55 |

OUR HAIR, GOD'S CREATION: The Hairmeneutic of Applying Biblical Principles to Black Hair Care

Before she became the first self-made female millionaire in America, Madame C.J. Walker had a dream. In this dream, according to A'Lelia Bundles' biography *On Her Own Ground: The Life and Times of Madam C.J. Walker*, a big Black man revealed to Walker which ingredients to mix up to create a hair product that would help both her and so many more Black women care for their hair. More than a recipe, her dream revealed her belief that God cares about our hair.

When we were writing *My Divine Natural Hair*, studying biblical persons like Samson with his unshorn seven braids, or Absalom with his shorn heavy locks, or the woman with the alabaster jar who dried her perfumed tears from Jesus's feet with her hair, we wanted a word to encapsulate our method of biblical interpretation, or *hermeneutics*.

We decided that word was, appropriately, *hairmeneutics*. We define hairmeneutics as the method of biblical interpretation that reclaims Black people's hair from a historical context of shame for the manifest glory God originally intended for Afro-textured hair.

Just like how womanist theologians can locate applications to social justice and compassion for the oppressed in biblical accounts, we found principles that were applicable to natural hair care in the Bible.

This is the heart of hairmeneutics: that the only one who can possibly care more about Black women's hair than even we do is our Creator because our Creator cares about what we care about (1 Peter 5:7). He cares about everything He has made, and He has made everything for His pleasure (Revelation 4:11), and that includes how our hair coils up from our heads, defiant of gravity and any other force that seeks to put us down.

So, come sit in our salon chair. Your appointment starts now and this can take a while. We pray that as your hair takes shape—whether Afro, locked, or straight—you would come to know deeply that before you or your beautician could even dream of that gorgeous hairstyle, God already knew it pleased Him to make natural hair.

FINDING THE DIVINE IN MY NATURAL HAIR

One:

TRANSFORM MY THINKING INSTEAD OF MY HAIR



Romans 12:2 New International Version

DISCUSSION QUESTIONS

- What steps do you need to take to renew or refresh your thinking about your hair?

- How can you see your natural hair as unique to you?

Two:

AFFIRMING MY HAIR



Galatians 6:4

DISCUSSION QUESTIONS

- Are there hair idols you have on social media that you need to evaluate for whether watching them is uplifting your view of your hair?

- Share a time when you felt pressure from others in the online natural hair community. How did you respond?

- Why does comparing ourselves to others create self-doubt and anxiety?

- Name several characteristics of your own hair that you especially like.

Five:

HAPPY HAIR



Psalm 139:14-17

DISCUSSION QUESTIONS

- What are you doing differently now than you did a year ago regarding how you think or feel about your hair?

- How would you personalize Psalm 139:14-17 in reference to your hair?

Six:

THROWING OUT THE MAGAZINES



Song of Solomon 6:5

DISCUSSION QUESTIONS

- How would you define beauty?

- Write down three reasons why you are uncomfortable wearing your natural hair.

- How can you keep social media or hair magazines from negatively affecting your view of yourself?

Seven: CROWNS



1 Corinthians 9:25

Revelation 3:11

Psalm 21:3

DISCUSSION QUESTIONS

- Can you think of anyone in your life who has demonstrated a crown of godly character?

- If there is no one in your personal life, who in history can you study who has worn a crown of faith and perseverance in the midst of adversity?

- If you experience alopecia, how can knowing this person's characteristics help you see it differently?

- How can you wear your alopecia with royal dignity?

Eight:

IN TOUCH WITH MY HAIR



Ephesians 3:18-19

DISCUSSION QUESTIONS

- Why should you touch your hair daily and thank the Lord for the hair texture he designed you with?

- What do you learn about the health of your hair from touching it?

- How does regularly touching your hair positively equip your self-esteem and mental well-being?

Nine:

GOD HONORS MY HAIR



Song of Solomon 4:1

DISCUSSION QUESTIONS

- How satisfied are you with the myriad of options for how to wear your hair (e.g., straightened, hair extensions, wigs, and/or other protective styles)?

- Have you found a community of other women to communicate with about hair, including hair loss?

Ten:

WHEN I'M THE ONLY AFRO IN THE ROOM



Proverbs 29:25

DISCUSSION QUESTIONS

- Why do you wear your hair natural? If you don't, why do you choose not to?

- We want Black women to feel good about how their hair grows naturally from their head and to base their identity on what God says about it and not what the world says. How do you feel about this statement?

Eleven:

MY HAIR IS LIKE A GARDEN



Mark 4:28

Song of Songs 6:11 Tree of Life Version

Song of Solomon 6:11 American Standard Version

DISCUSSION QUESTIONS

- What is your “nappy-to-happy” hair story?
- Feel free to journal about your personal journey.
- What steps can you take to ensure that you remain disciplined about your hair care routine?

Twelve:

NO LONGER ASHAMED



2 Timothy 1:12

Psalms 28:7

DISCUSSION QUESTIONS

- Do you struggle with feeling ashamed of your natural hair? Can you determine why this is?
- How can you begin to take steps to counteract any feelings of shame about your natural hair?
- How do your mental health and self-esteem impact how you feel about your hair and/or loss of your hair?
- How does reflecting on God's word of truth about how he feels about you help you with any feelings of shame?

Thirteen: HANDS OFF MY HAIR!



Job 40:10 American Standard Version

Proverbs 31:25

Esther 4:14

DISCUSSION QUESTIONS

- What steps can you begin to take to wear your natural hair with confidence?

- Name three ways you can celebrate your natural hair?

- What is a new narrative that you can write or say about how you should feel about your hair or how you should feel about others' response to your hair?

Fourteen:

WE'RE ON THIS HAIR JOURNEY TOGETHER



Matthew 6:7-8 Contemporary English Version Interconfessional Edition

DISCUSSION QUESTIONS

- Everyone is on a different hair journey. Describe in your own words your hair journey.

- How can prayer impact your hair journey?

- Is there someone in your life you can be a positive influencer for while they experience hair loss? What steps can you take to support them?

- How can having a close natural hair community impact your hair journey?

Fifteen:

WORK IT, GIRL!



Genesis 1:31

DISCUSSION QUESTIONS

- What reviews or feedback have you received when wearing your natural hair to work?
- How have you not allowed this feedback, whether negative or positive, to determine your hair narrative?
- What does God say about your natural hair?

Sixteen:

WHEN MY NATURAL HAIR GOES TO WORK WITH ME



1 Samuel 15:24

Ruth 3:11

DISCUSSION QUESTIONS

- How does wearing your natural hair to work make you feel personally?
- What benefits are there to your self-esteem and mental health from wearing your natural hair to work?
- How do you feel when you make the decision of how you wear your hair as opposed to others making the decision for you?

Seventeen:

AGE & THINNING HAIR



Psalm 71:18

Proverbs 16:31

DISCUSSION QUESTIONS

- Explain how your gray hair is an honor to God.

- How has aging equipped you to understand your natural hair better?

- Why does wearing your graying natural hair reflect elegance?

Eighteen:

GOD HAS ALREADY ANOINTED MY HEAD



Psalm 23:5

Mark 14:3

DISCUSSION QUESTIONS

- What does the practice of anointing signify?

- Why does the use of diverse oils work on natural hair?

- Why is it important to see caring for our natural hair as an act of service to ourselves?

- How are you using your hair to magnify the Lord?

Nineteen:

THE BLACK HAIR COMMUNITY



Psalm 20:2

Romans 11:18

DISCUSSION QUESTIONS

- Why is it important to have the full support of a skilled natural hair beautician?
- How can you learn details about your natural hair from your hairdresser?
- What kind of hairdresser are you seeking in order to build positive bonds for caring for your natural hair?

Twenty:

HEAVY HAIR



2 Samuel 14:25-26

DISCUSSION QUESTIONS

- Having heavy hair or large hair can make one feel happy and beautiful if that’s what a person bases beauty on. How can you balance this thinking in the light of what God says about your hair?

- If your hair is voluminous or large, how can you find contentment and security in who you are without having vanity?

Twenty-one: MY WAKE MOMENT



John 4:20

DISCUSSION QUESTIONS

- How have you communicated your acceptance of your hair to yourself and to others?
- How does praise to God help your outlook on your day?
- Choose a psalm that speaks to you about how God sees you, and try reciting it out loud for a week while looking at your hair in the mirror.

Twenty-two: KNOW THY HAIR

Song of Solomon 6:1-5 Amplified Bible

DISCUSSION QUESTIONS

- How can you educate yourself about your natural hair, such as knowing its moisture absorption and elasticity?
- Why is managing your natural hair a gift from God?

Twenty-three: A PRAYER FOR CHILDREN & ALOPECIA



Matthew 19:14

Mark 9:37

DISCUSSION QUESTIONS

- If your child experiences alopecia, how have you helped them live positively with it?
- Think of a sentence prayer you can daily pray for your child, and record it in your reflection journal.
- Why would affirming your child with positive words help them to live with alopecia?

Twenty-four: BLACK HAIR IN CHURCH



Deuteronomy 6:4-5 (Amplified Bible)

DISCUSSION QUESTIONS

- How does your church support Black women and girls wearing their natural hair styles in church?

- What things can you do to educate other Black women and girls in the church to have a better understanding of their hair history and to care for their hair?

- How does wearing your Afro-textured hair to church help you experience self-confidence, satisfaction, and a deeper understanding of how much God loves you?

Twenty-five:

THE LABOR OF HAIR CARE

1 Corinthians 15:58

DISCUSSION QUESTIONS

- Why is consistency so important in hair care?
- How can you rewrite your past narrative of how you took care of your hair?
- What tools can you invest in to help you be diligent and consistent in caring for your hair?

Twenty-six: I SURRENDER ALL



Numbers 6:18

DISCUSSION QUESTIONS

- List ways that caring for your natural hair can be a form of worship and honoring God your Creator.

Twenty-seven: CELEBRATE MY HAIR



Zephaniah 3:17 New Century Version

DISCUSSION QUESTIONS

- When is the last time you complimented another sista about her hair?
- Think of a praise prayer naming the ways the Lord rejoices over you, and include thanksgiving for your hair texture.
- What is your favorite psalm of jubilation, and why?

Twenty-eight:

HAIR HATE



Psalm 69:4

DISCUSSION QUESTIONS

- Are you regularly comparing yourself to or competing with others about natural hair texture or styles?
- Are you consumed with media sources and blogs on natural hair?
- Do you struggle with hair satisfaction and hair appeasement?
- How do you respond when others show hair hate or hair dislike toward you? Do you show this toward others? What can you do personally to stop the hair hate?

Twenty-nine: TOUCH—THE LOVE LANGUAGE OF MY HAIR



Luke 7:37-38

Mark 14:3

DISCUSSION QUESTIONS

- How are you using your “hair purpose”? Is it to just draw attention to yourself? Or are you using your hair to draw attention to Christ?

- Listen to CeCe Winans’ song “Alabaster Box.”

- How can you magnify or praise the Lord with the hair He has given you?

Thirty:

SMALL HAIR PRAYERS



1 Chronicles 4:10

DISCUSSION QUESTIONS

- What is a desire about your hair that you would like to share with God?

- In which area of your life do you want God to expand your territory?

- Write down a small prayer that you think can change the way you feel about your hair.

Thirty-one: MY HAIR IS A MEMBER



Romans 12:4-5

DISCUSSION QUESTIONS

- Think about how you approach self-care, especially of your hair.

- Is your care for your hair rooted in understanding how carefully God created you?

Thirty-two: SCARVES & WIGS



1 Peter 3:3-4

DISCUSSION QUESTIONS

- How do you see your beauty? Is it just external?
- What does God say about the value of intrinsic beauty?
- How can you adorn your inner beauty as you daily care for your hair?

Thirty-three: FAIRYTALE HAIR



Esther 1:11; 2:3

DISCUSSION QUESTIONS

- Why does embracing the media's standard of beauty affect how you see your natural hair?
- Make up your own fairytale story and put your natural hair in it.
- Why is it important to see your natural hair as a gift from God?

Thirty-four: PRINCESS HAIR



Esther 2:9, 12

DISCUSSION QUESTIONS

- Why is it important for our young daughters to see themselves and their natural hair in children's books, illustrations, magazines, and beauty pageants?

- How does the media affect our daughters' hair esteem and mental and emotional health?

- What Bible verses can you memorize to help you embrace the beauty of your natural hair? How might you encourage your daughter to do the same?

Thirty-five:

WEAKNESS



2 Corinthians 12:9

Matthew 9:35

DISCUSSION QUESTIONS

- How are you seeking God first in caring for your hair?

- Are you putting God at the beginning of everything you do and desire? Is God the center of your life, the center of your hopes and plans?

- Are you able to trust God with your desires for your hair from this day forward? Write out in your journal how you are able to do this.

Thirty-seven:
HE LOVES MY HAIR, HE LOVES IT NOT



Psalm 103:17

DISCUSSION QUESTIONS

- Why is it necessary for your well-being to love your natural hair?
- What kind of conversations are you having with the Black men in your life about Black women's natural hair?
- Why does God's love for you and your hair supersede all else?

Thirty-eight: GRIEF & ALOPECIA

John 16:20, 22

DISCUSSION QUESTIONS

- How can eating a balanced diet help your hair growth during your time of grief?
- Who can you share your hair regimen with to act as an accountability partner for you during your grieving process?
- Write out your favorite healthy foods and make a weekly menu using them. Record in your reflection journal.

Thirty-nine: CONSISTENCY & CARE



Daniel 6:10

DISCUSSION QUESTIONS

- What benefits are there in partnership hair care in addition to consistency?
- Do you record your hair regimen on a calendar?
- Have you seen a change in your hair's health as a result of consistently using the same hair products and doing the same hair process?

Forty-two: JUST LIKE EAGLES' FEATHERS



Daniel 4:33

DISCUSSION QUESTIONS

- How can you allow your crown of glorious hair to bring honor to God?

- What drives you to showcase your fabulous natural Afro-textured hair?

Forty-five:

NATURAL HAIR IN HOSPITALS



Romans 12:2

DISCUSSION QUESTIONS

- When others within organizations or institutions have a hard time understanding your natural hair, how might you respond?

- How can you personally or professionally shed more positive light on natural hair within your sphere of influence?

- Why is it so necessary to transform your thinking to be how God thinks about your hair?

- For further reading, visit this link, or go to catalyst.nejm.org and search the keywords “Black Hair Care Matters”: [Black Hair Care Matters: NewYork-Presbyterian’s Crown Hair Care Program | NEJM Catalyst](#)

Forty-seven: DON'T BE A LONG HAIR HATER

1 Corinthians 11:15 King James Version

DISCUSSION QUESTIONS

- What are some things that you can do personally in order not to propagate hair hate?
- How can a negative outlook on others' hair lead you toward personal hair disappointment, hair dislike, or hair appeasement?
- How can you connect with the glory of your hair and take care of it in its natural state?

Forty-eight:

EDUCATE THE NEXT GENERATION

Ezra 7:10

2 Timothy 2:15

DISCUSSION QUESTIONS

- What can you gain by being a student of your natural hair and how it was shaped in history?
- How can you personally teach younger Black women and girls the backstory of their Afro-textured hair in order to help them love its past, present, and future?

