

Veiled Beauty:

An Introduction to the Practice of Head Covering

NOTES:

I Corinthians 11:1-16

1 Be imitators of me, as I am of Christ. **2** I commend you because you remember me in everything and maintain the traditions just as I handed them on to you. **3** But I want you to understand that Christ is the head of every man, and [man][^a] is the head [woman],[^b] and God is the head of Christ. **4** Any man who prays or prophesies with something on his head disgraces his head, **5** but any woman who prays or prophesies with her head unveiled disgraces her head—it is one and the same thing as having her head shaved. **6** For if a woman will not veil herself, then she should cut off her hair; but if it is disgraceful for a woman to have her hair cut off or to be shaved, she should wear a veil. **7** For a man ought not to have his head veiled, since he is the image and reflection[^c] of God; but woman is the reflection[^c] of man. **8** Indeed, man was not made from woman, but woman from man. **9** Neither was man created for the sake of woman, but woman for the sake of man. **10** For this reason a woman ought to have a symbol of[^d] authority on her head, because of the angels. **11** Nevertheless, in the Lord woman is not independent of man or man independent of woman. **12** For just as woman came from man, so man comes through woman; but all things come from God. **13** Judge for yourselves: is it proper for a woman to pray to God with her head unveiled? **14** Does not nature itself teach you that if a man wears long hair, it is degrading to him, **15** but if a woman has long hair, it is her glory? For her hair is given to her for a covering. **16** But if anyone is disposed to be contentious—we have no such custom, nor do the churches of God.

¹[a] husband; [b] wife; [c] glory; [d] “of authority” not in Grk

NOTES:

“Like the Theotokos, every Christian woman, is a living icon of the church. So when she veils herself ... she becomes a visible reminder for all of the spousal relationship between the Church and Christ. And furthermore, it signifies the submission of the Church to the loving rule of Christ her spouse.”

“The veil is a visual sermon ... a public proclamation before the Lord that He IS the Lord and that we love Him and that we are ready to obey him. It's a totally *counter-cultural statement* proclaiming obedience in the midst of a culture that is totally permeated with this attitude of "I will not serve."

“ Lord, make me a woman after your own heart. Clothe me with your strength and wisdom. Fill me with your love and compassion. In all I do, let me bring glory and honor to You.” AMEN.

Lenten Head Covering Challenge

“Let the women approach [the Lord’s Supper] with their heads covered, as is becoming the order of women” - Apostolic Constitutions (380 AD)

- STEP 1: Commit to wearing a head covering during the 6 Sundays of Lent
- STEP 2: Journal your experience using the prompts provided below.
- STEP 3: Meet together after Lent for fellowship, discussion, and prayer.

Will You Join Me?

Journal Prompts: (answer each time you cover/veil)

1. What type of veil/covering did you wear?
2. What were you thinking about when you began the service or prayer time?
3. How did covering/veiling affect your experience of worship and/or prayer?
4. Did God speak to you in a different or surprising way? How so?