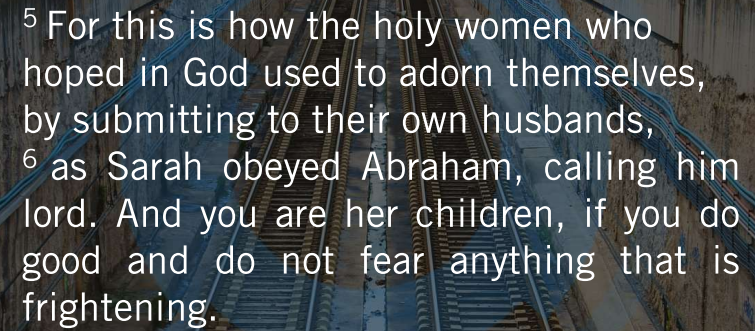
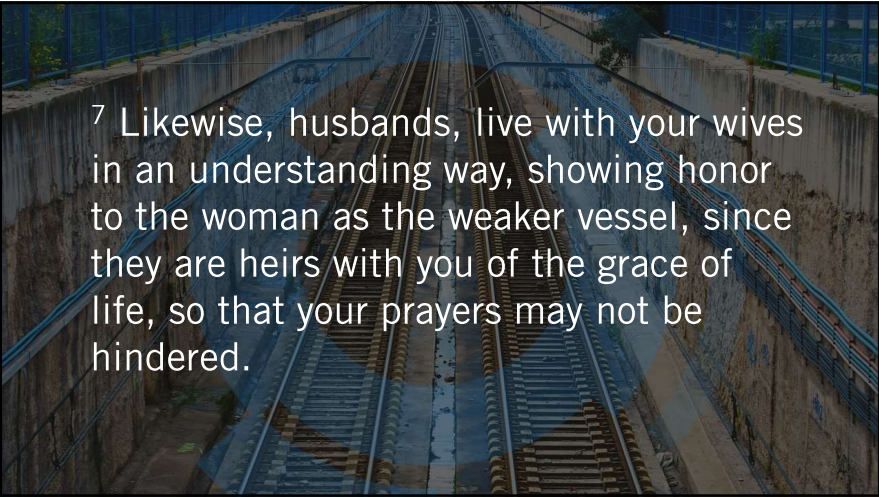


³ Do not let your adorning be external—
the braiding of hair and the putting on of
gold jewelry, or the clothing you wear—
⁴ but let your adorning be the hidden
person of the heart with the imperishable
beauty of a gentle and quiet spirit, which
in God's sight is very precious.



⁵ For this is how the holy women who
hoped in God used to adorn themselves,
by submitting to their own husbands,
⁶ as Sarah obeyed Abraham, calling him
lord. And you are her children, if you do
good and do not fear anything that is
frightening.



⁷ Likewise, husbands, live with your wives
in an understanding way, showing honor
to the woman as the weaker vessel, since
they are heirs with you of the grace of
life, so that your prayers may not be
hindered.