

# 3(D) Review { By Kenton Hock }

## SONG/VIDEO: "All About That Bass"

by Meghan Trainor

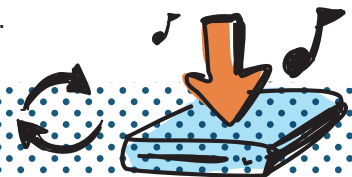
### Background/summary:

Meghan Trainor's first single, "All About That Bass," has taken not only the nation but the world by storm. The song sat at the number one spot on charts from the US, UK, Germany, Canada, New Zealand, and Australia for over 15 weeks in 2014. Meghan has accomplished this feat at the young age of 20. The message of her song, "All About That Bass," is teaching the listener that body image does not matter. We do not need to look like the people in the photoshopped images.



### DISCOVER: What is the message/worldview?

- The song combines the idea of music and body image from the very beginning. Meghan starts off singing **"Because you know I'm/All about that bass/ 'Bout that bass, no treble,"** connecting the idea of bass or the larger low end of music to a fuller size person and the smaller light sounds of treble to the skinny girls with no, **"meat"** on their body. This is showing that she does not care what people think of her size because she does not want to be the skinny figure that the culture is telling girls to be.
- Meghan goes straight into the idea that it does not matter that she is not a small size two. Claiming that she can, **"Shake it, shake it/ Like I'm supposed to do/ 'Cause I got that boom boom that all the boys chase/ and all the right junk in all the right places."** This section shows that while she does not care about her size, she still knows that the guys out there are still looking at her and wanting her to be able to move her body in a sexual manor. By saying that she has **"all the right junk in all the right places,"** she is trying to say, if you have a little more weight it is okay because it goes to the places that boys will still love.
- She takes a small jab at the Hollywood industry by saying, **"I see the magazine workin' that Photoshop/We know that shit ain't real."** She is making a great point with this because we all know that Photoshop is all over our world now but we still can get caught up with thinking it is the real deal. If media started having **"real"** images of people on it, then what would the culture look like?
- She does not want girls saying that they are not beautiful because they do not look like a twig. The lines, **"I know you think you're fat/But I'm here to tell ya /every inch of you is perfect from the bottom to the Top,"** say just that. Our body image does not matter; we are all beautiful no matter what the outside looks like.
- She says, **"My mama she told me don't worry about your size/ She says, 'Boys like a little more booty to hold at night,"** which points to her mom teaching her that it is okay to be a little bit larger because that is what guys like anyways.
- Meghan is also speaking to the men who hear this song in her two lines, **"You know I won't be no stick figure silicone Barbie doll /So if that's what you're into then go ahead and move along."** These lines are showing that she is not willing to conform her image to something that she is not just so that a guy will like her. Interspersed throughout the video are clips of young girls playing with dolls and a dollhouse.



## DISCERN: How does it stand in light of the biblical message/worldview?



- **“All About That Bass”** challenges the current cultural understanding of how we should be looking at the body, but it is still emphasizing outward appearance. God wants us to take it a step further. He says that our beauty should not come from the outside but from the inside (1 Samuel 16:7). We are not to focus on our bodily image because our heart and our spiritual lives are what matters to God.
- In Proverbs 31:30 it says, **“Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised,”** this verse captures the idea of beauty. Over time, beauty will fade. The pure and true heart of a woman will not fade and is considered true beauty.
- The beauty on the inside continues with 1 Peter 3:3-4, **“Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.”** The beauty that we should be striving for is that of our inner selves.
- This issue of body image is also an important one for guys. In 1 Timothy 4:8 it says, **“Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward in both this life and the next.”** Many men, and women as well, get caught up in working out and trying to stay in the best shape possible. While the importance of keeping oneself physically fit should not be diminished, we must make sure that our time is focused on God and being in His Word and strive to remain physically fit for God’s service and to bring Him glory.



## DECIDE: What do I do with it?

- The song, **“All About That Bass,”** brings out some challenging ideas to the culture. It should help us realize that we do not have to worry about what we look like to be beautiful. We are all beautiful on the outside to God. What we need to do, is take this song another step and start looking on the inside to show our true beauty.
- We also need to recognize that every teen has heard this song at one point or another over the past few weeks. This song is being considered a cultural body image makeover which can be good as long as our kids are taking it with a biblical worldview.
- We should be able to talk with our students and kids about this song and the message behind it. Find out what they think to song is saying and if they agree with it. Parents and youth workers can use this song to begin addressing peer-pressure, body image, sexuality, and God’s view of us.

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