

I have a friend who... has a poor self image.

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1. **Know what God Says... you are valuable**

Then God said, "Let us make people in our image, to be like ourselves. They will be masters over all life-the fish in the sea, the birds in the sky, and all the livestock, wild animals, and small animals." So God created people in his own image; God patterned them after himself; male and female he created them.

Genesis chapter 1, verses 26-27 (NLT version 1)

- "Let us make people in our image"- you are valuable
- "They will be masters over all life"- you have purpose
- "God patterned them after himself"- you are gifted
- Nothing else in creation compares to you and I.

2. **Know what God Says... you are unique**

You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous-and how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed. How precious are your thoughts about me, O God! They are innumerable!

Psalm chapter 139, verses 13-17 (476)

The lie- *Now the serpent was the shrewdest of all the wild animals the LORD God had made. One day he asked the woman. "Did God really say you must not eat of the fruit from any of the trees in the garden?"* Genesis chapter 3, verse 1 (4)

The truth- *For we are God's masterpiece. He has created us anew in Christ Jesus, so that we can do the good things he planned for us long ago.* Ephesians chapter 2, verse 10 (896)

3. **Know what God Says... you are forgiven**

For he has rescued us from the kingdom of darkness and transferred us into the kingdom of his dear Son, who has purchased our freedom and forgave all our sin. Colossians chapter 1, verse 14. (902)

- Nothing will destroy your self- image faster than sin.
- Your freedom from sin is the freedom to be who God created you to be.
- Don't let the sin of others hold you back.
- Sin can harm the "image of God" in you but it cannot destroy it.

4. **See what God Sees... all your potential.**

But the LORD said to Samuel, "Don't judge by his appearance or height, for I have rejected him. The LORD doesn't see things the way you see them! People judge by outward appearance, but the LORD looks at the heart" 1 Samuel chapter 16, verse 7 (223)

- We judge all the time by outward appearance.
- If we ignore the inside (our heart) we will never claim our real identity in Christ.
- What do I see when I look at people? This is what I value.
- Who and what do I see when I look in the mirror?
- What are you missing in others and yourself because you're not looking in the right places?

5. **See what God Sees... your inner beauty.**

Don't be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. You should clothe yourselves with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God. 1 Peter chapter 3, verses 3-4 (935)

- ❖ This does not mean its ok to ignore or neglect my outward appearance.
- ❖ “outward beauty”- to adorn- “kosmos” - ordered universe – (cosmetic)
- ❖ Don't make the outward the center of your universe
- ❖ Spend more time ordering what's on the inside than what's on the outside.
- ❖ No matter what standard of beauty society sets up, know What God says
 - Your workmanship is marvelous”- Psalm 139
 - “For we are God's masterpiece”- Ephesians 2

6. **Love who God loves... yourself??**

And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.' The second is equally important: 'Love your neighbor as yourself.' No other commandment is greater than these. Mark chapter 12, verse 31 (773)

- ✓ Until I am in the process of getting a grip on my identity in Christ I can't love the way God wants me to.
- ✓ If I am willing to love you with all your faults than I must be willing to risk you seeing all mine. Be vulnerable!
- ✓ Move towards people that the world says are unlovable.
- ✓ *Since God chose you to be the holy people whom he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.* Colossians 3:12

7. **Love who God loves... the unlovable.**

Share your food with the hungry and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. "If you do these things, your salvation will come like the dawn and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the LORD will protect you from behind. Isaiah chapter 58, verses 7-8 (562)

- ✓ The more I focus on loving others the less I focus on me.
- ✓ Move towards people that the world says are unlovable.
- ✓ *Since God chose you to be the holy people whom he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.* Colossians chapter 3, verse 12 (904)

For more check out “Who I am in Christ” at www.ficm.org/whoami.htm

Information for this talk was taken from the book “Identity Theft” by Mike Breaux teaching Pastor at Heartland Community Church in Rockford Illinois.