

God says the following is true about my appearance:

1. My physical appearance (in my unchangeable aspects) is beautiful in God's sight. He is my designer and maker.
2. My value as a person (my innate worth and significance) is not determined by my appearance.

Beauty and the Bible

1. The physical appearance of man is not mentioned in the creation account.

Genesis 1:26-31

2. Many times when the beauty of physical appearance is mentioned in the Bible, it is connected with sinfulness and trouble.

Genesis 12:10-13, Genesis 39: 6-20, 2 Samuel 11:1-2

3. In the book of Esther, God used Esther's physical beauty to bring about His good plans to deliver His people.
4. The Song of Solomon teaches that it is a good thing for a husband or wife to enjoy and be delighted with the physical beauty of their spouse.
5. In the New Testament, a woman's physical beauty is never mentioned.

My Physical Appearance is "Beautiful" in God's Eyes
because He Designed Me, Knows Me Intimately, and Loves Me

- ¹³ *You made all the delicate, inner parts of my body and knit them together in my mother's womb.*
- ¹⁴ *Thank you for making me so wonderfully complex! It is amazing to think about. Your workmanship is marvelous – and how well I know it.*
- ¹⁵ *You were there while I was being formed in utter seclusion!*
- ¹⁶ *You saw me before I was born and scheduled each day of my life before I began to breathe. Every day was recorded in your book!*
- ¹⁷ *How precious it is, Lord, to realize that you are thinking about me constantly!*
- ¹⁸ *I can't even count how many times a day your thoughts turn toward me. And when I waken in the morning, you are still thinking of me!*

Psalm 139:13-18 (TLB)

True, Lasting "Beauty" is that which Flows from the Heart
Filled with God

- **Man looks at the outward appearance; God looks at the heart.**

But the LORD said to Samuel, "Do not look at his appearance or at the height of his stature, because I have rejected him; for God {sees} not as man sees, for man looks at the outward appearance, but the LORD looks at the heart."

1 Samuel 16:7 (NASB)

- **Outward beauty is fleeting.**

Charm is deceitful and beauty is vain, {but} a woman who fears the LORD, she shall be praised.

Proverbs 31:30 (TLB)

Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day.

2 Corinthians 4:16 (NASB)

- **We now live in a temporary body, but we will be given a spiritual body that will last forever.**

For we know that if the earthly tent which is our house is torn down, we have a building from God, a house not made with hands, eternal in the heavens.

2 Corinthians 5:1 (NASB)

- ⁴² *So also is the resurrection of the dead. It is sown a perishable {body} it is raised an imperishable {body} ⁴³ it is sown in dishonor, it is raised in glory; it is sown in weakness, it is raised in power; ⁴⁴ it is sown a natural body, it is raised a spiritual body. If there is a natural body, there is also a spiritual {body}.*

1 Corinthians 15:42-44 (NASB)

- **Our bodies are the temple of the Holy Spirit.**

¹⁹ *Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?*

²⁰ *For you have been bought with a price: therefore glorify God with your body.*

1 Corinthians 6:19-20 (NASB)

- **We can adorn our bodies with nice clothes, jewelry, and makeup, but what is precious to God is the hidden person of the heart.**

³ *And let not your adornment be {merely} external – braiding the hair, and wearing gold jewelry, or putting on dresses;*

⁴ *but {let it be} the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God.*

1 Peter 3:3-4 (NASB)

“The best and the most beautiful things in life cannot be seen or even touched...they must be felt with the heart.”

Helen Keller

Application:

- Choose to be thankful.

- When you look at yourself in the mirror tomorrow morning or before you go to bed tonight, thank God for the way He made you and that your life has value and significance because of Christ, not because of your outward appearance.

- Thank God specifically for the different parts of your body, specifically those parts that you may not like very well or wish you could change. ask Him for wisdom in changing the things that you can, and ask Him to help you be content with those things you can't change.

Resources:



31 Days of Praise by Ruth Myers



Beauty and the Best by Debra Evans

1. **Self-image** is the picture in our minds of who we believe we are.
 - It can be positive or negative.
 - A healthy self-image is seeing myself as God sees me, no more and no less.
2. **We learn to define ourselves** by the world we live in as influenced by our parents, other significant people, events in our lives, the media, and our culture.
3. **Spiritual transformation occurs** at the moment of salvation, and our identity is no longer defined by people and the world we live in, but by our relationship with Christ alone.

Before Christ

A. Spiritually dead / Separated from God

Therefore, just as through one man sin entered into the world, and death through sin, and so death spread to all men, because all sinned.

Romans 5:12

After Christ

A. Spiritually alive / Intimacy with God

For by transgression of the one, death reigned through the one, much more those who receive the abundance of grace and of the gift of righteousness will reign in life through the One, Jesus Christ.

Romans 5:17

Truly, truly, I say to you, he who hears My word, and believes Him who sent Me, has eternal life, and does not come into judgment but passed out of death into life.

John 5:24

Before Christ

B. Old nature is slave to sin

...knowing this, that our old self was crucified with {Him} that our body of sin might be done away with, that we should no longer be slaves to sin;

Romans 6:6 (NASB)

C. My identity is determined by faulty foundations

There is a way {which seems} right to a man, but its end is the way of death.

Proverbs 16:25

D. I was unrighteous; I could not make myself right with God.

He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit.

Titus 3:5 (NASB)

After Christ

B. New nature is slave to righteousness

Therefore if any man is in Christ, {he is } a new creature; the old things passed away; behold, new things have come.

2 Corinthians 5:17 (NASB)

C. My identity is determined by my relationship with Christ.

But you are a chosen race, a royal priesthood, a holy nation, a people for {God's} own possession, that you may proclaim the excellencies of Him who has called you out of darkness in to His marvelous light;

1 Peter 2:9 (NASB)

For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, "Abba! Father!" The Spirit Himself bears witness with our spirit that we are children of God,

Romans 8:15-16 (NASB)

D. I am declared righteous by what Christ has done for me.

He made Him who knew no sin {to be} sin on our behalf, that we might become the righteousness of God in Him.

2 Corinthians 5:21 (NASB)

I will rejoice greatly in the LORD, My soul will exult in my God; for He has clothed me with garments of salvation, He has wrapped me with a robe of righteousness, as a bridegroom decks himself with a garland, and as a bride adorns herself with her jewels.

Isaiah 61:10 (NASB)

4. **There is a difference between positional righteousness and practical righteousness.**

- A. **Positional Righteousness** is my legal standing before God for all eternity; it occurs at a point in time when I receive Christ and am declared righteous because of Christ's work on the cross for me. The Bible calls this justification. Romans 3:26; 5:1
- B. **Practical Righteousness** is my lifetime journey of becoming holy in my daily living; it begins the moment I receive Christ and continues until I meet Christ face to face. The Bible calls this progressive sanctification. Romans 12:1-2; Romans 6:4; Philippians 3:9-10

I am now a righteous person in God's sight,
since I have trusted Christ. I am covered by the
robe of purity and goodness. Also, since I have a new nature,
I am a good person in my general practice of life
as I continue to grow in Christ.

5. **If I embrace this truth, it should affect how I view myself and the way I live in two major areas:**

- A. I no longer have to try to earn God's approval and acceptance because I already have it.

For by grace you have been saved through faith; and that not of yourselves, {it is} the gift of God; not a result of works, that no one should boast.

Ephesians 2:8-9 (NASB)

In Him you also, after listening to the message of truth, the gospel of your salvation – having also believed, you were sealed in Him with the Holy Spirit of promise, who is given as a pledge of our inheritance, with a view to the redemption of {God's own} possession, to the praise of His glory.

Ephesians 1:13-14 (NASB)

3 Myths Exposed:

1. God only loves me and approves of me when I do certain spiritual activities.
2. If I make a mistake or fail at something, then I must be a failure and should be punished.
3. I need other people's approval in order to be happy.

B. I no longer have to live with guilt and condemnation about past sins and failures because I am fully forgiven.

"Come now, and let us reason together," says the LORD, "Though your sins are as scarlet, they will be as white as snow; though they are red like crimson, they will be like wool."

Isaiah 1:18 (NASB)

As far as the east is from the west, so far has He removed our transgressions from us.

Psalms 103:12 (NASB)

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death.

Romans 8:1-2 (NASB)

Resources:



Tired of Trying to Measure Up by Jeff VanVonderen



Handbook to Happiness by Charles R. Solomon

“... for as a woman thinks within herself, so she is.”

Proverbs 23:7a

Six Essential Ingredients to Help Us Embrace Our Identity in Christ

1. Recognize that the battle is in our mind.

²And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect. ³For through the grace given to me I say to every man among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith.

Romans 12:2-3 (NASB)

For who has known the mind of the Lord, that he should instruct Him? But we have the mind of Christ.

1 Corinthians 2:16 (NASB)

²³and that you be renewed in the spirit of your mind, ²⁴and put on the new self, which in {the likeness of} God has been created in righteousness and holiness of the truth.

Ephesians 4:23-24 (NASB)

⁴for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. ⁵{We are} destroying speculations and every lofty thing raised up against the knowledge of God, and {we are} taking every thought captive to the obedience of Christ.

2 Corinthians 10:4-5 (NASB)

2. We must have regular and specific times of mind renewal.

A. Regular time spent in God's Word reaps great benefits.

... for the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.

Hebrews 4:12 (NASB)

⁹ *How can a young man keep his way pure? By keeping {it} according to Thy word. ¹⁰ With all my heart I have sought Thee; do not let me wander from Thy commandments. ¹¹ Thy word I have treasured in my heart, that I may not sin against Thee.*

Psalms 119:9-11 (NASB)

B. Meditation on God's Word and memorization of God's Word will instill God's truth deep in our hearts.

This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.

Joshua 1:8 (NASB)

⁴⁹ *Remember Thy Word to Thy servant, in which Thou has made me hope. ⁵⁰ This is my comfort in my affliction, that Thy Word has revived me.*

Psalms 119:49-50 (NASB)

C. We can train our minds to think on what is true.

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things.

Philippians 4:8 (NASB)

Set your mind on the things above, not on the things that are on earth.

Colossians 3:2 (NASB)

3. Pray and ask God to help us think the way He wants us to.

- Personalize Paul's prayer from Ephesians 1:17-19

Ask the God of our Lord Jesus Christ, the Father of glory, "Please give me a spirit of wisdom and of revelation on the knowledge of You. I pray that the eyes of my heart may be enlightened, so that I may know what is the hope of Your calling, what are the riches of the glory of Your inheritance in the saints, and what is the surpassing greatness of Your power toward me."

4. Walk by "faith," not by sight.

Now faith is the assurance of {things} hoped for, the conviction of things not seen.

Hebrews 11:1 (NASB)

And without faith, it is impossible to please {Him} for he who comes to God must believe that He is, and {that} He is a rewarder of those who seek Him.

Hebrews 11:6 (NASB)

5. Get a partner; God never asked us to "grow" alone.

Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up.

Ecclesiastes 4:9-10 (NASB)

6. Our own words of encouragement may help develop a healthy self-image in another's life.

Let no unwholesome word proceed from your mouth, but only such {a word} as is good for edification according to the need {of the moment,} that it may give grace to those who hear.

Ephesians 4:29 (NASB)

Resources:



Telling Yourself the Truth by William Backus and Marie Chapian



The Lies We Believe by Dr. Chris Thurman



The Truths We Must Believe by Dr. Chris Thurman



The New Hide or Seek by Dr. James Dobson
(How to Build Healthy Self-Esteem in Your Child)



Changes that Heal by Dr. Henry Cloud



Boundaries by Dr. Henry Cloud



Topical Memory System by The Navigators



Winning the War Within by Dr. Chris Thurman



The Lies We Tell Ourselves by Dr. Chris Thurman



Examples of Mis-belief / Truth (write on 3x5 cards)

God's Truth About Me Says:

I am a competent person, equipped by the Holy Spirit to carry out God's will in my daily life in a way that pleases Him, regardless of what stage of growth I may be in at the present. My real importance in life is connected with the way I am touching other people's lives with the love of God and message of Christ.

Four Road-Blocks that Hinder God from Using Our Lives:

1. "If I could be like her, have her spiritual gifts, have her money, or have her abilities or personality, THEN God could really use my life."

**ROAD BLOCK #1:
COMPARING MYSELF TO OTHERS**

For we are not bold to class or compare ourselves with some of those who commend themselves; but when they measure themselves by themselves, and compare themselves with themselves, they are without understanding.

2 Corinthians 10:12 (NASB)

²⁰Peter, turning around, saw the disciple whom Jesus loved following {them;} the one who also had leaned back on His breast at supper, and said, "Lord, who is the one who betrays You?"²¹Peter therefore seeing him said to Jesus, "Lord, and what about this man?"²²Jesus said to him, "If I want him to remain until I come, what {is that} to you? You follow Me!"

John 21:20-22 (NASB)

2. “My life is too messed up, too broken, for God to use me.”

**ROAD BLOCK #2:
FOCUSING ON MY WEAKNESSES AND FAILURES
INSTEAD OF ON GOD**

⁹And He has said to me, “My grace is sufficient for you, for power is perfected in weakness.” Most gladly, therefore, I will rather boast about my weaknesses, that the power of Christ may dwell in me. ¹⁰Therefore I am well content with my weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ’s sake; for when I am weak, then I am strong.

2 Corinthians 12:9-10 (NASB)

3. “I am not adequate enough for God to use my life.”

**ROAD BLOCK #3:
FOCUSING ON WHAT I DON’T HAVE, INSTEAD OF
ON GOD, WHO IS MY ADEQUACY IN ALL THINGS**

...seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence.

2 Peter 1:3 (NASB)

Not that we are adequate in ourselves to consider anything as {coming} from ourselves, but our adequacy is from God.

2 Corinthians 3:5 (NASB)

God's provision for Moses to do His will = Exodus Chapters 3 & 4

"And He said, 'Certainly I will be with you.'" Exodus 3:12
A rod to perform signs as a witness to God's power Exodus 4:2
God will give Moses the words to say Exodus 4:11
God gave Aaron as his mouthpiece Exodus 4:14-16

But we have this treasure in earthen vessels, that the surpassing greatness of the power may be of God and not from ourselves.

2 Corinthians 4:7 (NASB)

4. "I just don't believe that my one little life can make that much of a difference."

**ROAD BLOCK #4:
AN UNWILLINGNESS
TO BELIEVE GOD'S PROMISES**

And without faith it is impossible to please {Him} for he who comes to God must believe that He is, and {that} He is a rewarder of those who seek Him..

Hebrews 11:6 (NASB)

So faith {comes} from hearing, and hearing by the Word of Christ.

Romans 10:17 (NASB)

Conclusion: You are a Chosen Vessel!

²⁰Now in a large house there are not only gold and silver vessels, but also vessels of wood and of earthenware, and some to honor and some to dishonor. ²¹Therefore, if a man cleanses himself from these {things} he will be a vessel for honor, sanctified, useful to the Master, prepared for every good work.

2 Timothy 2:20-21 (NASB)

Resources:



Seeing Yourself Through God's Eye by June Hunt

The Search for Significance by Robert McGee

His Image, My Image by Josh McDowell