

BIBLICAL BODY IMAGE

*Liz Patton +
Summer Faith*

All quotes are from Liz Patton or Summer Faith unless otherwise noted.

Until we find our identity in Him, we will find it somewhere else in the world. - Liz Patton

When we are white knuckling, we are not free to receive. - MM

He never stopped pursuing me. - LP

When He revealed that I was making food an idol, I was able to surrender it. - LP

Galatians 1:10

To remove me from what felt comfortable, kicked me into a season of fear. - SF

Instead of reaching for Jesus for my security, I was reaching to Netflix or takeout. - SF

I didn't trust the Holy Spirit in me to get healthy. - SF

Partnering with the Holy Spirit in getting healthy was the sweetening thing. -SF

No matter which way the pendulum swings, both sides are an idol. - SF

Zechariah 4:10

He is rejoicing in the small beginnings.

The devil is having a hay day with God's daughters with body image and we are not going to stand for it. We have God's work to do! - LP

91% of women are unhappy with their bodies and resort to dieting to achieve their ideal body shape.

But just because something is the NORM doesn't make it right or biblically true. - LP

We get to be countercultural. - SF

It starts with the transformation in our minds. - SF

Romans 12:2

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We cannot be stuck in this “all about me” mindset. - SF

We have become distracted with a dissatisfaction in ourselves.

We are trying to find our identity in the world, not in Christ! And we can't be effective for the Kingdom this way. - LP

Matthew 28:19-20

We are not being effective for the Kingdom because we are looking down at ourselves. - LP

We are missing out on our relationship with Jesus when we are focused on ourselves. - SF

He is not surprised and He is so loving and merciful that He does not shame us. - SF

The shame does not come from the Lord. - SF

Isaiah 53:2

The more we focus on Him and not on ourselves, the more we become more like Him. - SF

Poor body image is not just tied to weight. - LP

Pride is also when you're thinking too little of yourself. - LP

What have you not participated in fully because of your dissatisfaction and distraction?

You are created in God's image.

Genesis 1:27

The more we grow in Christ, the more we get to be more of who he calls us to be. - SF

As the negative thoughts come, we have the power and authority to stop them in Christ. - SF

Genesis 2:25

Satan's first attempt at shame was to Adam and Eve at the fall.

Genesis 3:8-11

RESOURCE: <https://sheworkshisway.com/wp-content/uploads/2021/03/Biblical-Body-Image.pdf>

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God cannot heal it if we don't reveal it. - LP

Our differences prove God's glory. - SF

God made me a certain way for a certain purpose. - SF

STOP:

#1: Stop making it about you.

Romans 12:5

#2: Stop Body Checking

Matthew 6:27

#3: Stop Body Comparison AND Stop commenting on other women's body size or weight loss.

We don't know people's story. - SF

#4: Stop following accounts that make you feel less than or not enough.

We can't unfollow people in our real lives. Get on your knees and repent. - LP

START:

#1: Wear clothes that feel good on you right now; clothes that feel comfortable on you.

Dress your "right now body". - SF

#2: Focus on healthy habits, not results

Trust God with the results. - LP

When we feel better, we talk to ourselves better, and when we talk to ourselves better, we feel better.

Everything is permissible, but not everything is beneficial.

"Crowd out" your plate.

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#3: Replace negative self-talk with God-honoring affirmations, gratitude, or Scripture

Take your thoughts captive.

Be intentional about your thoughts.

#4: Just like you work on your nutrition or fitness or business or marriage, you need to be intentional and invest time into improving your body image

Get intentional about inviting Him into this.

If the Spirit lives inside of you, you have the spirit of self control.

He wants His daughters free!

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