

Biblical Body Image

CREATED IN HIS IMAGE



*A swHw resource by
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We are women, created IN God's image. Genesis 1:27 reads,

“So God created man in his own image,
in the image of God he created him;
male and female he created them.”

When we struggle with poor body image, it's most likely because we don't fully accept this truth that we are made in His image.

» What is holding you back from fully accepting the value He places on you?

LIST AREAS OF SHAME REGARDING YOUR BODY	LIST THINGS ABOUT THE WAY GOD CREATED YOU FOR WHICH YOU ARE GRATEFUL
<i>Comments others have made or things you feel shame about</i>	<i>Things your body can do, aspects of you that are unique to you Hint....this may not be a physical attribute</i>

We need to be intentional about stopping the negative self talk and body shaming, so rather than focusing on the left hand column, let's practically do what Philippians 4:8 says,

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.”

» Pick three body positive attributes from the right side of your chart and write them on a sticky note. When the negative self talk comes, remind yourself of who you are in Christ by looking at your list and/or thanking God out loud for how He wonderfully and beautifully made you.

» We say negative things to ourselves that we would NEVER say to a best friend or one of our children. Since it's easier to compliment those we love, write an affirmation below as if you're saying it to someone you love. Now speak that same truth over yourself. Repeat as necessary when the negative thoughts come.

As she works His way women, we are "As You Go" women -- meaning that as we go about our days, we are on mission to share the gospel with others. We obviously can't be effective for the Kingdom if we are consumed with shame and negative self talk.

» What's your personal mission?

Finding Your Freedom Scriptures

SISTER, GOD WANTS YOU TO BE FREE! WE HAVE PERSONALLY FOUND THE FOLLOWING TRUTHS FROM OUR FATHER TO HELP US GET FREE AND STAY FREE. WE PRAY THAT THESE VERSES WILL BE ON YOUR HEARTS, YOU'LL IMPRESS THEM ON YOUR CHILDREN, AND YOU'LL TALK ABOUT THEM DAY AND NIGHT, IN YOUR COMING AND GOING (DEUTERONOMY 6:6-9).

"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body."
1 Corinthians 6:19-20 ESV

"So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal."
Corinthians 4:16 (ESV)

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."
2 Corinthians 10:5 NIV

"You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love."
Galatians 5:13 NIV

"Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.'" Matthew 11:28-29 NLT

"So I commend the enjoyment of life, because there is nothing better for a person under the sun than to eat and drink and be glad. Then joy will accompany them in their toil all the days of the life God has given them under the sun."
Ecclesiastes 8:15 NIV

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago."
Ephesians 2:10 NLT

"So if the Son sets you free, you will be free indeed."
John 8:36 NIV

"For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well."
Psalm 139:14-15 ESV

"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."
Matthew 6:31-33 NLT

"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."
Romans 12:2 ESV



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