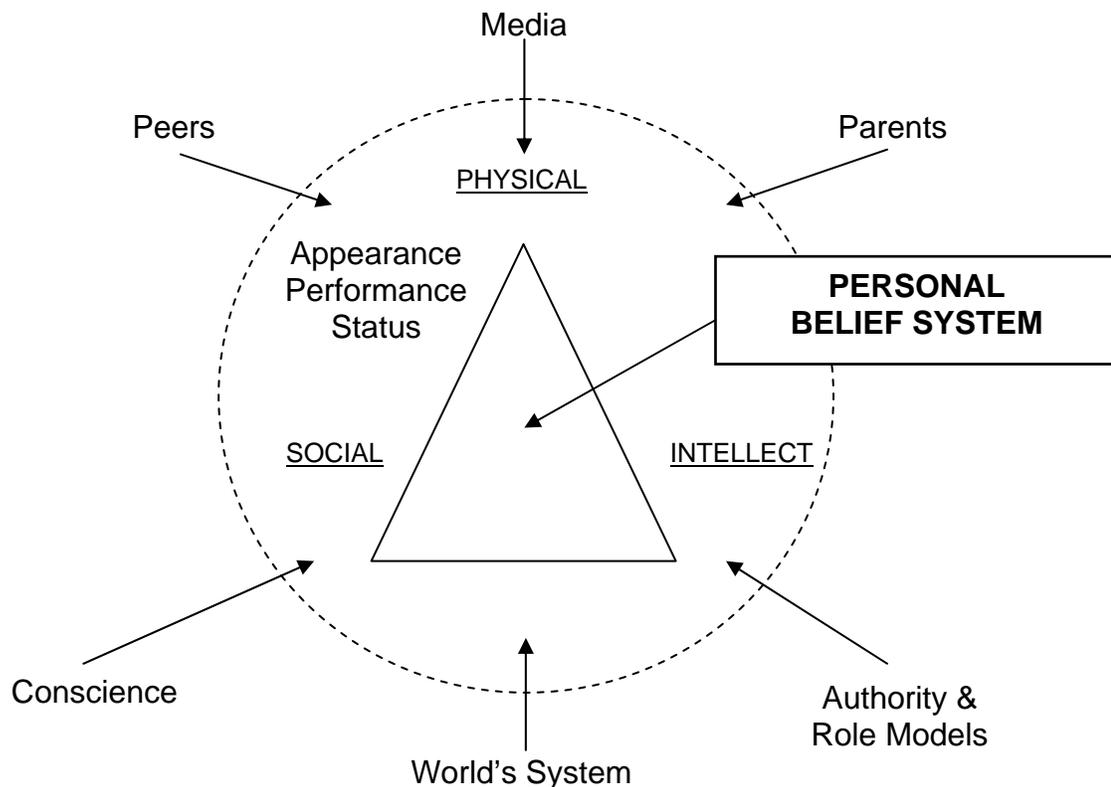


## Introduction: How do we get unstuck?

- We get stuck with issues in our past.
- The power of warped mirrors in our lives.
- We all have warped mirrors.
- We all experience pain and distortions that affect our lives and relationships because of the warped mirrors of our past and present.
- **Self Image**: The mental picture or concept of one's self – a person's own idea of self or sense of worth. The "composite picture" of the mirrors in our lives.

## How is our self-image developed?



## What is the impact of a warped self-image?

- Insecurity, inferiority
- Performance orientation or withdraw
- Denial, compensation, or addictive behavior
- Unfulfilled longings for significance and unconditional acceptance

### What does God say about self-image?

*“For through the grace given to me I say to everyone 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 12:3 NAS

### Where can we get an accurate view of ourselves?

*“Paul, an apostle of Christ Jesus by the will of God, to the saints who are at Ephesus and who are faithful in Christ Jesus:*

*2 Grace to you and peace from God our Father and the Lord Jesus Christ.*

*3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ,*

*4 just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. In love*

*5 He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will,*

*6 to the praise of the glory of His grace, which He freely bestowed on us in the Beloved.”*

Ephesians 1:1-6 NAS

## What does God's mirror say about you?

If you are "in Christ" you are...

1. \_\_\_\_\_ and \_\_\_\_\_ every minute of every day by One who knows every aspect of your life (past, present, future).
2. \_\_\_\_\_ because you are \_\_\_\_\_ eternally into God's family with all the rights, privileges, and blessings given His children.
3. \_\_\_\_\_, since you are \_\_\_\_\_ to reflect His character (holy and blameless) in a fallen world, and to declare (speak well of) the grace freely available to all in Jesus.

## Discussion Questions:

1. What aspect of today's message "hit home" with you? Why?
2. Which "mirrors" of your past have impacted you the most? How has this played out in your life and relationships?
3. What does the mirror of God's Word say about who you are "if you are in Christ?"
4. What specific steps could you take to allow the truth of God's mirror to become the basis of your self-image?

### **Resources:**

*Telling Yourself the Truth* by William Backus

Affirmation Cards by Theresa Ingram, see Precious in His Sight at LivingontheEdge.org