

#2 Your Self-Image

Series: Finding Victory Within: How to Handle Your Emotions

- A. Self-Image - a mental _____ of one's true self.
 - B. Your emotional health will be proportional to the health of your self-image.
 - C. 4 Factors Influencing Your Self-Image
 1. Your Self-Image was made by _____
 - a) Gen 1:27, "So God created humankind in His own image"
 - b) Everything they were was good, because they were living into their true selves- the image of God that was within them.
 2. Your true self-image has been distorted and _____ by the world.
 - a) All of your relationships (or lack thereof) over the years influence your self-image, and the result, over time, is "a distorted & polluted you."
 - b) 1 Cor 13:12, "when you look into the mirror, what you see is only a dim reflection of who you really are"
 3. A fundamental _____ in life is for you to discover your "true self-image" in God.
 - a) sculpture within the stone (Gen 1:27)
 - b) reflection of moon over water
 4. To see God's image within you (your true self-image), you must discover _____ within you.
 - a) Eph 4:22-24; John 3:7
 - b) It is God calling you to go back to the very beginning to discover what you were created to be in the first place- a child of God, created in God's image, fully exposed & not ashamed of the person you really are in Christ
 5. 4 Obstacles to Self-Discovery
 1. Unrepentant Sin & Guilt
 2. Overachievement & Comparison
 3. Taking _____ to heart
 - a) God is happy when you are working towards the happiness of others, but *not* when you are *living* to make other people happy
 - b) Even though we strive for perfection, God already accepts you just as you are, & God's opinion ultimately is the only opinion that matters
 4. We develop a poor self-image because of bad theology, doctrine, & teaching
 - a) Bad theology can do terrible damage, while good theology (teaching about God) is a sure remedy for health, hope, abundance, and peace.
 6. Emotional stability will only come when you learn how to _____ yourself in a healthy, unselfish way. And doing that simply requires a healthy, spiritual self-image.
- A. portrait 1. God 2. polluted 3. purpose 4. God 5.3. criticism 6. love