

Self Image - How to have Good Feelings About Yourself

GOD'S ATTITUDE ABOUT ME

Check out the following verses in God's Word to see how God feels about you and me.
Romans 8:29-30.

John 15 14-15.

Romans 5:6-11,17

Matthew 6:25-30

Matthew 10: 29-31

Psalms 139:14-16

SUMMARIZE GOD'S ATTITUDE ABOUT YOURSELF:

Because of what God's word says I feel

HOW TO LEARN TO LOVE YOURSELF (It's a long process, so be patient!)

1. Believe it's ok Love your neighbor as yourself.
2. Know it's not possible to completely love yourself in this life.
3. RISK getting to know self, spend time alone.
4. Make realistic demands on yourself, all fail - allow room to fail.
5. Believe God loves you as you are, just as I am. I John 1:9
6. Give of yourself - you won't develop good feelings without giving

WHAT I CAN DO TO CHANGE MY SELF

Put a Smile on Your Face

Psalms 43:5

Why are you in despair, O my soul? And why are you disturbed within me? Hope in God, for I shall again praise Him, The help of my countenance and my God.

Countenance is the expression of the face which reveals the inner condition of the heart!

Avoid Anger

Proverbs 25:23. The north wind brings forth rain, And a backbiting tongue, an angry countenance.

James 1:20 for the anger of man does not achieve the righteousness of God.

Avoid Sin

Isaiah 3:9. The expression of their faces bears witness against them, And they display their sin like Sodom; They do not even conceal it. Woe to them! For they have brought evil on themselves.

Psalms 34:5

They looked to Him and were radiant, And their faces will never be ashamed.

Spend Time with Other Christians

Hebrews 10:24-25

And let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near.

Allow God to fill you with JOY!

John 14:1 "Do not let your heart be troubled; believe in God, believe also in Me.

Proverbs 15:13 A joyful heart makes a cheerful face, But when the heart is sad, the spirit is broken.

BECOMING

Make a list of all the things that you love about yourself under the five categories listed below:

PHYSICAL (The way you look)

MENTAL: (About your brain)

SOCIAL: (About your friendships)

EMOTIONAL: (The way you feel)

SPIRITUAL: (The way you love God)

Thank God in Prayer for All the things you love about yourself and go on trusting

him for more!