

FINDING HEALTH IN MY BODY IMAGE

1. Why am I here? What do I want?

2. What cultural messages am I listening to and believing?

3. Who do I compare myself to?

4. 3 things I love about my body.

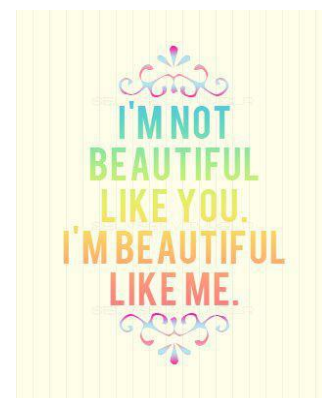
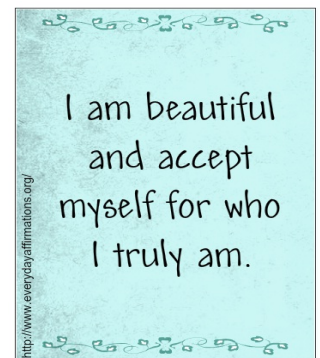
5. I will give thanks to my Creator, for I am fearfully and wonderfully made!

Our bodies and spirits are inseparably joined and our minds have incredible power!

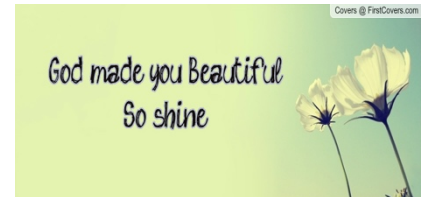
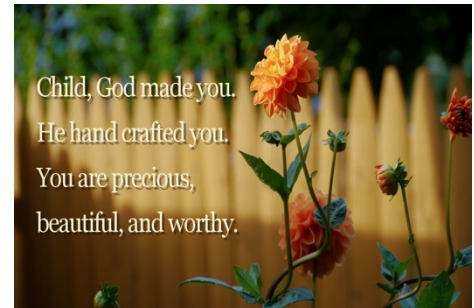
Proverbs 4:23

2 Corinthians 10: 4-5

1 Corinthians 6:12



1. What do you want? Is your desire possible?
2. Is your desire healthy and in line with your bigger identity in Christ and calling in the world?
3. Do you know what to do to get there?
4. Are you willing to do it?



THE MAIN TAKE-AWAYS:

- ***Dismiss culture's messages & honor your limitations***
- ***Seek daily contentment, acceptance and gratitude for what God has given you***
- ***Be aware of any 'slavery' that you are giving a foothold to and find some accountability to break free!***
- ***Know what you want and what you need to do to get there- make goals if that helps.***
- ***Do what's right 'most' of the time and then accept the outcome!***

"I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, and his incomparably great power for us who believe. That power is like the working of his mighty strength, which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms." Ephesians 1:18-20