



Part
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Recovering Self-image

This week Pastor Ken started our new series called *Recovery Plus*. This last year there was so much that was lost but the God we serve is a recovery plus God. We will look together at how to recover what has been lost by God's grace and mercy. So, gather with your family or go through these points alone each week and let's grow together.

The Lord says, I will give you back what you lost... Joel 2:25 NLT

1. How do you see yourself or how do you view yourself? One of the things that can bury your self-image is trash talking. What others say can get in your head, it can get in your heart, and it just buries your self-image. Let's look together at how to have a healthy self-image.
2. One of the ways to have a healthy self-image is confidence. The best way to get rid of that trash talk is to remember that God is with me and God is for me (read Romans 8:11 and Ephesians 1:19-21) therefore I have what I need to be what I need to be and to do what I need to do. What is it that God is asking you to do? Receive His power today.
3. The second way to have a healthy self-image is to have a sense of God's love for you (read Ephesians 3:18-19). It doesn't matter how tall or short you are, if you have or don't have hair, if you are thin or stocky, or if your skin is smooth or wrinkled. His love for you never fades away, so today, that joy in this wonderful truth and accept His love for you.
4. The third way to have a healthy self-image is to have a sense of your worth in God's eyes (read Genesis 1:27 and 1 Peter 1:18). Tie your value to the price God was willing to pay and to the image that you bear.
5. What part of accepting who God made you to be do you need to accept so that you can be whole, and joyful, and at peace with who you are? Bring it to God and be free today.

Close in Prayer