

# BODY IMAGE

We are bombarded every day with the media's perception of beauty and how people should look. These false views often cause us to struggle with our own self-image and appearance. But comparing ourselves to others—especially models and celebrities is unhealthy and unbiblical, and eventually leads us to take our focus off of the Lord.

Jesus died for us so we can live a life of freedom (Gal. 5:1). Constant worry about our image keeps us from living in true freedom. We can live in greater freedom when we begin to see ourselves the way God sees us. Ask the Lord how He sees you because His answer will lead you to a place of incredible confidence and freedom.

God wants you to understand that you are made in His image (Gen. 1:27) and wonderful in His sight. (Ps. 139:14) Your beauty enralls him! (Ps. 45:11) If you fail to understand this truth, your body image will come primarily from how you see yourself, how others see you and your perception (or deception) of how others see you. So do you see yourself as God does—as His special, unique and beloved creation? Or do you believe lies about yourself, perhaps from the media or other people? What are these lies? Ask the Lord to reveal them to you and replace them with His truth.

Romans 12:2 reminds us that our goal is to be transformed by the renewing of our mind with God's truth. It is not always easy. It takes serious effort to replace negative thoughts about ourselves with truth. However, John 8:31–32 promises us that the truth will set us free, and this truth includes that we bear God's perfect image and His beauty, within and without.

The comparisons and beliefs of the world will always steal our joy. If we believe the lies that if we had more muscles, or if we were thinner, or if our looks were different in some way, then we would be happy, we will never find peace. We cannot find peace apart from Jesus, and worrying about looks is just another distraction that keeps us from knowing the truth.

God created and sees you as beautiful. Ask Him to give you eyes to see yourself in this way, and He will.

If you would like to speak with someone about this, we would love to help you and be able to pray with you. "RED" in *RED Church* is short for "REDEMPTION." Let us show you that God is a REDEEMING, LOVING God. Call us at (757) 228-1502 or email [info@TheREDchurch.tv](mailto:info@TheREDchurch.tv).