

## Teen Topics Self Image

### **The Issue:**

When you think about yourself, what thoughts come to mind? Consider your talents, abilities, personality, intelligence level, physical appearance, sense of humor (etc.). Do these things bring you good thoughts, bad thoughts, or mixed feelings? The way we view ourselves often has an impact on the way we live. It is important that we look to Scripture to get a correct understanding of who we are.

### **What does the Bible say?**

Note what the Bible says concerning our existence:

- > Gen. 1:26-27 - We are a creation of God, made in His image.
- > Ps. 139:13-16 - We were each formed by God, being made just as He wants us. We were all fearfully and wonderfully made.

Note what the Bible says about God's view of us?

- > Rom. 5:6-8; 8:39 - Though we sinned, He loved us and redeemed us. We cannot be separated from God's great love.

Note some warnings about how we shouldn't view ourselves:

- > Rom. 12:3; Phil. 2:3 - Do not think too highly about ourselves.

Do not live life self-focused or consumed with prideful thoughts.

### **What should I do?**

Each of us is a unique creation of God and therefore valuable and significant! There is no place to be overcome in misery over aspects of our life that are not what *we think* they should be, nor is there place to become prideful in areas of our life that *we think* are better than others! We were not given life to be self-consumed, but rather to be grateful for the goodness of our Creator and to be surrendered to allow Him to use the life He has given us for His purposes!

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