

# Self-Image

*Jim Downing*

## I. Introduction.

- A. Every Christian should be totally liberated, totally motivated and totally fulfilled.
- B. Forecast: a definition, some theories about self-image formation, and three suggestions for upgrading self-image.

## II. Definition of self-image.

- A. The kind of the person that one thinks one is.
- B. Very few have an accurate concept of who they really are.

## III. How the self-image is formed.

- A. There is a certain relationship between the body chemistry and the mind. The body chemistry never questions the order of the signal that the mind sends - instead, it puts into action the impulse from the brain.
- B. We become what we think. (Proverbs 23:7)
- C. Our self-concept is the result of our interpretation of other people's reaction to ourselves.
- D. We are to have a sane estimate of our own capabilities.
  - 1. Some have too high an estimate of themselves. (Romans 12:3)
  - 2. Some have too low an estimate of themselves. (1 Corinthians 12)
- E. 95% of people are subject to feelings of inferiority coming from evaluations of experiences, not facts themselves.
- F. Paul gave a mobilization order to his body to act. (Philippians 4:19)

## IV. Suggestions on upgrading.

- A. Believe what God said about the forgiveness of sins. God wants us to know that we can have a brand new start. (1 John 1:9)
  - 1. God has removed our sins as far as the East is from the West. (Psalm 103:12)
  - 2. God has cast all our sins into the depths of the sea. (Micah 7:19)
  - 3. God does not remember sins anymore. (Isaiah 38:17, Colossians 2:13-14, Isaiah 44:22, Hebrews 10:17)

a. In adding up the time between the Temple building and the Exodus, the author mentioned in this text there is 480 years but other evidence suggests it was over a hundred years longer than this. (1 Kings 6:1)

b. The reason that it does not add up is because God did not include in those years the years of disobedience in Judges. This comes up with the correct number.

c. God takes our record of history and blots out the areas where we failed.

4. One must start believing what God tells us about the forgiveness of sins. Inferiority is dealt with by believing what God has done away with one's guilt.

B. One must believe what God says about His purpose for him.

1. God has a plan for every individual. (Ephesians 2:8-9)

2. Every person is unique and tailor-made.

a. God knows the number of hairs on every person's head. (Matthew 10:29)

b. God is a God of variety and He makes every person individually unique. (Psalms 47:3)

c. Genetic structure testifies to each human's uniqueness.

d. God gave everyone a unique personality. (Psalm 139:24-25)

3. God gifts every person to fulfill that which he has been called to do. (Romans 11:29)

4. Everyone is important to God.

C. One must believe what God says about the future.

1. Life in the resurrected body may be characterized by new intellect, new power, and enhanced feelings.

2. In one's present body, he is trying to fulfill appetites that cannot be satiated until he is given a superior brain and heart that can handle the desires they were meant to.

3. We will have a new body like Jesus.' We are too restricted to do what we desire in the present body being bound by natural law. (1 John 3:3, Philippians 3:21-22)

4. There is more to heaven than floating on a cloud.

Application questions.

1. Summarize the main points the speaker addresses concerning self-image in your own words. Which point stood out to you? Why?

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2. In which of these areas do you find yourself deficient in your faith? Explain.

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3. What will you do to begin building a healthier self-image? Write down two things that you can accomplish within the next two days that will begin this process.

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