

THE STRUGGLE IS REAL

#ISTRUGGLEWITHBODYIMAGE

Pastor Derwin L. Gray & Vicki Gray – August 14, 2016

We Have A Body Image Crisis:

- Men and women are equally dissatisfied with their body.
- Body image is the way that someone perceives their body and assumes that others perceive them.

How Do You Overcome Poor Body Image?

1. Remember, God the Father created you with glory and honor. (Psalm 8:5 ESV)
2. Remember, you are God's dwelling, thus you are sacred. (Ephesians 2:21-22 NIV, 1 Peter 3:3-4 NLT)
3. Remember, take care of your body. (Exercise and Nutrition)
4. Remember, do not compare. (1 Samuel 16:7 ESV)

Soul-tattoo: Three times a day this week, read Psalms 139:14.