

# THE STRUGGLE IS REAL

#ISTRUGGLEWITHSELFIMAGE

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## How Do You Overcome a Poor Self-Image?

1. Remember, you are recreated in the image of God. (Ephesians 4:22-24 NIV)
  
2. Remember, you must know Jesus' identity, before you can know your identity. (Matthew 16:13-18 NIV)
  - a. In Christ, you are loved and accepted. (Ephesians 3:16-19 NLT, Romans 15:7 NLT)
  - b. In Christ, you are forgiven and free from condemnation. (Ephesians 1:7-8 NIV, Romans 8:1 NLT)
  - c. In Christ, you've been purchased with a price. (Revelation 5:9-10 NIV)
  
3. Remember not to compare yourself to other people. (Galatians 6:4 NLT)
  
4. Remember to be grateful. (Psalm 136:1 NIV)

**Soul-tattoo:** Teach someone what you have learned.