

# THE STRUGGLE IS REAL

#ISTRUGGLEWITHBODYIMAGE

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

1. Read Psalm 139:14. Open in prayer.

a. According to *Psychology of Men and Masculinity*, men and women are equally dissatisfied with their body. "Yep, we all compare ourselves to what society says is the "ideal" physique and body type."

- Why do think men and woman are dissatisfied with their body image?

2. Pastor Derwin said, "Body image is the way that someone perceives their body and assumes that others perceive them." How has this been true in your life?

### 3. How Do You Overcome Poor Body Image?

a. Remember, God the Father created you with glory and honor. (Read Psalm 8:5 ESV)

- What does God say about humanity? And why is this important?

b. Remember, you are God's dwelling, thus you are sacred. (Read Ephesians 2:21-22 NIV)

- What does this text say about Christ-followers and why is it important? How does the verse affect the way you see yourself?

c. Read 1 Peter 3:3-4. Pastor Derwin gave the historical context for this verse in that the women coming from other cultures would find their identity in their outer appearance. Then, Vicki spoke about not "letting yourself go" either. Discuss this balance.

d. Remember, take care of your body. (Exercise and Nutrition)

- Read 1 Corinthians 6:19-20. Discuss the following points that Vicki made:

- 1) We are called to steward (manage) our bodies.
- 2) Establish sustainable eating and exercise habits.
- 3) Avoid all or nothing thinking .

e. Remember, do not compare. Read 1 Samuel 16:7 ESV and discuss.

4. Read Psalm 139:14 (below) together and pray that truth is rooted in our hearts.

I praise You because You made me in an amazing and wonderful way. What You have done is wonderful. I know this very well. Psalms 139:14 NCV

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