

THE STRUGGLE IS REAL

#ISTRUGGLEWITHSELFIMAGE

Pastor Derwin L. Gray & Vicki Gray – August 7, 2016

Open in prayer.

- a. Pastor Derwin said, "You can never live above the way you see yourself."
 - "You can't buy a healthy self-image."
 - "You can't bury your poor self-image in a pile of money."
 - "You can't accomplish enough awesome things to heal a poor self-image."
- b. Were you surprised by the comments that were made by Olympian Michael Phelps? Discuss those as well as the statements above. Have you experienced any of those?

How Do You Overcome a Poor Self-Image?

1. Remember, you are recreated in the image of God. Read Ephesians 4:22-24 NIV.
 - a. What does it mean to be recreated in the image of God? And why is that important? Discuss the difference between God's view of humans and society's view of humans.
2. Remember, you must know Jesus' identity before you can know your identity. Read Matthew 16:13-18 NIV.
 - a. Pastor Derwin said, "When you know who Jesus is, you will know who you are." Then he said, "With a new identity comes a new assignment." Discuss the importance of this Gospel-truth.
 - b. What does it mean that we act out of what we BELIEVE, not what we KNOW? Read Romans 12:2 and discuss the importance of renewing our minds with God's truth.
 - c. In Christ, you are loved and accepted. Read Ephesians 3:16-19 and Romans 15:7 NLT.
 - Why is it important to know that you are loved and accepted in Christ? What does this mean for your everyday life?
 - Read Romans 2:4. What is it that leads us to repentance? Why?
 - Do you believe that God not only loves you, but because of Christ's actions on your behalf, He accepts you?
 - d. In Christ, you are forgiven and free from condemnation. Read Ephesians 1:7-8a and Romans 8:1 NLT.
 - Why is it important to know that you are forgiven and free from condemnation in Christ? What does this mean for your everyday life? Discuss the example Vicki gave of deleting the website and Pastor Derwin's response.
 - e. In Christ, you've been purchased with a price. Read Revelation 5:9-10 NIV.
 - How valuable must you be to God if He purchased you with the blood of Jesus? How does that impact the way you see yourself?
 - Revelation 5:9 is a picture of the eternal church. The eternal church is multi-ethnic; this is why we as a church are multiethnic. Also, because Jesus purchased all ethnicities and classes of people, we as God's people should never be racist. We should be "gracists" because of the grace we've received. Discuss.
3. Remember not to compare yourself to other people. Read Galatians 6:4 NLT.
 - Why do you always lose when you compare? Do you struggle with this?
 - Vicki said, "We compare our insides with other people's outsides." Explain.
4. Remember to be grateful. Read Psalm 136:1 NIV.
 - Pastor Derwin said, "It's hard to be hateful towards yourself when you are grateful."
 - What do you have to be grateful for?

Close in prayer.