



Develop A Positive Self-Image – Repaint Your Portrait Sermon Notes, Sermon Outline and Small Group Study Guide

Develop A Positive Self-Image – Repaint Your Portrait Sunday November 17, 2024

Self-image refers to the mental picture or perception a person has of themselves.

Self-esteem is the emotional evaluation of one's self-worth, essentially how much a person likes and values themselves based on their self-image.

Self-image is how you see yourself, while self-esteem is how you feel about yourself.

A positive self-image is developed over time through consistent positive and healthy practices.

Negative experiences can impact self-image, but it is possible to overcome these.

WHY IS A POSITIVE SELF-IMAGE IMPORTANT?

A positive self-image is important because it directly impacts how you feel about yourself, influences your interactions with others, your ability to pursue and achieve goals, and overall mental and emotional well-being. A positive self-image affects your confidence, resilience, how you build relationships and how you face life's challenges.

A BIBLICAL APPROACH TO DEVELOPING A POSITIVE SELF-IMAGE AND BUILDING YOUR SELF-ESTEEM

#1, BE ESTABLISHED IN YOUR IDENTITY IN CHRIST

Repaint your portrait based on your identity in Christ.

The Word of God is our spiritual mirror.

James 1:22-25

22 But be doers of the word, and not hearers only, deceiving yourselves.

23 For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror;

24 for he observes himself, goes away, and immediately forgets what kind of man he was.

25 But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.



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In Christ we have become a new creation. We have a new identity in Christ. We need to look at ourselves in the “mirror of God’s Word” and see who we are in Christ.

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

APC Book: Who We Are In Christ

We have this free book that contains almost all of the Scriptures that speak about our identity in Christ.

#2, CONSTANTLY ACKNOWLEDGE YOUR IDENTITY IN CHRIST

Agree with God and say what God says about who you are in Christ.

Proverbs 4:20-21a

20 My son, give attention to my words; Incline your ear to my sayings.

21 Do not let them depart from your eyes;...

How do you view your giants?

We know the story of Joshua and Caleb and the other 10 spies. All of them had God’s promise. Yet 10 of them saw themselves as grasshoppers before the giants. Joshua and Caleb saw the giants as bread that could be easily consumed.

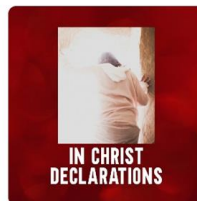
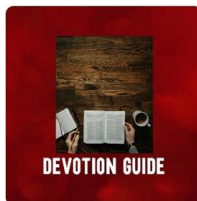
Please mention APC Church App:

Search for “all peoples church bangalore” in the Apple or Google Play stores.

In Christ Declarations on the HOME screen, and Identity on the Toolkit screen, which can help remind us about our identity in Christ.

HOME screen

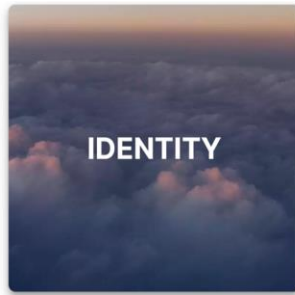
DAILY DEVOTIONAL AIDS



TOOLKIT screen



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#3, FOCUS ON YOUR COMPLETENESS THAT COMES FROM CHRIST

Recognize God's empowering through your life in Christ.

1 Corinthians 1:30

But of Him you are in Christ Jesus, **who became for us** wisdom from God—and righteousness and sanctification and redemption—

All that is in Jesus has been made available to us through our life in Christ.

Colossians 2:9-10

9 For in Him dwells all the fullness of the Godhead bodily;
10 and you are complete in Him, who is the head of all principality and power.

We are complete in Him. Our shortcomings, our weaknesses are overcome by His fullness.

Slide: Picture of David facing Goliath

Like David we can face our 'Goliaths', out of our completeness in Jesus.

Whenever you feel insufficient, declare that your sufficiency comes from Jesus (2 Corinthians 3:5).

Whenever you feel incapable, declare you can do all things through Christ who strengthens you (Philippians 4:13).

#4, COUNTER AND DISCARD NEGATIVE THOUGHTS

Consciously counter and discard negative thoughts by declaring who you are in Christ.

2 Corinthians 10:4-5



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4 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds,

5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

Negative thoughts are thoughts that are not aligned to the knowledge of God.

We consciously bring every thought to the obedience of Christ.

#5, FELLOWSHIP WITH LIKE-MINDED BELIEVERS

Spend time with believers who know their identity in Christ and who can uplift and encourage you.

Philemon 1:6

that the sharing of your faith may become effective by the **acknowledgment of every good thing which is in you in Christ Jesus.**

2 Corinthians 5:16-17

16 Therefore, from now on, we regard no one according to the flesh. Even though we have known Christ according to the flesh, yet now we know Him thus no longer.

17 Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

Paul is teaching us that we relate to other believers not “according to the flesh”, but rather according to who we are in Christ, and we acknowledge the good things that are in each other in Christ. This is how the sharing (fellowship) of our faith will be effective.

SUMMARY

A BIBLICAL APPROACH TO DEVELOPING A POSITIVE SELF-IMAGE AND BUILDING YOUR SELF-ESTEEM

#1, BE ESTABLISHED IN YOUR IDENTITY IN CHRIST

#2, CONSTANTLY ACKNOWLEDGE YOUR IDENTITY IN CHRIST

#3, FOCUS ON YOUR COMPLETENESS THAT COMES FROM CHRIST

#4, COUNTER AND DISCARD NEGATIVE THOUGHTS

#5, FELLOWSHIP WITH LIKE-MINDED BELIEVERS

GOSPEL AND SALVATION CALL



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SUPERNATURAL MINISTRY TIME

Minister as the Spirit leads



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LIFE GROUP STUDY GUIDE

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This is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 1.5 to 2 hours. Each Life Group would have up to 12-15 people.

Preparation

Life Group Leader: To prepare for the Life Group meeting, you can listen to the Sermon or review the Sunday Sermon notes. **Please do not make your life group read through the complete sermon notes during the life group.** All you need to do is have individuals read the Scriptures listed below and then open for a time of discussion, sharing and learning using the questions given below. All these are available in the "All Peoples Church Bangalore" mobile App or online at our [sermons page](#). Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

Welcome

The Life Group meeting may commence with a time of prayer, worship, and a fun activity.

LISTEN to God's Word

Read the following Scripture references: *2 Corinthians 5:17; 1 Corinthians 1:30; Colossians 2:9-10*

INVESTIGATE God's Word Together

Life Group is a discussion-based, participatory meeting with everyone given the opportunity to share their learning. Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.

#1, Why is a positive self-image important? How does our self-image and self-esteem affect our daily life?



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#2, Describe your portrait of who you are in Christ. Use the "Identity" section in the Toolkit menu in the APC Church App.

#3, Discuss what it means to be complete in Him according to Colossians 2:9-10. How do we live this out when we feel insufficient or incapable in real life situations?

Each one can take a few (3 minutes max) to share one or two key insights and how they see themselves applying it to their specific life situations. Encourage each one to participate and share.

FELLOWSHIP by sharing your life and spiritual journey

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

ENCOURAGE each other by praying and ministering to one another

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow, bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

1, families to be protected and strengthened

2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.

3, for the BUILD TO IMPACT project - for all details to go well as we plan and build our Bible college and church facilities to serve the Lord and people.

Close by thanking God together.



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USEFUL RESOURCES

Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

YOUTUBE: <https://youtube.com/allpeopleschurchbangalore>

WEBSITE: <https://apcwo.org/live>

Our other websites and free resources:

CHURCH: <https://apcwo.org>

FREE SERMONS: <https://apcwo.org/resources/sermons>

FREE BOOKS: <https://apcwo.org/books/english>

DAILY DEVOTIONALS: <https://apcwo.org/resources/daily-devotional>

JESUS CHRIST: <https://examiningjesus.com>

BIBLE COLLEGE: <https://apcbiblecollege.org>

E-LEARNING: <https://apcbiblecollege.org/elearn>

WEEKEND SCHOOLS: <https://apcwo.org/ministries/weekend-schools>

COUNSELING: <https://chrysalislife.org>

MUSIC: <https://apcmusic.org>

MINISTERS FELLOWSHIP: <https://pamfi.org>

CHURCH APP: <https://apcwo.org/app>

CHURCHES: <https://apcwo.org/ministries/churches>

WORLD MISSIONS: <https://apcworldmissions.org>

SERMON OUTLINE

In this sermon we discuss a Biblical approach to developing a positive self-image and building our self-esteem. Self-image is how you see yourself, while self-esteem is how you feel about yourself. A positive self-image is important because it directly impacts how you feel about yourself, influences your interactions with others, your ability to pursue and achieve goals, and overall mental and emotional well-being. A positive self-image affects your confidence, resilience, how you build relationships and how you face life's challenges. (1) Be established in your identity in Christ. Repaint your portrait based on your identity in Christ. The Word of God is our spiritual mirror. (2) Constantly acknowledge your identity in Christ. Agree with God and say what God says about who you are in Christ. (3) Focus on your completeness that comes from Christ. Recognize God's empowering through your life in Christ. All that is in Jesus has been made available to us through our life in Christ. (4) Counter and discard negative thoughts. Consciously counter and discard negative thoughts by declaring who you are in Christ. (5) Fellowship with like-minded believers. Spend time with believers who know their identity in Christ and who can uplift and encourage you.



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This sermon includes free audio (mp3) and video of this expository teaching, free printable PDF sermon outlines, sermon notes and small group study guide with discussion questions and presentation slides. All resources (sermon PDF, sermon MP3, sermon video, sermon presentation) are free for use in personal study, small groups, Bible study prayer groups, local churches, conferences, Bible colleges, etc.

KEYWORDS

In Christ, Identity in Christ, self-image, self-esteem, sermons, sermon notes, sermon outline, free sermon notes, free sermon outlines, Bible study resources

REFERENCES/CITATIONS

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