

A person stands on a beach at sunset, their silhouette reflected in the shallow water. The sky is filled with golden light and clouds, and the sun is low on the horizon. The title "The True Reflection" is written in a white, cursive font across the center of the image.

*The
True Reflection*

Internal mirrors

- Tells us how we see ourselves
- We trust these reflections
 - they are life giving or death bringing
- Reflections or thoughts result in the way we behave and the way we act
- Negative thoughts = negative lives
- Life giving thoughts = victorious lives

For as he thinks in his heart, so is he.

Prov 23:7

Self worth

A person is silhouetted against a bright sunset sky, standing on a beach and looking out at the ocean. The person's reflection is visible in the shallow water on the sand. The sky is filled with soft, colorful clouds, and the ocean waves are visible in the distance.

A common reflection that people have of themselves is on the issue of worth

What is Self Worth?



- It is the way one would think or feel about yourself and also the ability to place a value or a measure of worth to oneself.
- It is holding oneself – body, mind, soul, spirit, everything – in high appreciation or regard.

Low self worth

A person is silhouetted against a bright sunset sky, standing on a beach and looking out at the ocean. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue. The person's reflection is visible in the wet sand in the foreground.

- It is destructive
- Affects all aspects of our lives
- Like self fulfilling prophecy
- Leads to further problems

Where does a negative self worth arise from?

1. Our self perceptions
2. What others see
3. The deception of the enemy
4. Unresolved guilt
5. Past or traumatic experiences

WHAT WAS OUR ORIGINAL DESIGN- WERE WE GOOD OR BAD?

WORLD'S STANDARDS

Not born bad
Born amoral

Basically good and innocent

Evolved from matter

GOD'S STANDARDS

Born sinful Romans 3:23

Inherently evil Psalm 51:5

Created in the image of God
Genesis 1:26

HOW SHOULD WE FEEL ABOUT OURSELVES?

WORLD'S STANDARDS

Love yourself

Promote yourself

Live for yourself

GOD'S STANDARDS

Love others as yourself
Matthew 22:39

Humble yourself
James 4:10

Die to yourself
John 12:25; Luke 14:26-27

Yardstick of true self worth



THE WORLD'S

Appearance

Brains

Talent

Power

Money

THE BIBLE'S

Character

Attitude

Faithfulness

Service

Generosity

1 Tim 6:11

Col 3 :12

Developing Character- the kind of self worth God looks for

Romans 12:1-3

Step 1: We need to give up our own rights trusting God for whatever he wants do with us

(...you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service)

Developing Character- the kind of self worth God looks for

Romans 12:1-3

Step 2: We need to resist social pressure to conform to materialistic values

(....do not be conformed to this world)

Developing Character- the kind of self worth God looks for

Romans 12:1-3

Step 3: We need to renew our minds with the words and thoughts of God

(but be transformed by the renewing of your mind)

Whose opinion counts most?

According to the World:
The most significant person: Self

You have all the answers

You can do what you set your mind to

You have strength

Believe in yourself

According to God:
The most significant person: God

God has all the answers

You can do what God wants you to do

God gives strength

Believe in God

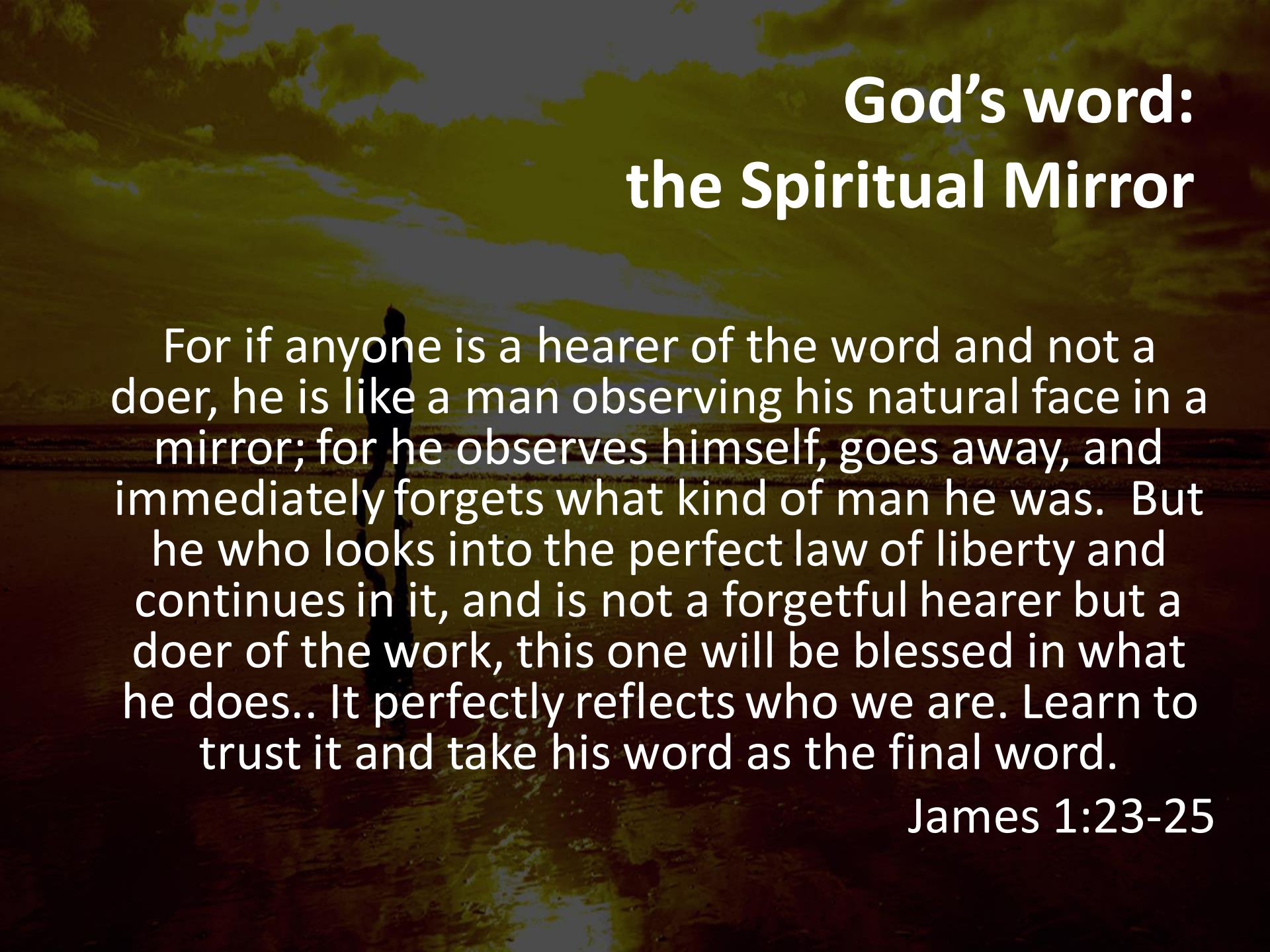
Our position in Christ: Basis for self worth

- A new future (Rom 8:18-32)
- A new creation (2 Cor 5:17)
- A new family (1 John 3:1)
- Are not condemned (Rom 8:1)



Our position in Christ: Basis for self worth

- Our bodies are the temple of God (1 Cor 5:19)
- Our every need will be supplied by God (Phil 4:19)
- A sound mind (2Tim 1:17)
- Set apart for His use (2 Tim 2:21)

A person is standing on a beach, looking out at the ocean. The sky is filled with large, white clouds, and the water is a deep blue. The person is silhouetted against the bright sky. The overall mood is contemplative and serene.

God's word: the Spiritual Mirror

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; for he observes himself, goes away, and immediately forgets what kind of man he was. 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.. It perfectly reflects who we are. Learn to trust it and take his word as the final word.

James 1:23-25

Renewing our minds

A person is silhouetted against a bright, cloudy sky, standing on a beach and looking out at the ocean. The scene is captured in a high-contrast, almost monochromatic style, with the person's reflection visible in the shallow water on the sand.

1. Guard your gates

- Guard what you look at (Matthew 6:22)
- Guard what you hear (Romans 10:17)
- Guard your reaction to your feelings (Phil 4:8)

Renewing our minds

A silhouette of a person standing on a beach, looking out at the ocean under a dramatic, cloudy sky. The person is positioned in the lower-left quadrant of the frame, facing right. The ocean stretches across the middle ground, and the sky is filled with large, dark clouds. The overall mood is contemplative and serene.

2. Taking every thought captive

2 Cor 10:5 “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.”

Renewing our minds

A person is standing on a beach, looking out at the ocean. The sky is filled with large, white clouds, and the water is calm. The person's reflection is visible in the shallow water on the sand.

2. Taking every thought captive- use the rule of sorting your thoughts
 - The thought filter- filter our thoughts according to God's word and to the Spirit's prompting within you
 - **RECOGNIZE** the source of the thought
 - **REFUSE** to dwell on it if it is unwholesome
 - **REPLACE** the thought with God's word

Renewing our minds

3. Gird up the loins of your mind

Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ; as obedient children, not conforming yourselves to the former lusts, as in your ignorance; but as He who called you is holy, you also be holy in all your conduct, because it is written, “Be holy, for I am holy.”

1 Peter 1 : 13-15

THE TRUE REFLECTION

A silhouette of a person standing on a beach at sunset, with their reflection in the water. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue. The person is standing on the left side of the frame, looking out towards the horizon. The water in the foreground is calm, creating a clear reflection of the person and the sky.

Daily look into the spiritual mirror- God's word which is the truest reflection of your self-worth.