











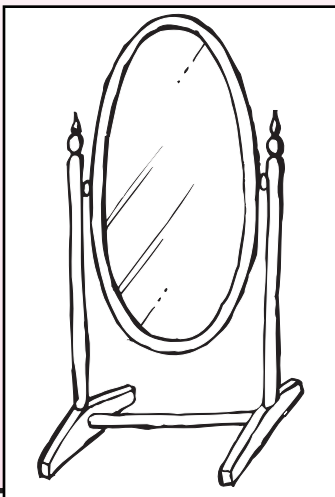


THE TRUTH ABOUT YOU


To feel better about themselves, students . . .

TOOLBOX

-  THINK
-  OBSERVE
-  CLOSE-UP
-  WRITE
-  DISCUSS
-  FEELINGS
-  BRAINSTORM
-  REFERENCE
-  PASSAGE
-  ARTICLE
-  BIG IDEA
-  CROSSROAD



"I'm good enough, I'm smart enough, and, doggone it, people like me."
(Stuart Smalley, *Saturday Night Live*)

 **REFLECT**

I feel better about myself when . . .


 **SELF-IMAGE**

What we have come to believe about ourselves


What difference does it make?


How would you describe a person with a self-image that is . . . ?

 **TOO HIGH**

 **PROBLEM**

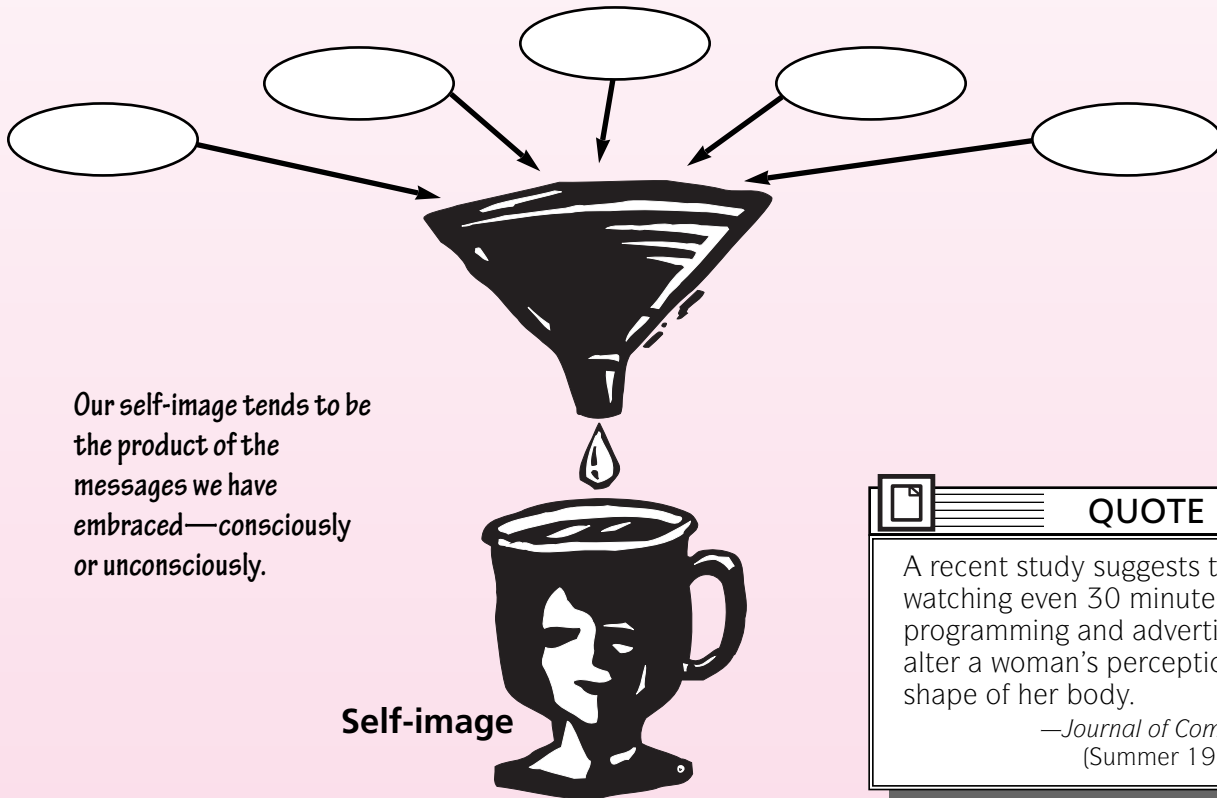
We tend to compare our weaknesses to another person's strengths (or vice versa).

 **TOO LOW**

 **ACCURATE**

How would you rate your self-image?
Too high, too low or accurate?

Where do you think one's self-image comes from?



QUOTE

A recent study suggests that watching even 30 minutes of TV programming and advertising can alter a woman's perception of the shape of her body.

—*Journal of Communication*, (Summer 1992), p. 108.

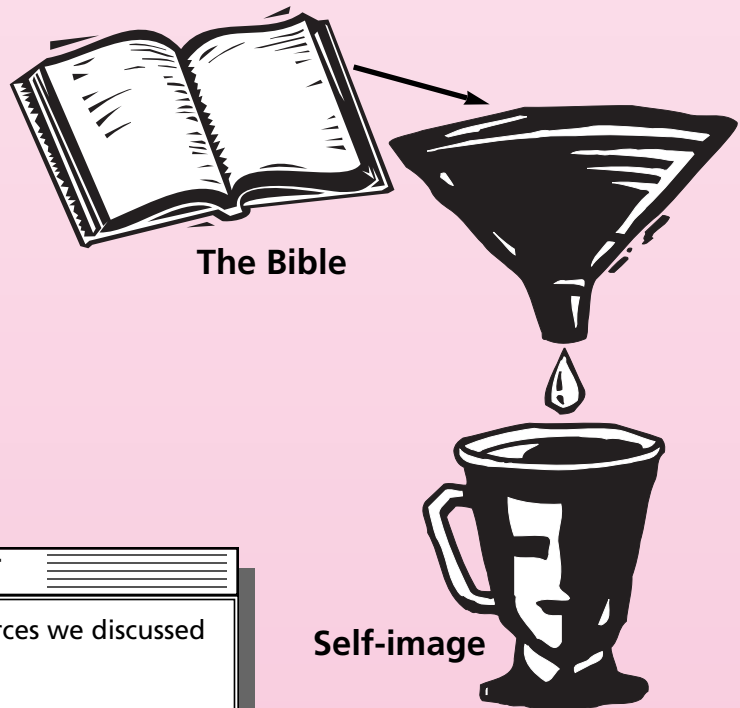
KEY ISSUE: Are these adequate and accurate sources for what we believe about ourselves? Why or why not?

CONSIDER

Every word of God is flawless; he is a shield to those who take refuge in him.
—Proverbs 30:5

Heaven and earth will pass away, but my words will never pass away.
—Mark 13:31

The grass withers and the flowers fall, but the word of our God stands forever.
—Isaiah 40:8




CONTRAST


How does God's Word contrast to the sources we discussed previously?

God's Word reveals many truths about us.


Let's consider one . . .

 **CONTEXT**

Psalm 139 is a prayer of meditation regarding the security and significance of the believer's relationship to God. It considers this in light of God's knowledge (vv. 1-6), presence (vv. 7-12), sovereignty (vv. 13-16) and holiness (vv. 17-24).




 **PSALM 139:13-16**


13 For you created my inmost being;
you knit me together in my mother's womb.
14 I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.
15 My frame was not hidden from you
when I was made in the secret place.
When I was woven together in the depths of the earth,
16 your eyes saw my unformed body.
All the days ordained for me were written in your book
before one of them came to be.

 **INSIGHT**

"God is the Creator, superintending both the psychological (inward parts, v. 13a) and physical (knit me, v. 13b) structure . . ." (*New Bible Commentary*, p. 539)
Verse 15: *The depths of the earth* is poetic imagery, a figurative reference to the mother's womb.



What do I learn about . . . ?

GOD		ME
 		
 PARAPHRASE		

 **EVALUATE**

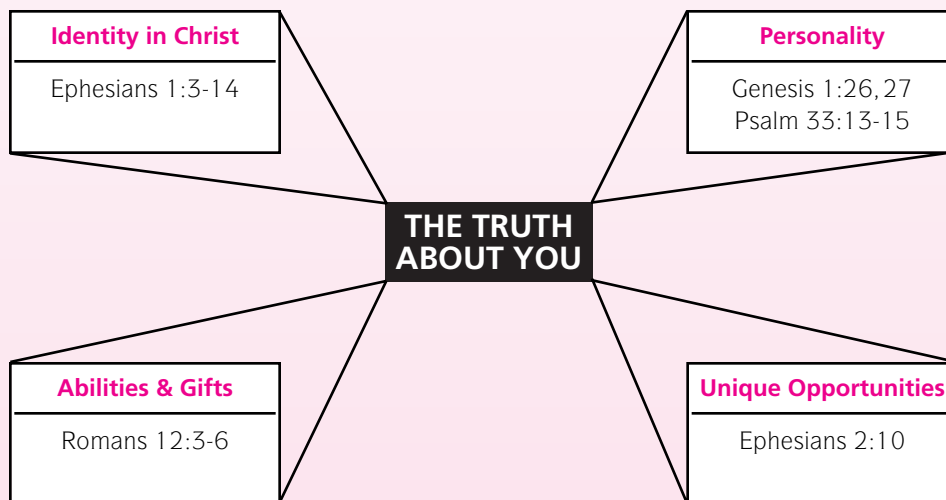
How easy is it for you to accept this truth about you?

NOT EASY ←→ EASY

  **REFLECT**

What obstacles keep you from fully embracing this truth?

The Bible reveals many more truths about you.
For example, consider . . .



Since the Bible is true, what it teaches about me is true regardless of the messages I hear from other people or my culture.

Try this

On a 3 x 5 card, write out a prayer to God like David's in Psalm 139:14. Tape it to a place you will see often. Repeat it to God throughout the week.

Next week, try it again with another verse from the above diagram, "The Truth About You."

SELF-CHECK

Do I recognize that my view of myself is often affected by inaccurate and inadequate sources?

SELF-CHECK

Do I accept God's Word as the authority for my life and the basis for my view of myself?

KEY

I must build a new view of myself based on what is true about me. I must also recognize and reject misbeliefs, replacing them with truths from God's Word.

Unless otherwise indicated, all Scripture references are taken from the *New International Version*, ©1973, 1978, 1984 by the International Bible Society. Published by Zondervan Bible Publishers, Grand Rapids, Michigan.