

Question #1: How can I have a healthy self-image instead of feeling like I'm not worth anything?

Genesis 1-3

Sermon Series; "You Asked For It"

Introduction:

-What is a healthy self-image? Josh McDowell says, "Now the question is what is a healthy self-image? I believe it is this: to see yourself as God sees you; no more and no less. Now let me repeat that: a healthy self-image is to see yourself as God sees you... And yet to do that we have to make a commitment...It is an intellectual commitment that should be based upon evidence and convictions that the Bible is the word of God and it is true. The conviction you need to live by is this: that the truest thing about you is what God says about you in his Word. Not your feelings, not your emotions, not the culture around you, not Hollywood."

-So, what does God's Word say about how we are? These are the basics of our identity that as we accept as true will lead to us having a healthy self-image.

1. We are made by God, for God, and in His image so every person has intrinsic value (Genesis 1:1, Genesis 1:26-28, Colossians 1:16).

What does it mean to be made in the image of God? Here are some ideas adapted from material by Larry Crabb and John MacArthur/
Richard Mayhue, We are:

- A. Personal beings who long deeply**
- B. Rational beings who think**
- C. Volitional beings who choose**
- D. Emotional beings who feel**
- E. Social beings who relate to others**
- F. Functional beings who exercise dominion over the earth**
- G. Spiritual beings who can have a relationship with God**

2. We are corrupted by sin but still loved by God (Genesis 3:1-9).

-But God still loves us (John 3:16). He didn't destroy them but went looking for them. What a picture of the grace of God. Jesus didn't save

me because I am worthy but because He is worthy. Tim Keller says, “We are more sinful and flawed than we ever dared believe, yet more loved and accepted in Jesus than we ever dared hope.” **Believing this is vital to a healthy self-image.**

3. We are redeemed and made new by Jesus Christ (Genesis 3:14-21, Galatians 3:10-14, 2 Corinthians 5:17).

Our Union With Jesus-In Christ, I am :

Redeemed (Romans 3:24)

Alive (Romans 6:11)

Gifted with eternal life (Romans 6:23)

Free from condemnation (Romans 8:1)

Loved by God (Romans 8:37-39)

Victorious (2 Corinthians 2:14)

Reconciled to God (2 Corinthians 5:19)

A child of God (Galatians 3:26)

One with other believers in the body of Christ (Galatians 3:28)

Blessed with every spiritual blessing (Ephesians 1:3)

Chosen to be holy and without blame (Ephesians 1:4)

Accepted (Ephesians 1:6)

Forgiven (Ephesians 1:7)

Given an inheritance (Ephesians 1:11)

Graced (Ephesians 2:7)

God’s workmanship created for good works (Ephesians 2:10)

Brought near to God (Ephesians 2:13)

All my needs are met (Philippians 4:19)

Guaranteed to be resurrected (1 Thessalonians 4:16)

Conclusion: Our identity is ultimately to be rooted in the cross (Galatians 6:14).

This matters so much because activity flows out of identity (Galatians 5:26), but we need a heart change and new self-understanding to live out of.