

**What's Your Problem?
Dealing With Self-Image
Ephesians 4:22-24**

- I. The Problem of Self-Image**
 - A. Affects Our View of Self**
 - B. Affects Our Relationship with Others**
 - C. Affects Our Relationship with God - Isaiah 45:9; Romans 9:20-21**
- II. Understanding Self-Image**
 - A. The False Measure We Use**
 - i. Our Appearance - Proverbs 31:30; Proverbs 16:31**
 - ii. Our Abilities - Psalms 147:10-11**
 - iii. Our Accomplishments - 2 Corinthians 10:12**
 - iv. Our Possessions - Luke 12:15; Psalms 16:2**
 - B. The False Mirrors We Trust**
 - i. The Mirror of Our Parents - Psalms 27:10**
 - ii. The Mirror of Other People - 1 Thessalonians 2:6**
 - iii. The Mirror on the Wall - Numbers 13:33**
 - C. The True Mirror of God's Word**
 - i. You Are Valuable - Genesis 1:27; Matthew 6:26**
 - ii. You Are Sinful - Romans 3:23**
 - iii. You Are Loved and Forgiven - Jeremiah 31:3; Romans 8:1**
 - iv. You Are Unique - Ephesians 2:10**
- III. Dealing with Self-Image**
 - A. God Created You - Psalms 119:73; Psalms 139:13-14**
 - B. God Loves You - Ephesians 1:4-5**
 - C. God Redeemed You - Ephesians 1:7-8**
 - D. God Look at the Inside - 1 Samuel 16:7; 1 Peter 3:3-4**
 - E. Your Body is a Temple of the Holy Spirit - 1 Corinthians 6:19-20**
 - F. Your Body Will be Raised - Philippians 3:21**
 - G. Put on the New Self Now - Ephesians 4:22-24**
 - H. Grow in the Fruit of the Holy Spirit**