

THE FORMULA FOR A HEALTHY SELF-IMAGE

I Corinthians 1:26-31

Introduction:

A. Mirrors

1. Mirrors in a fun-house cause you to l_____ at yourself, because you know that the reflection is not who you really are?
2. Others and society may put mirrors in front of us and we might tend to think that it reflects who we are.
 - a. The mirror of c_____
 - b. The mirror of e_____
 - c. The mirror of p_____

B. Unhealthy self-worth

1. L_____ self-worth – failure to live up to certain standards can lead to depression, laziness, and suicidal thoughts.
2. H_____ self-worth – the success of living up to certain standards in comparison to others who have failed can cultivate greed, inconsideration, and obsessive behaviors.

C. How to have a healthy self-worth is found in 1 Cor 1:26-31

Look in the Right Mirror

A. The Corinthian Christians were looking in the wrong mirrors

1. They got their self-worth from the l_____ they aligned themselves with (see verse 12)
2. Paul redirected them to take a hard look at what they were when God c_____ them into a relationship with Christ.
 - a. Not many of them were “somebodies”, yet God saved them.
 - 1) W_____ according to the flesh (i.e. schooled in philosophy)
 - 2) Mighty or influential (i.e. in leadership)
 - 3) Of n_____ birth (i.e. in the upper class of society)
 - b. This implies that a f_____ of them were educated, or in leadership, or in the upper class as unbelievers but God s_____ them with the gospel message (vv. 27-29).

B. Who are you?

1. We tend to identify ourselves by:
 - a. Our n_____
 - b. Our p_____
2. We are as God identifies us
 - a. The unbeliever – a sinner in need of God’s f_____ (vv. 27-29; Rom 3:23; Is 64:6)
 - b. The believer (v. 30) – Jesus is our wisdom in three ways

- 1) In r_____ relationship to God through Jesus's work on the cross - Jesus is our righteousness.
- 2) A s_____ of Jesus (Jesus is our sanctification or holiness). The word means to be set apart from the world to s_____ [God].
- 3) We b_____ to Him - Jesus is our redemption (i.e He bought us with His blood).

If you look in the right mirror, then you will do the right things

- A. The Corinthian Christians
 1. Were not doing the right things – they were doing things that d_____ them (v. 12)
 2. Needed to stop boasting in themselves and boast in the L_____ (v. 31).
 3. Forgot to get their identity from Jesus.
- B. The world's formula for a healthy self-image
 1. Starts with d_____ something "significant"
 2. Ends with b_____ someone "significant"
 3. This is unhealthy because it is about self-dependency
- C. God's formula for a healthy self-image
 1. Starts with b_____ someone significant in Christ - He b_____ you with His blood!
 2. Results in d_____ what God wants
 3. This is healthy because it causes us to depend on God.

Conclusion:

- A. What is the first thing you think when you wake up in the morning?
- B. Practice a simple prayer as soon as you wake up as a reminder of who you are! (e.g. *Good morning Lord! Thank you for loving me and saving me. I am Your child and Your servant. Use me today as I do what You want*).