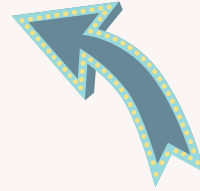
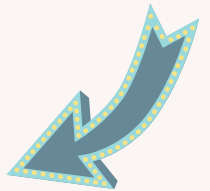


Mirror, Mirror

What Do You See?



When you look in the mirror, what do you see? Are you tempted to see imperfections and flaws? Are you tempted to find validation/ worth in your appearance? Write what comes to mind when you think about your image or looks.



Do you remember a time you did not see yourself this way? What was different? What changed?

MIRROR BREAKING PASSAGE

“But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. For we who live are always being given over to death for Jesus' sake, so that the life of Jesus also may be manifested in our mortal flesh. So death is at work in us, but life in you.

¹³ Since we have the same spirit of faith according to what has been written, “I believed, and so I spoke,” we also believe, and so we also speak, knowing that he who raised the Lord Jesus will raise us also with Jesus and bring us with you into his presence. For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God.

So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.”

2 Corinthians 4:7-18

Acceptance does not require someone to necessarily love the way they look, or to feel upbeat about their body at all times.

Rather, it helps people separate their body image from their identity value as a person. Your worth is not in your size, but as an image bearer of Jesus.

Ultimately, it is not the external, or even the internal – but it is about what is *eternal*.

Mirror Breaking Passages

"But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies." 2 Corinthians 4:7-10

God does not want perfect people, rather he takes the broken things of the world to demonstrate His power in our weakness. He shines brightly in our broken places and weaknesses. Trust God will take all of your weaknesses and use them for his glory and your good.

