



The Best Self-Image Repair Ever!

by Nena Podbury

- Do you feel like Nena about image?
- What are your opinions on our society's focus on appearance?
- Which of the four verses of empowerment from the Bible did you like best?

Bonus Questions:

- Why does that Bible verse mean the most to you?
- Can you think of other verses that say how important and special you are to God?

Reach UP to God:

- If you struggle with your self-image, ask God to help you. Perhaps you can write these verses on a piece of paper and put them on a mirror you see every day, or in your purse, or on the dashboard of your car.
- Pray for the power to see the true nature of others in your life as made in the image of God (especially if they are hard to love).