

Mugged By the Mirror

“As I grew into adulthood, I left my Barbie behind. Unfortunately, I struggled with the belief that unless I am physically perfect (a perfection that is unattainable and unrealistic)- I’m somehow not as valuable as everybody else. Barbie moved out, but Victoria moved in.” Michelle Graham

John 10:10 NLT

The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

Genesis 1:26-27, 31 NLT

Then God said, “Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground.” So God created human beings in his own image. In the image of God he created them; male and female he created them.... Then God looked over all he had made, and he saw that it was very good! And evening passed and morning came, marking the sixth day.

Genesis 3:1-5

“**Victorious** Secrets”

Know What God **Says**

Ephesians 3:16-19 NLT

I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God’s love and keep you strong. And may you have the power to understand (to grasp), as all God’s people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

“Even though you may not be chosen by the world, you are chosen by God. Every time you listen to his voice, you will discover within yourself a desire to hear that voice longer and more deeply. It’s like discovering a well in the desert.”

Henri Nouwen

See How God Sees

1 Samuel 16:7 NLT

But the LORD said to Samuel, “Don’t judge by his appearance or height, for I have rejected him. The LORD doesn’t see things the way you see them. People judge by outward appearance, but the LORD looks at the heart.”

“Beauty is skin deep, but ugly goes all the way to the bone.” Fred Sanford

Two Steps to Having a Beach Body

1. Have a body
2. Go to the beach

1 Peter 3:3-4 NLT

Don’t be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God.

Colossians 3:12 MSG

So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you. And regardless of what else you put on, wear love. It’s your basic, all-purpose garment. Never be without it.

Love Who God Loves

Isaiah 58:6-8 NLT

“No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. “Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the LORD will protect you from behind.

Reflect Who God Is

2 Corinthians 3:18 TLB

But we Christians have no veil over our faces; we can be **mirrors** that brightly reflect the glory of the Lord. And as the Spirit of the Lord works within us, we become more and more like him.

2 Corinthians 4:16-18 NLT

That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.