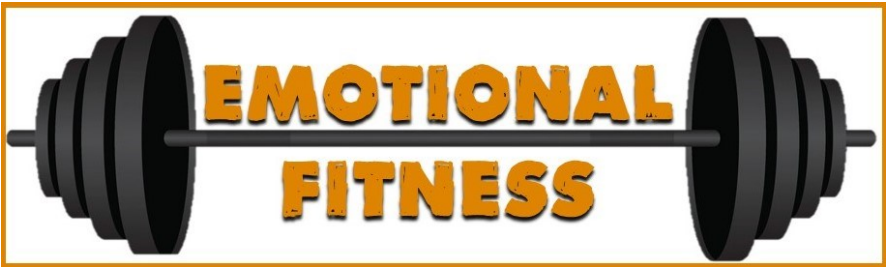


Emotional Fitness

Part 1: Who Do You Think You Are?



Emotional Fitness

Who Do You Think You Are?

The first key to emotional health is *developing a healthy self-image*.

Key Discovery

**You will never rise above
the image you have of yourself in your own mind.**

Who God Says You Are ...

Royalty (1 Peter 2:6)

A masterpiece (Ephesians 2:10)

His beloved child (1 John 3:1-2)

The apple of His eye (Psalm 17:8)

A priceless treasure (Deuteronomy 7:6)

Created in God's image (Genesis 1:26-27)

The pinnacle of His creation (Psalm 8:4-5)

Loved with an everlasting love (Jeremiah 31:3)

Psychologists have proven that you will most consistently perform in a manner that is in harmony with the image you have of yourself. If you see yourself as unattractive, inferior, or inadequate, you will act in accordance with that opinion.

Change Your Self-Image

1. _____ with God.

Learn the lesson of Gideon. (See Judges, Chapter 6)

2. _____ of negative people.

Learn the lesson of Joshua. (See Numbers, Chapter 13)

3. _____ with who you are.

Learn the lesson of the "two good moves." (See 1 John 3:1)

Feeling discouraged?
Your future is getting brighter and brighter!
(See Proverbs 4:18)