



Teaching Notes: Scott Fameli
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What Lies Beneath?
(getting to the root issues of life)

SKIN

Our self-image is the compass we use to follow the life map that has been laid before us. With an unhealthy self-image we will find ourselves lost trying to live a life we were never intended to live. God has a better way.

Defining Healthy Self-Image

- A healthy self-image can only be found by reconciling my **realities** with the truth – my life past, present and future.
- Continuing to develop the **integrity** of my **character** will help me maintain a healthy self-image.
- Character** = a person's ability to meet the **demands** of reality.
- Integrity** = the **substance** of my character that allows me to integrate with reality.
- I was designed to **endure** the demands of life with God's help. (Prv 16:9, 19:21, Ps 20:4, Ps 33:10)
- I can begin living life to the fullest by pursuing God's purpose for my life to find help and ultimate satisfaction = **cooperate and submit** (Jer 29:11, Ps 119:173, 121:2)
- I can please myself by living life my way but never being completely satisfied. = **wasteful extravagance** (Luke 15:11-32)

Enduring the Demands of Reality

- My self image must be fortified by **faith**. (Heb 11)

- Those "things hoped for" are in the **future**. (1Ch 29:15, Pr 24:14,20, Ps 25:21, 33)
- Those "things not seen" are **past, present** and future. (2 Cor 4:18, Jer 29:11)
- I must acknowledge the **good and bad** of my realities and allow God to use it for His glory. (1Cor 13:10-12)

Rev 21:4 He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away." JESUS IS COMING TO SETTLE THE SCORE!

Building a Healthy Self-Image

- I must realize a healthy self-image is based on the truth of **who God is**, who God says **I am** and what **I do with it**.
- I must realize that I will either **flourish** or **wither** depending on the self-image I choose. (1Peter 1:24-25, Jer 17:5-8)
- I must guard my heart to preserve the **truth** in me. (Prv 4:23)
- I must use the truth to take care of **unfinished business**. (Rom 8:2, Col 3:13, Jn 8:32)
- My past has nothing to do with my future hope unless I **continue to live in** it. (2Cor 5:17)
- I have access to the cross and there I will find my **hope** and my **help**.

Matthew 11:28-30 28 "Come to Me, all who are weary and heavy-laden, and I will give you rest. 29 "Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. 30 "For My yoke is easy and My burden is light."



Growing

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desert breeze community church

1. Things that have happened to us in the past, things that are true about us now and the perspective we have on the future in many cases influences our thinking and the self-image we portrait. How has your thinking been influenced by the past, present and future? How does it show itself in how you feel about yourself on the inside and how you want people to see you on the outside? How does that compare to what God says about you? (Ps 139, Jer 29:11-14 Ro 3:23 and 5:8)
2. A conflicted self-image occurs when our beliefs and desires conflict with the truth and reality. A child may experience pain and shame from their parents and come to wrongly believe that's what love is. As a grown up they may not be capable to give or receive love in the true sense. The reality they lived as a child has formed unhealthy beliefs they hold today. What are some solutions to changing our perspective, moving toward a healthy self-image and the expression of it? (Ro 12:12, Heb 11:1, 2 Cor 4:18, Eph 4)
3. What are God's truths and principles from the scriptures below that we should apply when we endeavor to take care of unfinished business with the people and circumstances that have influenced our self-image? What steps do I need to take and when? (Col 3:13, Eph 4:15, Prv 4:23, 2Cor 5:17)