

Consider a Scriptural View

“We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.”

2 Corinthians 10:5 NLT

Let’s break this verse down into manageable bites as we apply it to today’s body image struggle:

“We destroy every proud obstacle...”

In establishing an image of your body that is life-giving and God-honoring, what message may be contrary to the image God has for you and needs to be “demolished”?

“... that keeps people from knowing God.”

What voices have exaggerated supposed flaws in your body or unrealistic expectations for physical perfection? Is there a person or situation in your past that has affected how you viewed your body or has distorted the way God views your body?

“We capture their rebellious thoughts...”

Zero in on the specific message you have received that fosters shame for the body you are presently living in.

“...and teach them to obey Christ.”

Submit to Christ any situation, conversation or feeling that created shame in your perception of your body. Share the specifics. What is His response? How do His words make you feel?

In her book *Nothing to Prove*, author Jennie Allen shares her struggle with body image:

“Healing rarely happens overnight. But now I wasn’t alone in the fight. When thoughts flooded my mind about what I could or couldn’t eat or when and how I would exercise or weigh again, when I would pass a mirror or zip up my pants or look at a menu, or when someone noticed or talked about my weight, through every anxiety that invaded, I clung to Jesus. I thought of Him, I talked to Him, I asked for His help, I asked for His perspective, I read His Word, I recited verses that came to mind. So now flooding my brain alongside the obsessive thoughts was Jesus and His love for me and His words.”⁵

One size does not fit all...

As we differ in body types, we also differ in practical body health. What works for someone else may not work for you. Also, if we become so narrowly focused on one area we still may not be doing what is necessarily healthy for our bodies...and souls.

Here are some very broad strokes for a healthy body that are important areas to consider in maximizing the “best you”.

- Eat well...
- Move daily...
- Hydrate often...
- Sleep lots...
- Love your body...
- Repeat for life!

From the above list, what might be one or two areas where God is speaking to you and what are those manageable steps you can take for continued physical health?

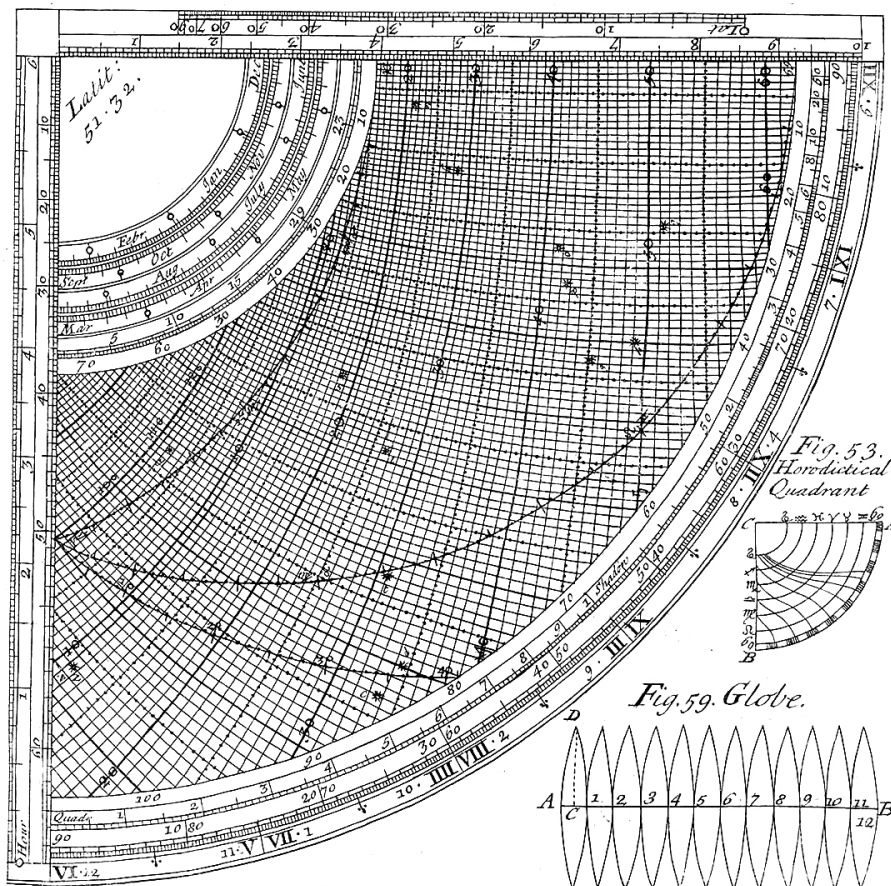
⁵ Allen, Jennie. *Nothing to Prove: Why We Can Stop Trying so Hard*. Waterbrook, 2018.

Prayer:

“Dear Heavenly Father, You know my heart and my struggle. You know the wrestling match I’m in between trying to meet a cultural standard of beauty, and knowing that in You is where my true value can be found. Today, please help me to remember Jesus’ great sacrifice for me that had nothing to do with what I look like. Help me to know that I’m already enough – no matter what the scale or magazine covers say. Keep my focus this day on you, your kingdom, and your love and off my perceived body flaws. Remind me that my purpose for today is far greater than how I compare to her... or her...or her. Help me to aspire only to look and be more like you. I need your strength, Dear God. Please fill me with your Spirit and empower me to fight this battle well today.

Amen”⁶

Fig. 56. Suttons Quadrant



N^o II *

⁶ Creekmore, Heather. “Body Image Prayer.” Compared to Who?, 2014, comparedtowho.me/body-image-prayer/.