


HEALTHY BODY OUTLOOK


God's Way
By Jennifer Curtis

Am I Beautiful ?

- ☐ The problem
 - Eating disorders
 - Obsession with outward appearance
 - Insecurity
- ☐ Not just a girl problem



World's Way



The Focus is Still on YOU!



God's Way

- ▣ Healthy view of God → Healthy view of self/body
- ▣ Our God is BEAUTIFUL!
 - Psalm 27:4
 - Revelation 1:12-18



Who Are We?

- ▣ Genesis 1:27
 - We were made in His image
 - We were made to worship Him
- ▣ Ezekiel 16:4-6
 - Our sin is not beautiful
 - Our bodies bear the consequences of our sin
- ▣ Ezekiel 16:6-14
 - God had compassion
 - He rescued us!
 - He made us beautiful! (Isaiah 61 and 62)



God's Version of Beauty

- ☐ 1 Samuel 16:7
 - Man → Outward Appearance
 - God → Heart
- ☐ 1 Peter 3:3-6, Proverbs 31:30
 - Inner beauty greater than physical beauty



What About Eating Disorders?

- ☐ World's various categories
 - Anorexia
 - Bulimia nervosa
 - Binging/Purging
 - Compulsive overeating
- ☐ Destructive eating habits = idolatry = sin
- ☐ Seeking to fill a void only Christ can fill

How Do We Get Free?

- ☐ Repent
- ☐ Receive His forgiveness
- ☐ Determine to seek Him until free (Be committed!)
- ☐ Get accountability
- ☐ www.settingcaptivesfree.com
 - In His Image
 - The Lord's Table



Christ Is ALWAYS the Answer!



- ☐ Jesus
 - Bread of Life
 - Living Water
- ☐ True nourishment in Him
 - Feeding on His Word
 - Applying to our lives
 - Worshiping Him
 - Serving the Church
 - Sharing the Gospel
 - Prayer

Healthy Outlook

- ☐ Purpose: To glorify God!
 - Genesis 1:27—Made in HIS image as HIS creation
 - 1 Corinthians 6:19-20—HIS possession/temple
- ☐ Nourish our bodies
- ☐ Maintain our bodies
- ☐ Use our bodies for His pleasure
 - Worshiping Him
 - Serving Him
 - Serving His Bride
 - Reaching the lost

Healthy Habits

- ☐ Eating
 - Regularly
 - Moderately
 - Disciplined manner
- ☐ Exercise
 - 30 to 60 minutes
 - 5 to 6 times a week
- ☐ Fasting
 - Check motives
 - Seek God about how often/how



