

**POWERFUL WORDS**  
“Body Image: The Harmful Truth  
and Ways Out”

Sunday, September 5, 2010

Matt Naismith

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**What is body image?**

Body Image is the perception, representation, and projection of what you see, feel, and believe about yourself.

“I have never seen more dramatically sick girls between their ears, then below their neck... ‘don’t eat, exercise as much as possible to attain a size zero everyday’ ... this is how they (girls) wake up!”

- Alexis Beck, Clinical Nutritionist

**Psalm 139:13-16**

For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.

Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.

**Biblical Truth Based on Psalm 139:**

1. God has searched *You* and *Knows You*.
2. God formed your inmost parts.
3. God knitted you together in your mother’s womb.
4. God saw your unformed body.
5. You have value and worth in God.

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### **What are body issues?**

When what you perceive or believe about yourself becomes a problem in some way which often results in negative choices because of what you have been led to believe about yourself.

### **Lies About Image Issues:**

1. There is one single cause for your issue.
2. There is immediate healing to your issue.
3. Your issue comes purely from genetics.
4. If you remain silent or if you don't speak about it your issue will go away.
5. Belief that once removed from your life, it will never tempt you again.

### **Further Reading**

Jacobs Brumberg, J. (1997) *The Body Project: An Intimate History of American Girls*. New York, NY: Random House

Pollack, W. (2000) *Real Boys' Voices*. Toronto, ON: Penguin

Strong, M. (1999) *A Bright Red Scream: Self-Mutilation and the Language of Pain*. Toronto, ON: Penguin

Van Pelt, R&J. Hancock. (2007) *A Parent's Guide to Helping Teenagers in Crisis*. Grand Rapids, MI: Zoder van

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