

God has so much for us to experience in this life. He has provided a way in every situation. That we may find ourselves in. So many times we get harmed by circumstances and if not handled correctly, we can bleed to death (*emotionally, mentally, spiritually*). We need to find what God says, apply it and stop the bleeding.

...Self-Esteem and Self-Image

- **When God made you, he equipped you with talents and abilities that are uniquely yours.**
- **It's up to you to discover those talents / use them, but the world will encourage you to do otherwise.**

Because you're an imperfect human being, you may become wrapped up in meeting society's expectations that you fail to focus on God's expectations. We need to seek God's guidance as you focus your energies on becoming the best "you" that you can possibly be. And when it comes to matters of self-esteem and self-image, seek approval not from your peers, but from your God.

Maintaining A Healthy Self-Image Is a Matter of Doing Three Things:

- #1. Obeying God -produces a Clear Conscience**
- #2. Thinking Healthy Thoughts -produces a Healthy Conscience**
- #3. Finding a Purpose for Life that Pleases Your Creator -Produces a Powerful Conscience**