

# Overcoming Body Image Struggles Through God's Love

*Matthew 6:25-34*

**Main idea:** To help listeners understand their worth in God's eyes and overcome body image struggles by focusing on inner beauty and God's love

**Topic:** Do Not Worry About Body Image

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Continue with the sermon by incorporating the following ideas:

1. Emphasize God's love and care for His creation: Expand on the idea that God created each person uniquely and with purpose. Use Psalm 139:13-14 to highlight how fearfully and wonderfully we are made.
2. Discuss the dangers of comparison: Address the negative impact of comparing oneself to others, especially in the age of social media. Use 2 Corinthians 10:12 to emphasize that comparing ourselves to others is not wise.

3. Explore the concept of true beauty: Shift the focus from external appearance to inner qualities that God values. Use 1 Peter 3:3-4 to highlight the importance of a gentle and quiet spirit.

4. Encourage gratitude and contentment: Discuss the importance of being grateful for our bodies and focusing on what they can do rather than their perceived flaws. Use 1 Thessalonians 5:18 to encourage an attitude of thankfulness.

5. Address the role of media and societal pressures: Discuss how media and societal standards can distort our perception of beauty. Use Romans 12:2 to encourage listeners to renew their minds and not conform to worldly standards.

6. Offer practical tips for building self-esteem: Provide practical suggestions such as affirming one's worth in Christ, surrounding oneself with positive influences, and seeking support from trusted individuals.

7. Highlight biblical examples of individuals who overcame body image struggles: Share stories from the Bible where characters faced challenges related to body image or self-worth, such as David (1 Samuel 16:7) or Esther (Esther 2:7). Discuss how they found strength in God's promises.

Remember to weave these ideas seamlessly into your existing sermon outline, using relevant Scripture passages and language that resonates with your audience.