Overcoming Body Image Struggles Through God's Love

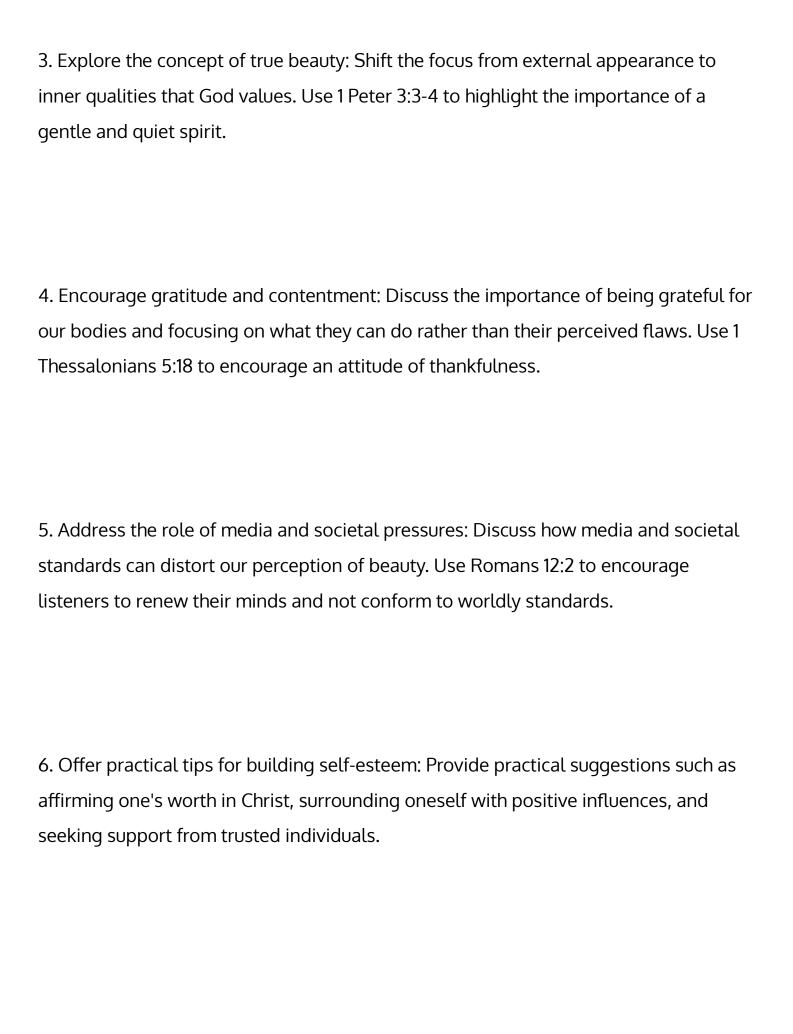
Matthew 6:25-34

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

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.



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.