

Study Guide for the Week of March 30, 2008

This study guide is designed to help you to become more familiar with the Bible. Study these passages on your own, with a friend, or with a group. If you or someone you know needs a Bible, please take one from under a chair in the Worship Center. They are there for you to take home and use! Sermon manuscripts are available at www.spwired.com.

Monday, March 31 – This week we'll look at scriptures that help us to look at our true inner identity, that of the image of God. We begin by looking at a passage that gives us direction on how to think about such things. **Read Romans 12:1-2.** What does it mean to make your body a living sacrifice? Why is the renewing of our minds important especially in the face of what we're bombarded with in the media today? **Read Colossians 2:8.** How does this passage speak to the distortions of the truth we encounter in our world? **Read and memorize Psalm 139:13-14.** How does this passage inform your view of your true beauty?

Tuesday, April 1 – **Read Genesis 1:26-31.** This is a passage about creation. What does this say God's view of creation is? How does that view of creation get distorted? What does it mean that human beings are created in God's image? **Read Genesis 2:25.** What does this passage tell us about body-image?

Wednesday, April 2 – **Read 1 Peter 3:3-4.** Notice that his passage doesn't forbid wearing jewelry or nice clothing, it simply teaches us that true beauty does not come from these outward things. What does this passage say is the source of true beauty?

Thursday, April 3 – **Read Philippians 4:8.** This passage can work like a truth grid for us when we begin to think in distorted ways. When those thoughts pop in your mind saying, "You are so fat," you can respond with, "Wait, that's not true." "You are so ugly. Wait, that's not right." "You'll never turn anyone on with a body like that. Wait, that's not pure." "Oh, I wish I could look like that. Wait, that's not admirable." Try memorizing this passage to be a truth grid you carry with you at all times.

Friday, April 4 – **Read Colossians 3:12-15.** This is a beautiful passage about what is truly important to wear. What does it mean to clothe ourselves in the things this passage describes? How might your self-image be different if you clothed yourself in these things? How might other people's perceptions of you be different?