



*In His Image:
Discover Your True
Identity*

A Bible Study

*By
Cheryl Lacey Donovan*

In His Image: Understanding Your True Identity
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One of our biggest barriers as human beings is self perception. Our image determines everything we do. That image can either be honoring or dishonoring based on our observations.

How can having a poor self perception be a barrier to your relationship with God and others?

List some false perceptions that you have about yourself.

List some positive qualities about yourself that exhibit God's goodness

We are all on a quest for a limitless love. We hunger for the confidence and inner sureness that love can give. We are on a quest to find who we are, but we can't see who we are without a mirror. Unfortunately, the mirror we most often choose to use is the mirror of other people's reactions.

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Read Psalms 8:1-9

What does Psalm 8 say God has done for you?

How do you know you have worth?

People all around us spend their entire lives looking for ways to validate themselves through job security, job titles, or by identifying themselves with a certain group, racially, ethnically, or otherwise.

In this way, we identify ourselves on a human scale in the mirror of people's love and approval; therefore, we remain vulnerable, easily upset, and emotionally unstable. This lack of true identity is often the source of many of our problems as it manifests itself through hostility, guilt, anxiety, rationalization, or denial.

We cannot enjoy the reality of our true identity and worth because we do not have intimate knowledge of the One who created us. Therefore we are doomed to "lookin' for love in all the wrong places."

We must find our confidence as a person in the love of God and a healthy Biblical self image.

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Read Romans 12:3

A healthy self esteem means having the right image: not thinking too little of ourselves nor overestimate ourselves.

The key to an honest, accurate evaluation is knowing the basis of our self image; our identity in Christ. Apart from Him, we aren't capable of very much by eternal standards. In Him, we are valuable and capable of worthy service. Evaluating yourself by worldly standards of success and achievement can cause you to think too much about your worth in the eyes of others and thus cause you to miss your true value in God's eyes.

You see in God's eyes, there is no condemnation for those who are in Christ. The Bible says you are special.

Humans alone have the image of God. Being in His image gives us the ability to love, to think, and to make moral decisions.

Read Matthew 10:29-31

What does this passage mean to you?

Jesus said that God is aware of everything that happens even to sparrows and you are far more valuable to Him than the sparrow. You are so valuable God sent His only son to die for you. Because God places so much value on you, you were **set a little lower than the angels**; you need never fear personal threats or difficult trials. These can't shake God's love or remove His Spirit from you. But this doesn't mean God will take away all your troubles. The real test of value is how well something holds up under the wear, tear, and

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abuse of everyday life. Those who stand up for Christ in spite of their troubles truly have lasting value and will receive great rewards.

You were created of great value. You are not nothing, God cares for you greatly.

Read Matthew 6:36.

How are you unique among God's creations?

Your value is not something you created but a value derived from God. A buyer determines the value of an item- God exchanged His own Son for us demonstrating our value to Him. This should lead you to a place of tremendous humility.

Read John 3:16

Read Jeremiah 31

Read 1 John 4

How does God show you your value to Him in these scriptures?

How is Jesus' Sacrifice on the cross important in displaying your personal worth?

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You are unique. Out of everyone alive, there is no one like you. As a consequence of seeing ourselves rightly, we can also see others rightly.

The truest thing about you is what God has to say.

Why is the Bible so important in determining our self perception?
