

## HEALING AND RESTORATION | YOUR SELF-IMAGE AFFECTS YOUR DESTINY

### LESSON NOTES

1. You will never outgrow warfare, you must simply learn to \_\_\_\_\_
2. You will not be judged according to what you do, you will be judged according to what you were \_\_\_\_\_.
3. Your self-image is simply a \_\_\_\_\_ that you carry around for yourself.
4. If you have a poor self-image, you will \_\_\_\_\_ be confident enough to do what God has put you on on earth to do.
5. You \_\_\_\_\_ in a manner consistent with how you see yourself.
6. Why would you have a \_\_\_\_\_?
  - Words that have been spoken over you
  - Abandonment by parents or by a spouse
  - Divorce
  - Abuse - physical, verbal, emotional, or sexual
  - Rejection
  - Being compared to others
  - Turmoil in the home
  - Marriage rejection or unfaithfulness
  - Rape
7. If you don't value yourself, \_\_\_\_\_ will either.
8. Satan is after your self-image. He is the \_\_\_\_\_.
9. \_\_\_\_\_ of having a poor self-image:
  - Eating disorders
  - Teenage pregnancy
  - Depression or mood-swings
  - Suicidal thoughts or actions
  - Criminal or violent behavior
  - Victimization
  - Drug and alcohol abuse
  - Spousal abuse
  - Poor job performance
  - Divorce, repeatedly failed relationships
  - Anxiety or turmoil
  - Focusing on the negative

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- Unable to accept compliments
- Overly concerned about what others think
- Unable to take on challenges
- Quitting
- Controlling
- Needy
- Success driven
- Need for validation and recognition

10. Jesus came to set you free from\_\_\_\_\_.

11. Recovery takes \_\_\_\_\_—but when God restores, He goes for \_\_\_\_\_.

12. What I'm saying to you today—get \_\_\_\_\_ back.

13. \_\_\_\_\_ for yourself privately. You must know that God loves you so much.

14. Your relationship with God will never be the number one factor in producing confidence in your life.

15. God's \_\_\_\_\_:

- Covers a multitude of sins
- Casts out fear
- Never fails

16. God wants to \_\_\_\_\_ your image from the inside out.

17. Set a new goal for yourself—you \_\_\_\_\_ spend time with God.

### REVIEW

- Number 1: Satan is your identity-thief.
- Number 2: Know God for yourself, privately.

1. God \_\_\_\_\_ just the way you are.

- Number 3: God has chosen you—no matter what.

2. God will \_\_\_\_\_ you in the midst of people who don't even like you.

3. God never \_\_\_\_\_ pain.

4. Your most effective ministry will come out of your deepest \_\_\_\_\_.

5. God can use \_\_\_\_\_ about your to fulfill a call of God on your life.

- Number 4: Know how to \_\_\_\_\_ about yourself.

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6. Hear the \_\_\_\_\_.
7. You need to be \_\_\_\_\_ about what you allow in your mind.
8. You need to get a \_\_\_\_\_ to hear the Word.
  - Number 5: Know how to \_\_\_\_\_ about yourself.
9. Stop talking \_\_\_\_\_ about yourself.
10. Avoid \_\_\_\_\_.
11. Start accepting \_\_\_\_\_.
12. Start \_\_\_\_\_ with God's Word about you.
13. Make a list of \_\_\_\_\_ that you begin speaking over yourself.
14. \_\_\_\_\_ is the key to change in every area of your life.

### REVIEW

- Number 1: Satan is your identity-thief.
  - Number 2: Know God for yourself, privately.
  - Number 3: God has chosen you—no matter what.
  - Number 4: Know how to think differently about yourself.
  - Number 5: Know how to speak differently about yourself
  - Number 6: You must know \_\_\_\_\_ to surround yourself with.
1. There may be \_\_\_\_\_ in your life that you need to let go of.
  2. Start declaring "Lord, \_\_\_\_\_ my will to Your will."
  3. \_\_\_\_\_ to obey God.
  4. God will never advance His instructions for your life beyond your last act of \_\_\_\_\_.
    - Number 7: You've got to know where you're \_\_\_\_\_.
  5. It is vital that you get a \_\_\_\_\_ for your life.
  6. How do you go after this big vision for your life? \_\_\_\_\_.
  7. Your destiny is a result of your \_\_\_\_\_.
  8. \_\_\_\_\_ have an assignment that God wants to fulfill.

## HEALING AND RESTORATION | **YOUR SELF-IMAGE AFFECTS YOUR DESTINY**

### **ACTION STEPS**

1. Review the seven action steps to improve your self-image daily this month and put them into practice:
  - Number 1: Satan is your identity-thief.
  - Number 2: Know God for yourself, privately.
  - Number 3: God has chosen you - no matter what.
  - Number 4: Know how to think differently about yourself.
  - Number 5: Know how to speak differently about yourself.
  - Number 6: Know who to surround yourself with.
  - Number 7: Know where you are headed.
2. Make a list of positive declarations. Speak them over yourself every day.
3. Determine one habit that you need to change, and one that you need to start. Put your new habits into action this month.