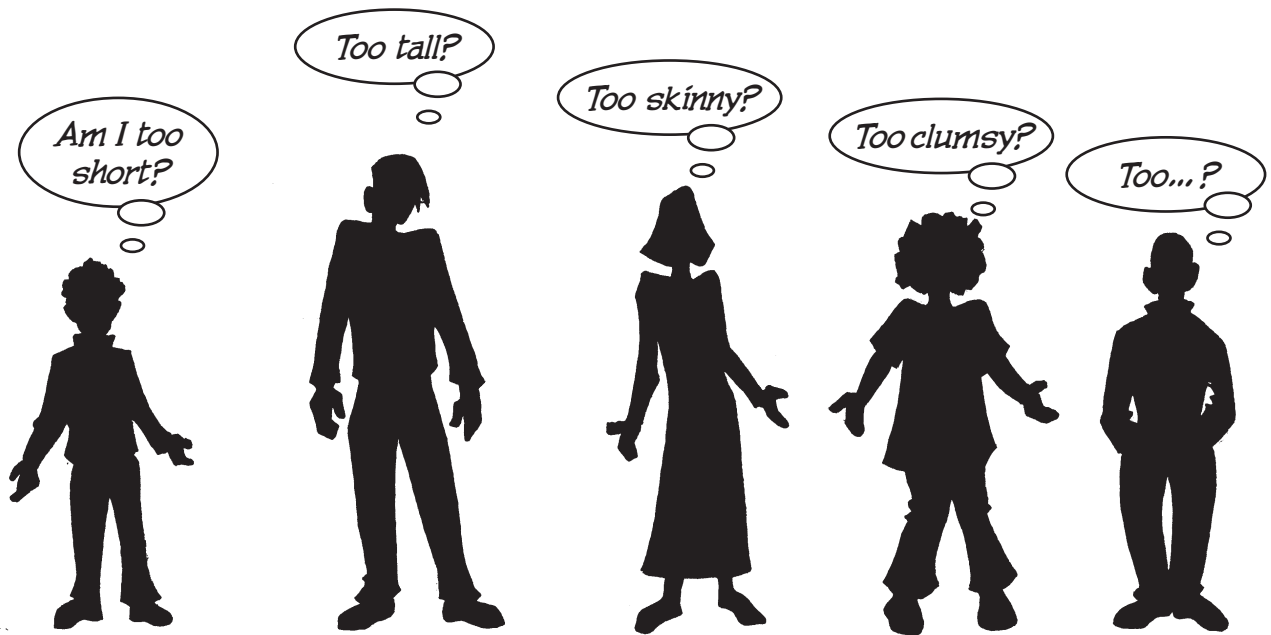


WHAT IS “HEALTHY BODY IMAGE”?



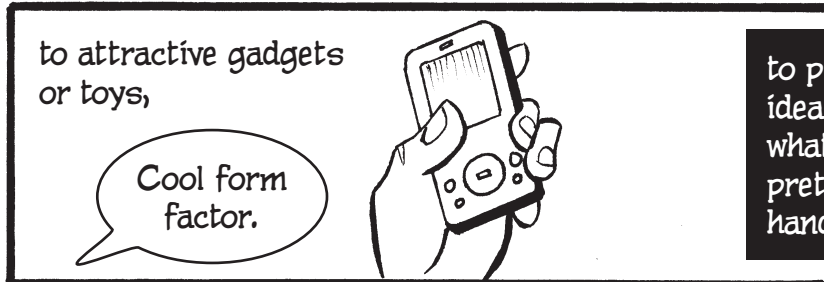
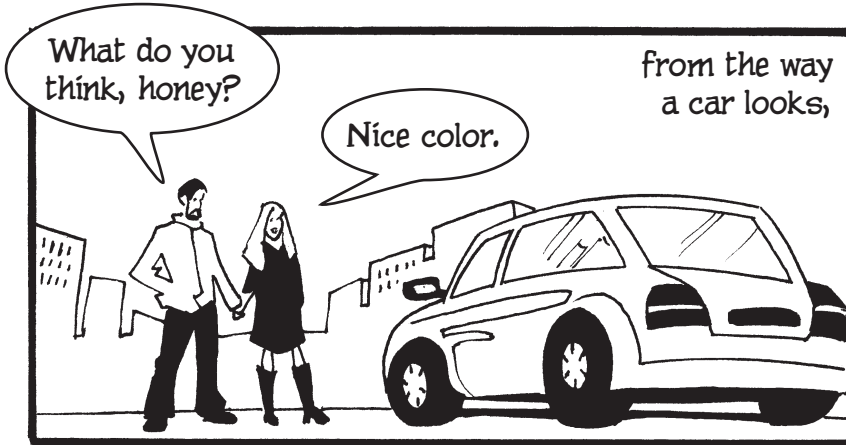
If you have ever had such thoughts, you're not alone. People of all ages think about their body type and question the way they are.



THE WAY YOU SEE YOURSELF IS REFERRED TO AS “BODY IMAGE.”

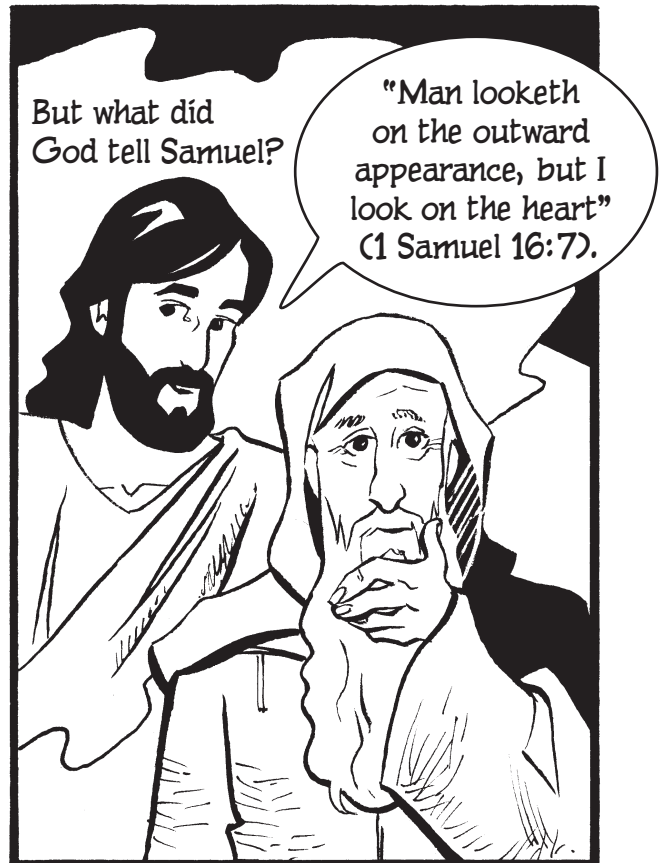
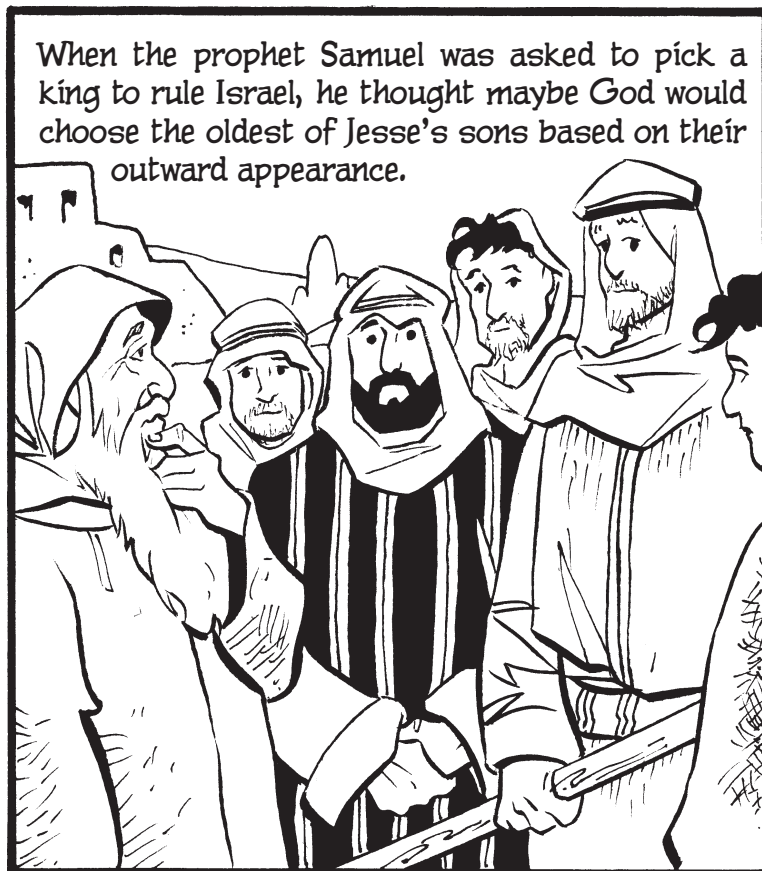


IT'S THE NATURE OF HUMANS TO BE PREOCCUPIED WITH THE PHYSICAL APPEARANCE OF JUST ABOUT EVERYTHING,



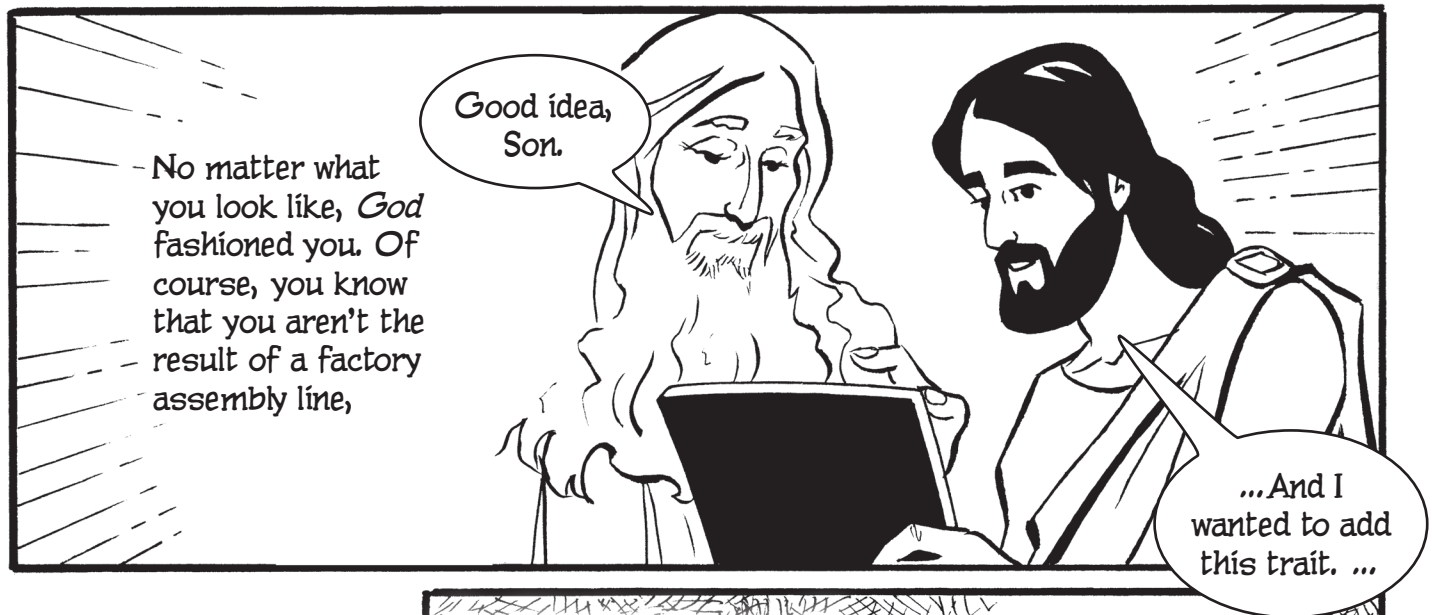
to popular ideas of what is pretty or handsome.

WHEREAS IT'S THE NATURE OF GOD TO FOCUS ON THE REAL YOU –YOUR SPIRIT, YOUR HEART, AND YOUR THOUGHTS.



For the full story of God leading Samuel to one of Jesse's sons to be anointed as the king of Israel, read 1 Samuel 16:1-13.

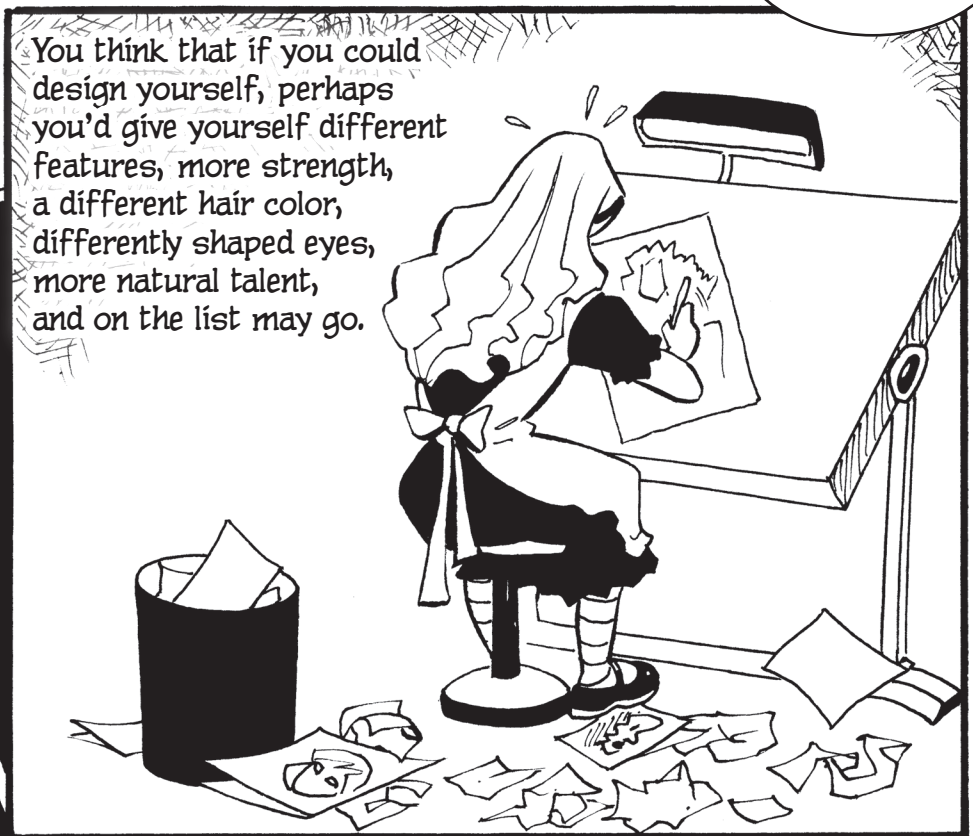
WHAT DOES IT MEAN TO HAVE A HEALTHY BODY IMAGE?



yet sometimes you may wonder why you were made the way you are.



You think that if you could design yourself, perhaps you'd give yourself different features, more strength, a different hair color, differently shaped eyes, more natural talent, and on the list may go.

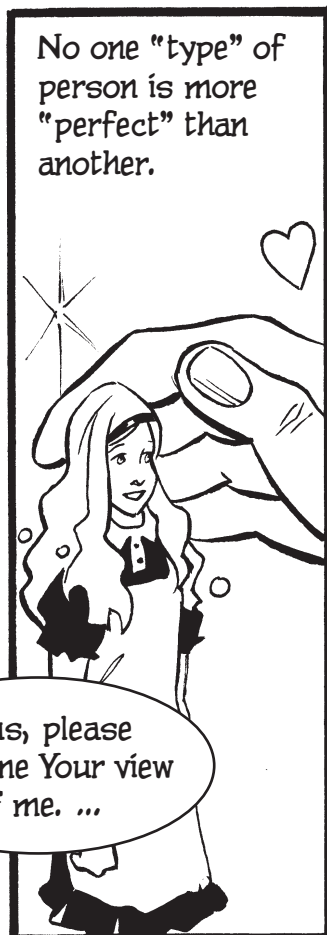


But if God didn't want you to look the way you look, He could have chosen a different race, different features, and a different set of circumstances.



HOW YOU ARE IS A PART OF GOD'S PLAN.

HIS DESIGN OF YOU IS PERFECT!



He made you, and everything He makes is beautiful because it was lovingly and perfectly crafted by His hand.



As long as you have done your part to take care of the body He has given you, you can claim contentment that you are just how *He* wants you to be.



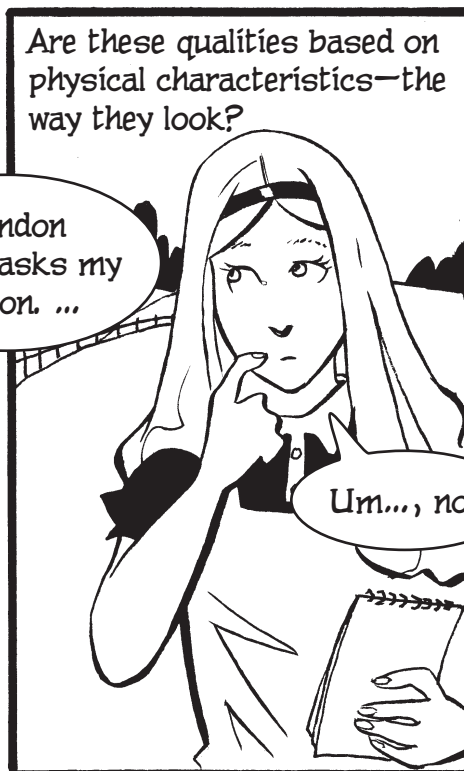
And that's ultimately what having a positive body image comes down to—seeing yourself as God's creation!

THINK ABOUT IT:

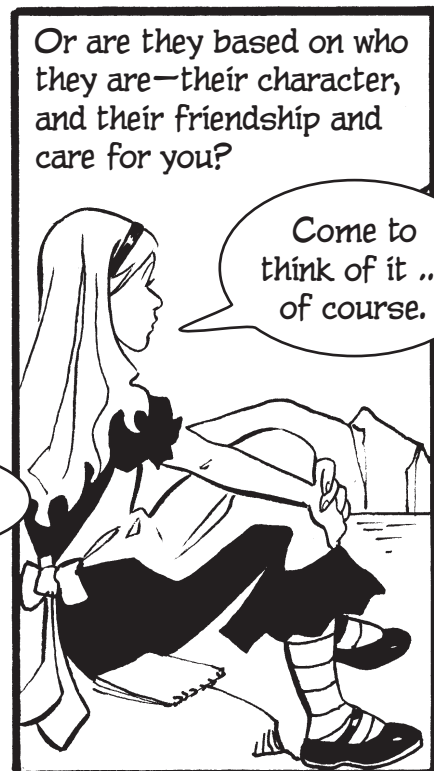
☐ Think about what qualities you like in your friends.



Brandon always asks my opinion. ...



Um..., no.



Come to think of it ... of course.

☐ Make a list of "greats" or heroes from history who you admire, not based on physical characteristics, but because of their lives of faith and their contributions to mankind.

S&S link: Character Building: Values and Virtues: Contentment-2b

Contributed by R. A. Watterson. Illustrations by Jeremy. Design by Stefan.

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