



## Coaching Tool:

Playboy Bunny Becomes Women's Advocate

The people around you and their opinions determine your value.	Vs.	God determines your value and can show you how He sees you.
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## Examples Of What The Enemy Wants You To Think:

- I must not be beautiful because I've never been told I was beautiful
- My family has to say I'm beautiful, because they are my family. That doesn't mean it's true.
- If others see that I am too tall/fat/skinny/short, etc. then it must be true.
- There is something wrong with my body.
- God made a mistake when He made me.
- Compared to others, I just don't measure up.
- I'll never look like a model, so I'm not good enough.
- If only \_\_\_\_\_ was different on my body, I'd be accepted and loved.
- I was just born ugly.
- Without physical beauty, I am nothing.
- If I'm not pretty/handsome enough, I'm worthless.

## God's Truth Says:

Everyone can choose to see their value through God's eyes by focusing on these three viewpoints:

1. Others' viewpoint:
  - a. Others see us through their own brokenness first. Sometimes they see us as being more than we really are because they've put us on a pedestal. Other times they don't see our value because they're hung up on their own list of value requirements that are based on superficial standards.
  - b. Their opinion is not definitive truth. How others see us has nothing to do with our intrinsic value as children of the Creator. What we look like, how smart we are, what we can do—these have nothing to do with our value in God's eyes.



- c. People can be hateful with their bullying or hurtful comments. Many times those answers are based in their own pain or insecurity and have nothing to do with you. Their words may be lies or intended to hurt.
  - d. "Death and life are in the power of the tongue." – Proverbs 18:21
  - e. Understanding that how others see you it is not your problem, helps you be free to ask God how He sees you.
2. Our viewpoint:
- a. We see ourselves through our own brokenness and other's brokenness. Our viewpoints have been obscured by decades of damage that's built up in layers. Like dark sunglasses, it can make it very difficult to have any clarity at all.
  - b. On our own, we are never enough. We always see flaws. Because we were born in "trespasses and sins," we are not capable of seeing the beautiful original design our Creator lovingly created us with. Because of Christ's blood, we have been washed clean. Now, we just need to see it.
  - c. If we've agreed with the world, we will not see clearly. The world around us blasts messages designed to show us we're not enough so that we will be consumers of all the solutions being sold to improve us. The marketing works, right? We are seeing ourselves through the marketing strategies of professionals instead of through the intrinsic value system God planned.
  - d. "Out of the abundance of the heart the mouth speaks." – Luke 6:35
  - e. Keeping your heart open to God and His viewpoint will help you see and speak from a heart that sees and appreciates your value and the value of others.
3. God's viewpoint:
- a. He sees us as His unique creation without comparison to others.
  - b. God has made each one of His children uniquely according to His plan. Cultures have different collective opinions about beauty, but God's determination is timeless without broken influences and opinions.
  - c. He sees us clothed in Jesus' righteousness.
  - d. "Lord, to whom shall we go? You have the words of eternal life." – John 6:68

### **Listen To This Song:**

Listen to Hey Girl by Nicole C. Mullen.



### **Questions To Help You Process This Concept:**

1. What are the messages you've received from friends, family, or bullies about your value? Did they align with God's valuation of you?
  
  
  
  
  
  
  
  
  
  
2. Have you ever accepted what others' have said about your body or value, even if it was a lie?
  
  
  
  
  
  
  
  
  
  
3. How have you reinforced the damaging viewpoints of others with your thoughts, words, actions, or self-criticism?
  
  
  
  
  
  
  
  
  
  
4. How has comparing yourself to others prevented you from seeing yourself clearly?



5. In what area have you insisted that God got it wrong when He made you? Have you ever considered that this is telling God that you know better than Him? (Read Job 38:4-11)

**Exercise:**

1. Watch this video: <https://youtu.be/Lcf29tDTTg0> of Nick Vujicic who has no arms nor legs.
2. Go stand in front of a mirror (Don't freak out. You will survive this.).
3. Put your hands on your head and thank God for giving you your head. (If this exercise makes you cry, then it's especially important that you complete it.)
4. Touch your face and thank God for designing your face.
5. Touch your lips and thank God for designing your lips.
6. Continue touching each area of your anatomy—thanking God for His design. Even the “flaws” or “mistakes” need to be included (God doesn't make mistakes. If we let Him, God will use every part of us for His glory.).
7. As we accept and thank God for creating us, part by part, we open the door to seeing ourselves through His eyes.