

Living by His WORD

SELF-IMAGE

steps for growth



This month, we will be sharing some thoughts on the process of how to change our self-image into His. **Gal 4:19** gives us a clear understanding of the necessity for an inward change that corresponds to the new spiritual condition that reflects the witness of Christ in us. (**Acts 1:8**)

1 Before change can take place in us, we must obtain a true, honest evaluation of our self. **Proverbs 27:19**, "As in water, face reveals face so a man's heart reveals the man". The word **heart** is a term used in the book of Proverbs to mean: the process of knowledge that has taken place in the mind, which projects who he is.

2 The next step would be to understand how knowledge is processed in our thinking. To make it simpler, I will list out what I call my "High Five" or how our mind processes knowledge; making up the heart of a person.

1. **Fixed beliefs:** the acceptance of something as true, a conviction
2. **Attitude:** to respond in a particular way, a disposition or the posture of a person.
3. **Expectations:** what do you expect

to happen or anticipate?

4. **Assumption:** the tendencies to take for granted what people say or do, this is the area that offenses come through.

5. **Perception:** a mental impression of what we believe (what we think we see) These five areas give us the basic understanding of how we process knowledge without a deep psychological evaluation. We know that we have attached knowledge to events and people in our lives, thus shaping how we see ourselves, others or circumstances.

3 This brings up the next step; who is responsible for the processing of this knowledge? As believers we are known to put the blame on God and not ourselves. The word "thinks" in Hebrew is **Sha'ar:** to open, to act as a gatekeeper. So you see, we are responsible for what thoughts we let in or out.

Before I gave my life to the Lord, the Bible was not the source for getting my life's information. If I did read the Bible, it did not provide discipline for my life or even the knowing of right from wrong. But after I was Born Again, I had no idea the Bible would be spiritual food for my inner man, causing real change for my life. John 6:63, Jesus said "My words (**Rhema**- Strong's #4487) are spirit and they are life. I like the Authorized Version Translation:

"It is the spirit that gives life, the flesh is of no avail; the words that I have spoken to you are spirit and life."

This means anything He has to say brings light to our spiritual being.

4 This brings up another step ... we need a helper! **Proverbs 20:27.** "The spirit of a man is the lamp of the Lord searching all the inner depths of his heart." I used to think it meant a location, but scripture says it is, the spirit of man, his human spirit. This is where the Lord brings His light to expel darkness. Or if I may say, things we have digested or eaten from this world. Before it goes to the part of the physical body or "our life", He exposes those things that might not be good for us: the things I let in or let out at the gate (my thinking or the things I "consume")

I need someone to help instruct me what to "eat" and what to stop "eating", because eventually it could destroy me. Someone greater must intervene in our thinking process. That's why God sent the Holy Spirit to live inside of us to instruct and be our mentor for the *benefit* of our outward man.

Our spirit had to be separated from our outer man, in order to regain his original position with God. **Rom 2:28, 29** and **2 Cor 5:17.** Next month we will learn how the Holy Spirit works in our inner man (spirit) to bring change in our thinking and our lives.

God Bless You,
Pastor Jann

