



Quick Backdrop

Have you ever looked in the mirror first thing in the morning and let out a shriek? Where did that giant pimple come from in the middle of your chin? For some of us we struggle every time we look in the mirror (if we are honest.) Maybe you pray every night for God to make you taller and that reflection in the mirror is just a sad reminder that no growth spurt has happened quite yet. Perhaps, you wish you were a little skinnier, or your hair was less curly. Or maybe you think your nose is too big or your teeth are too crooked. Our mirror can become a place where we reflect on all the things we don't like about ourselves. The problem with this is that we forget what God sees when He looks in that mirror with us.

1 Digging In (God, Show Me!)

When we have a relationship with Jesus He doesn't see all of our flaws in the mirror. In Genesis 1:27, before we learn anything else about Adam or Eve, we are told that God made them in His image. He wanted them to know they were His reflection created to be in relationship with Him. We know the story and that sin messed that up. It also messed up the way we see ourselves.

As you read the passage below, make special note about any words that describe God's actions. You may want to print the passage out and underline those words.

Then note words that refer to God and Christ (don't forget words like he, him and himself). If you print out, circle these words.

Finally, when you see the word, "us" replace it with your first name. (For example God loved *Nathan*.)



Ephesians 1:4-5 (NLT)

Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.

Fold or Cut

To help internalize this passage, respond to these questions/exercises:

Read the passage again, but this time read it out loud using your name instead of the word "us."

Look again at the words you underlined. These are all action words that describe what God thinks of you. (The words you circled.) What do the words you circled say about how God thinks of you?

What's your first reaction to the idea that we are adopted into God's family?

Did God have to do any of these things? Why or why not? What appears to be His motivation?

2 Taking It Inward (God, Teach Me!)

When we look in the mirror our focus is often not on who God created, but instead we spend time picking apart what we don't like. It's hard to look in the mirror and not focus on what we think is wrong. Yet, do you see what God says in our verse today? Before He ever made the world He already loved us! Before anything else He wanted us to be in a relationship with Him, actually to be part of His family. When you came into a relationship with Jesus, He adopted you as HIS CHILD. Think on that for a moment. You are God's kid.

Grab a piece of paper. At the top of the paper make two columns. Label one column, "My View of Me," and the other, "God's View of Me." Take some time to be quiet (and honest) and make a list of all of the things you don't like about yourself and put that under the column, "My View of Me."

Now look again at Ephesians 1:4-5. In the other column under "God's View of Me" write out what the passage says about how God sees you or what He does for you.

How does it change the way you see yourself when you know that God WANTS you and CHOSE you?



3 Seal the Deal (God, Change Me!)

It takes time to look in the mirror and see something beyond our faults. We have to intentionally ask the Lord to help us see ourselves through His eyes. We need to remember the truth of what God thinks of us. This is the only way we can overcome the desire to scowl at that person we see reflected in the glass. So, let's try an experiment. Do these two things today that will help you see what God sees when you look in a mirror.

1. **For the whole day every time you look in a mirror, or even see a mirror, pray this prayer, "Lord will you help me see what you see when you look at me. I want to see myself through your eyes."**
2. **Write a note to yourself that says, "Even before he made the world, God loved ME and chose ME in Christ to be holy and without fault in his eyes." Put the note in a prominent place where you will see it regularly.**

Take those words to heart today.

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