

## **JESUS, BEAUTY AND BODY IMAGE**

### **Romans 12: 1- 2**

#### **Let's please God with our bodies!**

1. *by breaking free of the Beauty Myth*

- The Beauty Myth creates subjective & narrow definitions of beauty
- The Beauty Myth is literally an illusion.
- The Beauty Myth is an idol which makes false promises.

2. *by being renewed in our thinking about beauty:*

- looking at others differently: Proverbs 16: 31
- being transformed as we gaze at Christ, 2 Corinthians 3: 18
- accepting our bodies as God's gift and care for them appropriately Ephesians 5: 29
- nurturing outward modesty and inner beauty - 1 Peter 3: 3-5a, 1 Timothy 3:9-10.

#### **Further help:**

*Eve's Revenge: Women and a healthy Spirituality of the Body* Lillian Callas Barger\*

*Wanting to be her: Body Image Secrets Victoria won't tell you,* Michelle Graham\*

\*Christian authors

*A Return to Modesty: Discovering the lost virtue,* Wendy Shallit

*The Beauty Myth; How images of Beauty are used against women.* Naomi Wolfe

Helpful websites for those struggling with eating disorders: [www.anorexiabulimiare.com](http://www.anorexiabulimiare.com)  
[www.nicholastonhouse.org](http://www.nicholastonhouse.org) [www.helenawilkinson.co.uk](http://www.helenawilkinson.co.uk). See also the information on the Eden website, [www.eden-baptist.org](http://www.eden-baptist.org), on both eating disorders and pornography, including *Twelve steps to break free from sexual sin.*