



SESSION 3

To view the video for this session, go to <http://ariseministries.net/whodoyousee>

When we embrace an identity formed out of our own mirror, it will always be defective. The same is true when we accept the world's mirror as the foundation of our belief system. In this session, Shelley taught that when we compare ourselves to others and what society says is normal, we're looking at ourselves through the world's mirror. Instead of taking control and rejecting the distorted messages, we let it dictate our worth. Let's see what the Bible has to say about that.

1. The world's mirror is about approval. When we use this mirror, we don't feel positive about ourselves unless we have the approval of others.

Look at the list of worldly influences below. Circle the ones that affect the way you view yourself.

the media

society or cultural beliefs

our work place

our family

our friends

our teachers

2. When we look in the worldly mirror, we compare ourselves to how others look, what they wear, what they drive, who they married, where they live, or how their children behave. This comparison leads to unhappiness.

Write down a couple of examples of times you compared yourself to someone else. What was the impact of the comparison?

3. In this mirror we seek our purpose and identity from the world's treasury by trying to attain success, beauty, wealth, and the approval of others. These rewards may fulfill us temporarily, but they lead us to need to be approved of again and again and again. When have you felt the need to be approved of continually?

4. From the video, what stood out to you about the Dove example? What did you learn from it?

5. God warns us about the world's standards in **Colossians 2**. Write the scripture in your own words.

Colossians 2:8 - See to it that no one takes you captive through philosophy and empty deception, according to the tradition of men, according to the elementary principles of the world, rather than according to Christ.

6. Only if we compare our lives to the life of Jesus Christ and the truth of His teachings can we know how closely we measure up, or how far we fall short. Compare yourself to Christ and what He says not to your Bible study teacher or your neighbor or Hollywood. What are some ways you can compare yourself to Christ?

7. Consider the principles of **2 Corinthians 10:5** - *We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

Now let's break down the verse. For each statement explain what it means; then list one way you can practice it in your own life.

We demolish arguments and every pretension that sets itself up against the knowledge of God –

We take captive every thought to make it obedient to Christ -

8. The key to rejecting the world's mirror is to recognize the falsehoods contained within it and replace them with the truth.

What are some ways to recognize negative thoughts?

How do we nab the wrong messages and replace them with the truth?

Give one example that will help you daily.

9. Encounters that cause our self-image to dwindle can begin with a word, a look, a rejection, a deep hurt. Just as an air filter can trap the bad particles we don't want to breathe, a spiritual filter can help keep the bad of the world out of our thoughts. But without a filter, all the gunk sticks. Our filter is God's Word and the Holy Spirit.

How can you use GOD'S Word as a filter?

How can you utilize the Holy Spirit as a helpmate in catching all the gunk?

10. This week contains another challenge: Anytime you find yourself comparing your life to others, identify it, and replace it by stating one of your blessings. List below a few times you've done that this week.

Father, too often I am concerned with the opinions of other people rather than focusing on what You say about me. It leaves me empty and unhappy. Teach me to press into You and allow You to shape my thinking. Remind me that comparison will only serve to produce disappointment and unhealthy thoughts. Let Your truth be reflected in my thoughts. Amen.

Notes for Thrive Group Discussion:

1. Briefly share your thoughts on the video.
2. Briefly talk about spiritual concepts you learned.
3. Discuss the questions marked with *. If time allows, share answers to other questions from the study.
4. Share with your group a choice you need to make that will honor God.
5. Consider practical ways to find accountability with these truths.

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