



## Reflecting on Our Image Plan



This session could follow one on 'What is God Like?' or 'Is My Self-Image Built on Sand?'

### Aims

Who or what do we reflect?

To look at what it means to be made in the image of God.

To see how this can influence our own self-image

### Key Verse

So all of us... can see and reflect the glory of the Lord. And... he makes us more and more like him as we are changed into his glorious image. 2 Corinthians 3:18 NLT

### Bible verses:

Genesis 1:26-31; Genesis 2:7; in God's image; breath of life

James 1:18 most prized possession; Ephesians 2:10 God's masterpiece

Genesis 6:5 humans so wicked, it caused God much pain

Romans 3:12 & 23;

John 3:16 God' so passionate about the planet

1 Peter 1:18-19 bought with the precious blood of Jesus

Ephesians 1:4-5 God decided ... adopt us into his own family

Philippians 2:5-11 be as humble as Jesus – special but not big-headed

**Resources** – *select* from below and prepare beforehand

- Find a few items that show a reflection such as mirrors, tin foil, shiny paper etc.
- Collect some pictures which show reflections, or use our PowerPoint '*Reflections*'.
- Show 'Near Perfect Reflection', 27 seconds <http://www.youtube.com/watch?v=wARB2COiwZc>
- Take some photos and distort them e.g. use 'artistic effects' within PowerPoint
- Find a Video clip e.g. Ice Age 2: The Meltdown
- Write Bible verses relating to image and value on card, or use the PowerPoint or use Bibles
- Use our PowerPoint '*Reflecting on our Image*' to sum up the Bible teaching on this.
- Find some music such as 'Before the Throne of God I Stand' or 'Turn Your Eyes upon Jesus' as per the CD Newsboys: Shine: track 13 Where You Belong / Turn Your Eyes upon Jesus

### Starters

#### Food link/Creative activity: Shaped biscuits

Using fun shaped biscuit cutters, make some biscuits in the shape/image of something, either in the session or beforehand to give out. Chat about how something can look like something but not be that thing.

**Reflections activities:** choose from –

- Find a mirror and other reflective surfaces such as tin foil, shiny paper etc.
- Collect some pictures which show reflections, or use our PowerPoint on this.
- Show some distorted images of people and let them guess who they are.

### Discuss reflections

- What do we mean when we say that something is an image?  
Something which gives an accurate picture of the original but is not quite the same as the original. It doesn't have the same depth but it can be lovely in its' own right.
- Which surfaces show an image the clearest?
- What differences are there between the real you and your reflection?

### Funfair mirrors

- Does a funfair mirror show what we really look like?
- Does any mirror?

Sometimes an image can become so distorted it can be difficult to see what the original was like. We tend to use a range of different mirrors – mostly comparing ourselves with other people.

- Are you ever going to see a true reflection of yourself or what you are meant to be like, by comparing yourself with other people?

### Ice Age 2 DVD clip of Ellie the Possum-Mammoth 08 0:22:15 – 10 0:26:00 (5 mins)

#### Have we forgotten?

- What does Ellie believe that she is? Why?
- How does she discover her true identity?

So Ellie the mammoth had grown up with possums and therefore is convinced that she is a possum; she has completely lost sight of what she really is! This is rather like us.

To discover our true value, we first need to ask '**Who** has the right to decide this?'

At creation Adam and Eve were amazing - brilliant, beautiful people. Adam was much like Jesus, but without the supernatural qualities. In the Bible it says "Adam was like the One who was coming in the future." Romans 5:12. This was before evil entered the world.

Many people, even Christians, have lost sight of what it means to be made in the image of God. So what do we think it means? In what ways are we made in the image and likeness of God? We know that we inherited some of God's characteristics but which ones?

#### Discussion: In What Ways Do We Reflect God?'

In what ways are we like him or partly like him?

If your group needs a structured approach to this, there is a chart on our website called this but it's good to encourage them to think it out for themselves. The leaders notes may help.

#### Extra

- What does 1 Corinthians 13:4-7 show us about how we can reflect God?
- If all people are created in the image of God, do you think we can say there is beauty in all people?
- What does it mean for society if we believe that everyone is created in the image of God, nor just certain groups?

#### What are we worth? Let's look at some Bible verses

Use the '*Reflecting on our Image*' PowerPoint, or to keep it short and simple, just use the verses below, perhaps written out on cards:

✚ Positive verses such as  
Genesis 1:27 + Genesis 2: 7b + Romans 5: 7-8 + 1 Peter 1:18-19 = priceless

✚ Negative verses such as  
Genesis 2: 7a + Genesis 6: 5 + Romans 3:12 + Galatians 5:19-21 = worthless

What can happen when our self-esteem is too high?

- We become arrogant, conceited and self-righteous.
- We may also treat others with contempt, forgetting that their value before God is the same as ours. (Proverbs 27:21)

What can happen when our self-esteem is too low?

- We may feel inferior to others, inadequate, insignificant, useless, or even depressed.
- We may find it hard to believe the promises of God or to develop the gifts he has given us.

### Life Application

So - we are made in the image of God but we don't live up to that. We are both worthless and priceless. We need to keep these 2 facts in balance as far as possible.

Like Ellie, we need to look in the right mirror – Jesus - in order to discover our true value

If we stay focused on Jesus rather than ourselves, our self-image should be nice and balanced.  
(Philippians 2:5-11).

We are valuable because God has valued us.

If we allow God to work in our lives we will become more and more like the beautiful people we were created to be.

**Near Perfect Reflection:** <http://www.youtube.com/watch?v=wARB2COiwZc> (27 seconds)

### Spiritual reflection and Prayer (5-10 min)

Quieten the atmosphere for prayer & reflection, maybe using dimmed lighting or a candle.

Choose a reflective song to play such as 'Turn your eyes upon Jesus'. Newsboys have done a modern arrangement of this. Below is a second verse that we sang at my home church.

Turn your eyes upon Jesus	Keep your eyes upon Jesus
Look full in his wonderful face	Let nobody else take his place
And the things of earth will grow strangely dim	So that hour by hour you may know his power
In the light of his glory and grace	'Til at last you have run the great race

Words & music: H.H. Lemmel 1922