

## Self – Acceptance, “Mirror, Mirror”

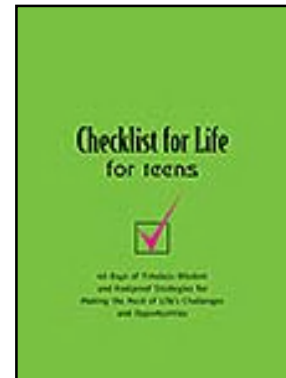
To begin with scripture, the book of Psalm, chapter 139:

I thank you, High God—you’re breathtaking!  
Body and soul, I am marvelously made!  
I worship in adoration—what a creation!

This verse and chapter is often used in the matter of human life – the value of human life, both born and unborn.

When I think of the title, “Mirror, Mirror”, the first thought is the story of Snow White (Disney) where the wicked queen stands before the mirror and says, “Mirror, Mirror on the wall, who is the fairest of them all?” What is true is that mirrors do not tell the truth; **a mirror shows the surface only**...and not the heart, mind and soul.

The real beauty of a person is found in this deep, inner part of their being. We are prone to look at the surface – and to compare our physical appearance with others – but this habit or tendency is a mistake. To look at the surface only is to be deceived into believing that physical appearance – as compared with others – is all that matters; **but there is so much more.**



This devotion reminds us that “it is true: you are made in the image of God...”  
With the truth comes your reaction:

- ☹ You can either be angry because you don’t want to be made in his image...
- ☺ Or, you can be grateful to God because he loves you – and cares so much...

**God has the habit of helping those who need help.** You can look around and wonder about this statement or claim; after all, the world has much despair and loss because of any variety of circumstances and conditions imposed on people...by people. It is also true that we live in a *fallen world*; and as I’ve explained in the writing, “Mind & Heart”, people have “freewill” and can bear *bad fruit* – or do bad things. Sometimes people do bad things to good people; and the evidence of that is seen in our lives, families, countries...and world! Even in this *fallen world*, God is present – and is ready and able to help those who cry out by faith. Yes, God is working in this *fallen world* by transforming lives...and preparing the world to receive Christ.

If you can accept by faith that God is helping...and is preparing, then perhaps you can *move* beyond the “surface” – as reflected in the mirror; and begin to see (and appreciate) the inner part of your being...created in the image of God.

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The word, “mirror” is key however, as our individual lives can mirror or reflect Christ. From “Mind & Heart”, the ability to mirror Christ begins by faith; yes, faith that God loves you and has made you in his image...

In this faith comes salvation – or the acceptance of Christ as savior – or the one who died for our sins and, thus, is able to forgive us of our sins. When this salvation occurs, the soul begins the journey as a “new creation”...the ability to mirror Christ.

“Checklist for Life” recommends that you try this:

Just for today, try thinking about yourself as a new creation. Turn the Golden Rule back on yourself: **Do unto yourself and you would have others do unto you!** Be good to yourself by refusing to believe that you are you’re anything less than terrific. Surround yourself with those friends that make you feel special and significant. Don’t even try on the victim role. Laugh when the “mirror” tries to tell you you’re not the fairest – or handsomest – one of all.

It may sound like a vain proposition, but consider that most teens struggle with self-esteem; few **truly have an over-inflated opinion of themselves.**

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### Assignments (Try it, you like it!)

#### Please try to do these:

- Believe that you are wonderfully made
- Be thankful, or grateful, for the unique features God has given you
- Base your self-image on the image of God (not other people...)
- Surround yourself with friends who accept you as you are – and not those who attempt to use or manipulate you for their gain or entertainment
- Understand that your friends are also special to God
- Think positive thoughts...
- Question the doubts and negative feedback from the figurative mirror



#### Things to Do:

- ✓ Thank God for the way he made you
- ✓ Read Psalm 139...and think deeply about it
- ✓ Make a list of your good features and ask for help if possible
- ✓ Catch yourself doing something right today
- ✓ Remember that you are made in the image of God
- ✓ Ask God (pray) to show you how you can accept yourself completely...



#### Things to Remember:

Martin Luther said: “God does not love us because we are valuable. We are valuable because God love us. “

Peter, one of Jesus’ disciples, said in 1 Peter, chapter 3: “**Cultivate inner beauty**, the gentle, gracious kind that God delights in. “