



HEALING AND RESTORATION | YOUR SELF-IMAGE AFFECTS YOUR DESTINY

LESSON NOTES

1. You will never outgrow warfare, you must simply learn to _____
2. You will not be judged according to what you do, you will be judged according to what you were _____.
3. Your self-image is simply a _____ that you carry around for yourself.
4. If you have a poor self-image, you will _____ be confident enough to do what God has put you on on earth to do.
5. You _____ in a manner consistent with how you see yourself.
6. Why would you have a _____?
 - Words that have been spoken over you
 - Abandonment by parents or by a spouse
 - Divorce
 - Abuse - physical, verbal, emotional, or sexual
 - Rejection
 - Being compared to others
 - Turmoil in the home
 - Marriage rejection or unfaithfulness
 - Rape
7. If you don't value yourself, _____ will either.
8. Satan is after your self-image. He is the _____.
9. _____ of having a poor self-image:
 - Eating disorders
 - Teenage pregnancy
 - Depression or mood-swings
 - Suicidal thoughts or actions
 - Criminal or violent behavior
 - Victimization
 - Drug and alcohol abuse
 - Spousal abuse
 - Poor job performance
 - Divorce, repeatedly failed relationships
 - Anxiety or turmoil
 - Focusing on the negative



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- Unable to accept compliments
 - Overly concerned about what others think
 - Unable to take on challenges
 - Quitting
 - Controlling
 - Needy
 - Success driven
 - Need for validation and recognition
10. Jesus came to set you free from_____.
11. Recovery takes _____—but when God restores, He goes for _____.
12. What I'm saying to you today—get _____ back.
13. _____ for yourself privately. You must know that God loves you so much.
14. Your relationship with God will never be the number one factor in producing confidence in your life.
15. God's _____:
- Covers a multitude of sins
 - Casts out fear
 - Never fails
16. God wants to _____ your image from the inside out.
17. Set a new goal for yourself—you _____ spend time with God.

REVIEW

- Number 1: Satan is your identity-thief.
 - Number 2: Know God for yourself, privately.
1. God _____ just the way you are.
- Number 3: God has chosen you—no matter what.
2. God will _____ you in the midst of people who don't even like you.
3. God never _____ pain.
4. Your most effective ministry will come out of your deepest _____.
5. God can use _____ about your to fulfill a call of God on your life.
- Number 4: Know how to _____ about yourself.



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6. Hear the _____.
7. You need to be _____ about what you allow in your mind.
8. You need to get a _____ to hear the Word.
 - Number 5: Know how to _____ about yourself.
9. Stop talking _____ about yourself.
10. Avoid _____.
11. Start accepting _____.
12. Start _____ with God's Word about you.
13. Make a list of _____ that you begin speaking over yourself.
14. _____ is the key to change in every area of your life.

REVIEW

- Number 1: Satan is your identity-thief.
 - Number 2: Know God for yourself, privately.
 - Number 3: God has chosen you—no matter what.
 - Number 4: Know how to think differently about yourself.
 - Number 5: Know how to speak differently about yourself
 - Number 6: You must know _____ to surround yourself with.
1. There may be _____ in your life that you need to let go of.
 2. Start declaring "Lord, _____ my will to Your will."
 3. _____ to obey God.
 4. God will never advance His instructions for your life beyond your last act of _____.
 - Number 7: You've got to know where you're _____.
 5. It is vital that you get a _____ for your life.
 6. How do you go after this big vision for your life? _____.
 7. Your destiny is a result of your _____.
 8. _____ have an assignment that God wants to fulfill.



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ACTION STEPS

1. Review the seven action steps to improve your self-image daily this month and put them into practice:
 - Number 1: Satan is your identity-thief.
 - Number 2: Know God for yourself, privately.
 - Number 3: God has chosen you - no matter what.
 - Number 4: Know how to think differently about yourself.
 - Number 5: Know how to speak differently about yourself.
 - Number 6: Know who to surround yourself with.
 - Number 7: Know where you are headed.
2. Make a list of positive declarations. Speak them over yourself every day.
3. Determine one habit that you need to change, and one that you need to start. Put your new habits into action this month.