



HOME CELL TEACHING

DISTRICT 1, 2, 3, 4 & 5

08th September 2010

WELCOME

Warmly greet each other and enjoy an icebreaker of your choice.

WORSHIP

During your worship time allow time for the Holy Spirit to use people in the gifts of the Spirit
eg: Tongues and interpretations of prophecy; be sensitive to what the Holy Spirit is showing you concerning the needs of the people and what you need to do.

Encourage the people to exercise the gifts of the spirit.

OFFERING

Do an offering of your choice, delegate someone for next week.

NB: Remember to share with your people the purpose of **cell offering**. It is used to meet the needs of the poor in our communities.

WORD

Reach one for Christ - are you reaching one for Christ. Who is your one?

GOOD IMAGE

We want to talk about having a good, Godly image of ourselves

1. Image is an inward picture that we have painted of ourselves; that say's that who I am, = that's your self image.

a) **Image / outer image**

Outer image is what we want other people to think who we are: (It's the way other people see you.)

Cosmetic Industries: Has become a giant industry in the world.

Genesis 1 v 26 to 28

So God made man in His likeness, (like Himself), Adam and Eve had dominion over life and never lacked for any thing. But we understand that through disobedience they ate of the tree that God told them not to eat from. Because of the disobedience they were separated from God.

b) **Ever since the fall of man, man's image has been tainted**

Man's image is tainted by undesirable substance or quality, dominated and polluted by sin.

2. **Jesus came to restore your image with God.**

Ephesians 2 v 3 to 5 (Amplified Bible)

That tainted, dominated image that came because of the fall, Jesus has brought us back to where God made us originally.

2 Corinthians 3 v 18 (Amplified Bible)

It's the word that changes us. The word paints an image on the canvas of our hearts, what God wants us to be.

3. **Four ways that a self image is formed and developed in life.**

a) **By Conditioning.**

Is conditioned to believe certain things of ourselves: People say things about you and you start to believe them.

Peer- pressure: Children at school mock each other saying things; they then start to believe it.

b) **Conditioning:** To believe what you can do and condition to believe that you cannot do.

* Limitation barrier that are set in your life. That you will never achieve anything in life:

Limited: Don't limit God:

No matter what you are conditioned to believe of yourself, don't limit what God can do for you in your life.

* You must break the chains of limitation in your life.

4. **The Window of Perception.**

Matthew 6 v 22 to 23 (Message Bible)

a) **Parent's Influence:**

Father / Son Relationship:

Boy's always say "I want to be like my Dad"

Dad will say to their boys: "Big boys don't cry" Father that does display his love and emotions.

b) **Mother / Daughter Relationship:**

Daughters see how their Mothers treat their Fathers. She land up treating her husband the same way.

Memory:

The recall of experiences in life, that sets what you can do and what you can't do. Bad experience brings bad memories, Good experience brings forth good memories. Good memories are things that make us feel good about ourselves. (Remember the good times)

5. **Acceptance:** What acceptance brings to our lives = How I feel about myself:

a) Self worth: "I count; I have a part to play".

- b) Sense of belonging; Feeling of been wanted
- c) Sense of competency; Feeling of adequacy, I am capable.

People need acceptance, otherwise they experience rejection. Children that don't find acceptance at home, they will look for it somewhere else.

6. **Image:**

Outward image, it's what people think of you / us.

What do people think of me? It's always important what other people think, people are kept in bondage because of what other people think of them. "The fear of man"

1 Corinthians 4 v 4

Paul saying!! He's not living under the bondage of man's opinion about him, he's more concerned about God's opinion, It's not always important what man thinks about you, it more important what God thinks about you.

- a) Approval Addiction: Always looking for man's approval.

Quotation: Total self-esteem requires total and unconditional acceptance of yourself, you are a unique and worthy individual, regardless of your mistakes, defeat and failures, despite what others may think, say or feel about you.

If you truly accept and love yourself, you won't have a driving need for attention and approval. Self esteem is a genuine love for your self.

7. **To have a good self image is;** to see yourself as God sees you.

How you feel about yourself today is the way you see life, the window of perception is how you see life through Jesus you can bring restoration, completion and fullness to your life

2 Corinthians 5 v 17: New Creation: Let God build your life.

REMINDER:

SUPERNATURAL – The Secret Place Conference 2010

22nd – 25th September 2010

R100p/p – Children under 13 FREE

Blessings

Ps Anthony & Ps Laurel

N.B. TEACHINGS CAN BE FOUND ON OUR WEBSITE: WWW.RHEMASOUTH.CO.ZA

