

WONDERFULLY MADE: A CHRISTIAN BODY IMAGE REFLECTION

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."— Psalm 139:14

This worksheet is designed to help you gently shift your focus from the world's standards of appearance to God's perspective of your inherent worth, using evidence-based therapeutic practices.

1. Catching the World's Voice (Identifying the Critic)

Evidence-based practice shows that the first step to changing how we feel is recognizing our automatic negative thoughts.

- *Write down a critical thought you frequently have about your body or appearance:*

2. Tuning into God's Voice (Cognitive Reframing)

The world focuses on outward appearance, but God looks at the heart (1 Samuel 16:7). We are made in His image (Imago Dei).

- *If God were sitting beside you right now, how would He lovingly respond to the thoughts you wrote above? How does God's truth contradict that harsh critique?*

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3. Shifting to Gratitude (Body Functionality Focus)

Research demonstrates that focusing on what your body does rather than how it looks significantly improves body image and reduces distress.

- *List three things your body allowed you to experience, do, or feel today (e.g., my arms allowed me to hug my child, my lungs gave me breath to sing, my legs carried me to work).*

4. Honoring the Temple (Values-Based Action)

Scripture reminds us that our bodies are temples of the Holy Spirit (1 Corinthians 6:19). Honoring your body means treating it with the same care and respect you would give to any of God's creations.

- *What is one gentle, compassionate, and nurturing action you can take today to care for your body? (e.g., resting when tired, eating a nourishing meal, taking a quiet walk with God).*
