



me.

*my favorite topic.*

January 23, 2016

## Narcissism – Part 3

Many of us struggle with a love-hate relationship with our bodies. Narcissism and how it relates to our bodies is gauged by how much we obsess over our body image - no matter where we fall on the spectrum from self-pity to boasting. Whether we are willing to admit to it or not, our bodies matter to us, and this is part of the brokenness we experience as human beings.

Proverbs 31:30 says that “beauty is vanity,” in this sense meaning beauty is “empty.” Society tells us we can and should make our bodies what we want through extreme means of fitness, health, cosmetics and so on. However, in doing so, we mar the bodies God intimately designed as His temple, the one physical gift created and personally given to us for the purpose of serving Him.

### Questions

1. Read Psalm 139:13-16. Take note how David rejoices over the intricate and personalized work God put into forming us. How does that differ from how our culture says our bodies are made?
2. Reflect for a moment on the word, “vanity.” What does vanity mean to you and how does your understanding shape your view of body, beauty, strength or health?
3. Given that our bodies are the one physical vessel provided to us by God to serve Him and others, discuss ways you can distinctly use His temple/your body for these purposes.
4. Although Jesus is God, He came to us in human flesh and laid down his body and life to buy us back at full price. How do we glorify Jesus’ sacrifice of his body in our treatment of our own bodies?