

# TRANSFORMED

## Emotional Health

10-16-22

**1. Transformed (metamorphosis) describes a change from within. The world wants to change our mind, so it exerts pressure from the outside. But God wants to transform our life from within by the renewing of our minds.**

**2. God's goal for each of us would be that we would be transformed to \_\_\_\_\_ the very image of Jesus.**

**3. Biblical imperatives (commands) apart from biblical thinking result in short term obedience and long term frustration.**

**4. What does it mean to take off the old and put on the new?**

It is to hide in your heart and mind \_\_\_\_\_ truths from the Bible to counter specific lies you believe.

**5. Our \_\_\_\_\_ shape our attitudes and actions.**

**6. Low self-esteem affects five major areas of life:**

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

D. \_\_\_\_\_

E. \_\_\_\_\_

**7. Low self-esteem started when Adam and Eve looked \_\_\_\_\_  
from God as provider.**

*Genesis 2:25* - The man and his wife were both naked, and they **felt no shame**.

**Shame**: This word has overtones of being or feeling worthless.

*Genesis 2:16-17* - And the LORD God commanded the man, "You are free to eat from any tree in the garden; <sup>17</sup> but you must not eat from the tree of the knowledge of good and evil, for when you eat of it you will surely die;

*Genesis 3:5* - "For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil

**8. When we see ourselves as \_\_\_\_\_ sees us, our  
self-esteem is transformed.**

*Romans 12:1-2* - Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship. <sup>2</sup> Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.

**God sees you as a \_\_\_\_\_.**

*Psalms 8:5* - You made him a little lower than the heavenly beings and crowned him with glory and honor.

*Psalms 139:13* - For you created my inmost being; you knit me together in my mother's womb.

**Because God sees your worth, He \_\_\_\_\_  
you and it cost him his son.**

*1 Peter 1:18-19* - For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your forefathers, <sup>19</sup> but with the precious blood of Christ, a lamb without blemish or defect.