



Seven Lies About Our Looks

“The LORD does not look at the things man looks at. Man looks at the outward appearance, but the LORD looks at the heart” (1 Samuel 16:7, NIV).

For each of the following statements, decide whether you believe the statement to be true or false—but don't write down any of your answers yet.

- 1) How I look has to be a major part of who I am.
- 2) If I just work hard enough (or diet enough or get enough surgery or get the right clothes), I could become physically perfect.
- 3) If I could look better or have nicer clothes, I'd be happier.
- 4) I can't be satisfied with my life unless I can look good and dress right.
- 5) I can't attract good friends or a boy/girlfriend unless I can look or dress good enough.
- 6) I have to spend a lot of time and money to look good enough to be seen in certain situations.
- 7) It doesn't matter how I look or what I wear, as long as I'm comfortable.

To read more about body image, check out the latest Go! student roundtable interview. It's called “Skin Deep,” and you'll find it on page 48 of the Summer 2004 issue of Go! magazine. And next time you hit the Web, don't forget to drop by go.studentz.com to find lots of great ideas for reaching your friends, family and nation with the Good News about Jesus.

