**Nugget on Self-Image**

* Begin by sharing your own personal example of having comparison or image issues
* Read Psalm 139:13-16
* Ask what stands out to you or further insight you find after reading these verses together
* Q’s: What do you think it means to have a healthy self-image?
  + How would you put the truths of this passage into your own words?
  + How easy is it to accept these truths about yourself? What obstacles keep you from fully accepting them?

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