Unit 2 Self Image

Basic requirements and proposed resources

**Contract length**: 4 weeks

# Goals

Set the students goals according to their Contract Questionnaire, Contract Title, and what you have discerned by watching their behavior.

Examples are…

1. I will learn why an independent spirit is an enemy toward God.
2. I will keep a journal of how I am opening up to others I live with.
3. I will learn why I fear and do not trust people.
4. I will begin to develop a sense of God’s approval on my own so I won’t be so sensitive to rejection.
5. I will learn how to accept criticism better.
6. I will stop thinking of myself as a “Born-loser” and stop negative comments against myself. I will begin to see myself as a son of God.
7. I will begin to trust God with who I am and what I see myself as being in my future.

All the following are suggestions for what you can include in the contract in each of these areas of study.

Lessons and Bible Studies

Books (choose 1)

1. Improving your Self Image, by H. Norman Wright
2. See Yourself as God Sees You, by Josh McDowell
3. Healing For Damaged Emotions, by David A. Seamands

Lessons / Projects from the 200 or 300 series

Choose ones you feel will be most helpful.

### Project 201: Showing Kindness

Project 202: Forgiving Others

Project 205: Showing Respect

### Worksheets

These are suggestions from **The Bible in Counseling** by Waylon Ward.

### 1. Luke 15 (God's love—Parts 1-3)

### 2. Ephesians 1:3-14 (God's love and control, individual’s worth)

### 3. God Child (Parts 1-5)

### 4. God loves you (Parts 1-4)

### 5. God's forgiveness

6. Understanding Yourself as a Divine Original

### Character Qualities

Choose at least two, check student’s list. - If a student is having major trouble with one in particular area we can choose one for him/her even though it’s not on his/her list.

**Scripture Memorization Class**

(Choose two or more depending on the students’ ability—here are a few suggestions)

Philippians 1:6 he who has begun a good

Philemon 1:6 pray you will be active

Jeremiah 29:11-13 for I know the plans I have for

1 Corinthians 10:13 no temptation has seized you

Proverbs 4:23 above all else, guard you heart

Romans 12:16 live in harmony with one another

Ephesians 4:22-24 put off the old self

1 Peter 2:13 submit yourselves to every authority

Hebrews 13:17 obey your leaders submit to

Romans 13:1-2 submit because God has ordained

Ephesians 5:21 submit yourselves one to another

James 4:7-8 submit to God, resist the devil

1 Peter 2:16 live as a free man

### Personal Reading Class

#### Books (choose 1)

* The Father Heart of God, by Floyd McClung
* Bruchko, by Bruce Olson
* The Tale of Three Kings, by Gene Edwards
* Rebel With A Cause, by Franklin Graham
* The Cry of the Soul, by Dan B. Allender and Tremper Longman

**Tracts-(Last Days Ministries Discipleship Teachings) (Choose 2 or 3)**

## Father Heart of God

Theater of Your Mind

Forgiveness: Forgive or Forget It

Restoration through Forgiveness

But I Can’t Forgive Myself

Openness and Honesty

Hurt & Bitterness

**CD’s, DVD’s etc.**

Restoration Through Forgiveness, by Doug Easterday

**Special Projects**

Articles with Study Guides - By Dave Batty

1. The path to pure joy: Facing your problems
2. Are you living with guilt that doesn’t belong to you?
3. Overcoming Depression
4. Overcoming fear
5. How to respond when people hurt you
6. Dealing with Shame: How do I know if it is from God?
7. Training your brain for the life skill of returning to joy
8. The power of secrets in your life
9. Seeing God’s potential in your life
10. Are you trying to change without changing?