

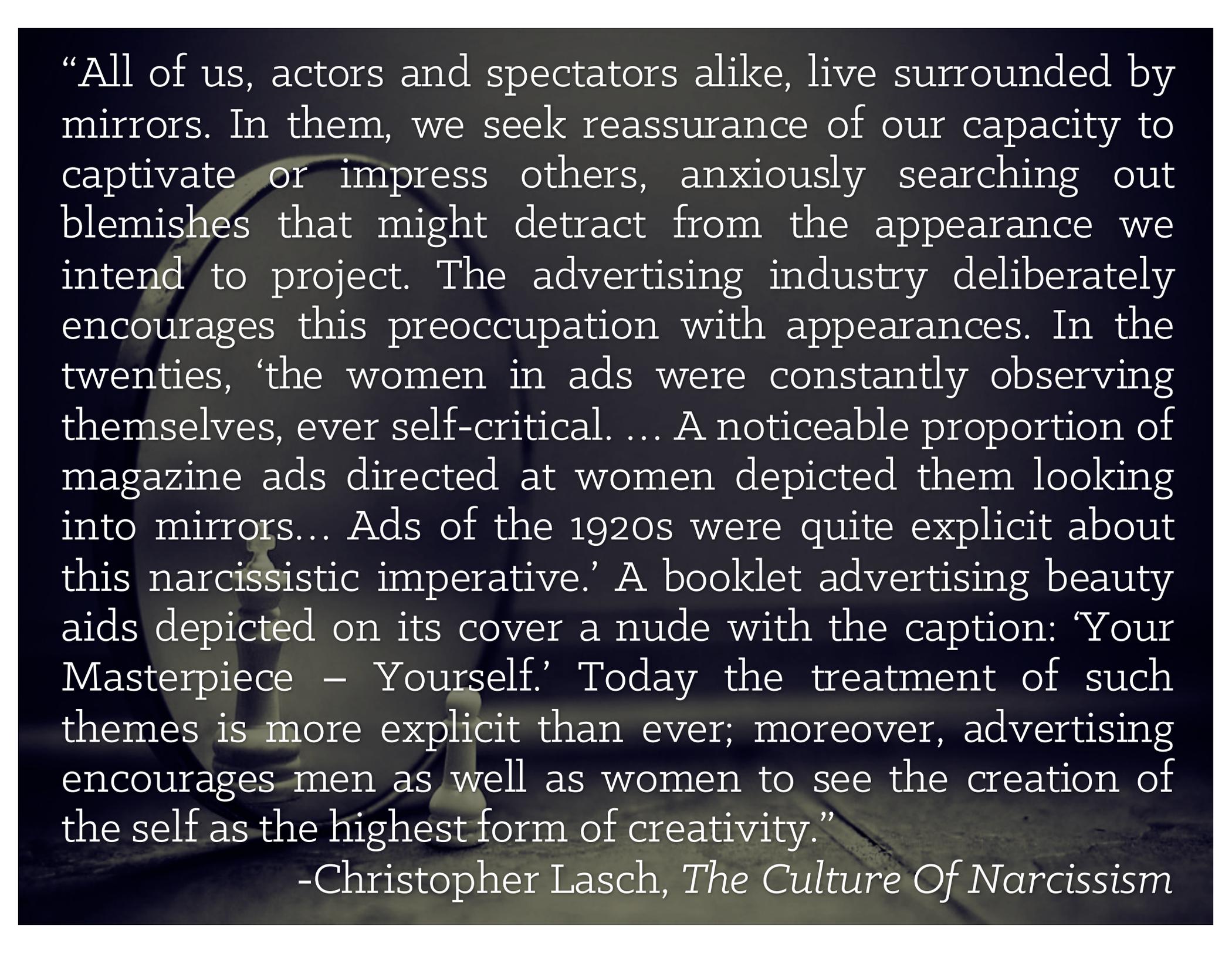
FEAR NO MIRROR[®]

 **coolsculpting**[®]





SO MANY MIRRORS

A chessboard with a king and a pawn in the foreground, and a large, dark, circular mirror in the background. The text is overlaid on this image.

“All of us, actors and spectators alike, live surrounded by mirrors. In them, we seek reassurance of our capacity to captivate or impress others, anxiously searching out blemishes that might detract from the appearance we intend to project. The advertising industry deliberately encourages this preoccupation with appearances. In the twenties, ‘the women in ads were constantly observing themselves, ever self-critical. ... A noticeable proportion of magazine ads directed at women depicted them looking into mirrors... Ads of the 1920s were quite explicit about this narcissistic imperative.’ A booklet advertising beauty aids depicted on its cover a nude with the caption: ‘Your Masterpiece – Yourself.’ Today the treatment of such themes is more explicit than ever; moreover, advertising encourages men as well as women to see the creation of the self as the highest form of creativity.”

-Christopher Lasch, *The Culture Of Narcissism*

“LOOKING NICE”

- It is not necessarily wrong to care how you look, to wear nice clothes, or to take care of your body. Jesus even prescribed a tidy appearance as a preventative measure against pretentious religion in Matthew 6:16-18.
- While “costly garments” and ornamentation can be a problem (1 Tim. 2:9, 1 Pet. 3:3), this is a relative term and should not be taken to such an extreme that the intent of the passages is missed.
- Biblical precedent also indicates that a reasonable degree of cleanliness and fashion are not inherently wrong (Ruth 3:3, Psalm 45, Luke 15:22).

Is there a limit, though, to just how glamorous we should be? How image-conscious? How deep into the world of fashion and fitness and sexiness and self-absorption we should go?



YOUR MASTERPIECE – YOURSELF

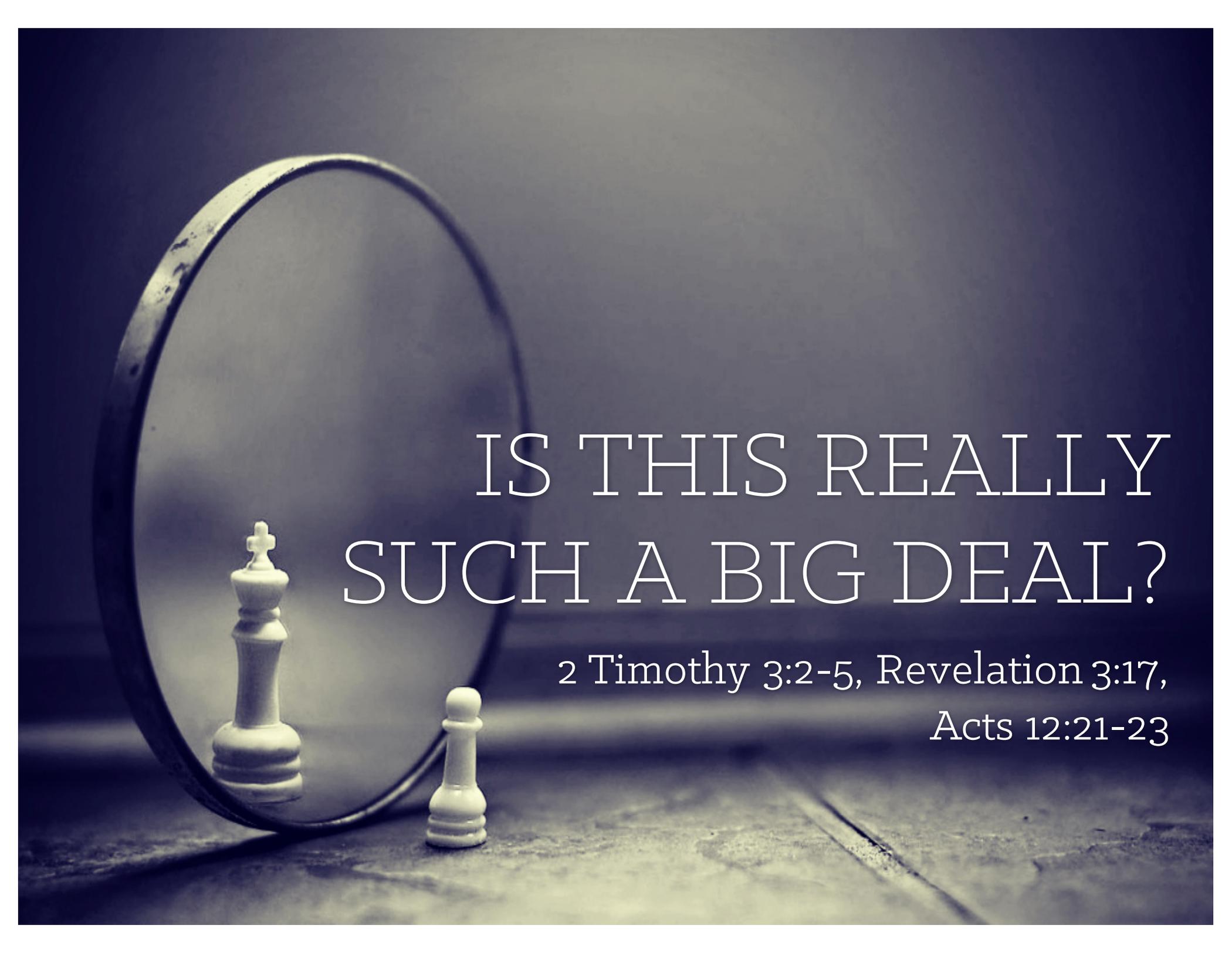
- The Bible is filled with examples of those who saw themselves as their own greatest achievement. Solomon, for example, spoke very frankly about his sense of greatness and concluded it was vanity (Ecclesiastes 1:12-18).
- Nebuchadnezzar and his successor also needed to be reminded of their vanity, in spite of their incredible power and glory (Daniel 5:17-23).
- Any time we exalt the work of our hands above God, we are really just exalting ourselves (Psalm 115:1-8, Acts 17:29, Isaiah 2:8).

#SELFIE



TOO MUCH “SELF” IN YOUR SELFIES?

- It's not the self-portraiture that's the problem, but the elevation of “self.” When we see ourselves as the most important being in the world, we have severely lost touch with Matthew 22:37ff.
- And this isn't limited to “selfies” – getting caught up in job titles and accomplishments, being upset when you are not appointed as an elder or deacon, manipulating your spouse to “get what you want”, shoving expectations onto your children as if they are accessories or a reflection of your status, always needing the latest this or that to feel satisfied, etc.



IS THIS REALLY SUCH A BIG DEAL?

2 Timothy 3:2-5, Revelation 3:17,
Acts 12:21-23

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WATCH YOUR PATH

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Proverbs 4:20-27



A person stands on a rock in a calm lake at sunset. The sun is low on the horizon, creating a golden glow. In the background, three crosses are visible on a hill. The person's silhouette and the crosses are reflected in the water.

THE ONLY MIRROR
THAT MATTERS

James 1:19-25