

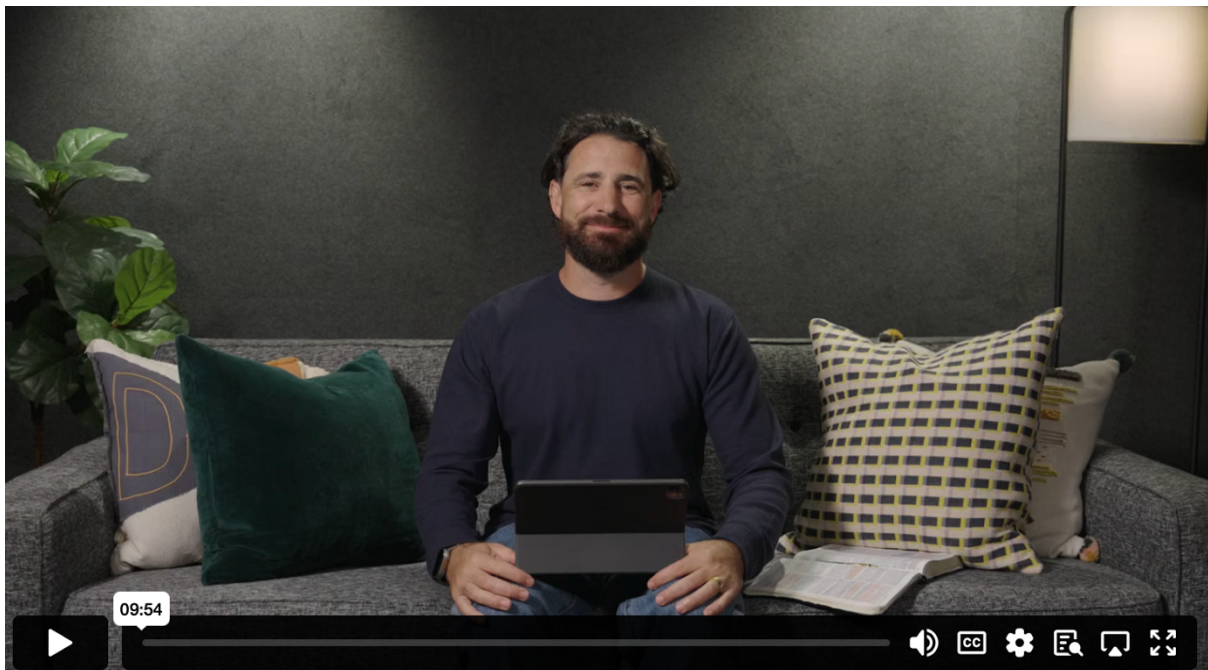
Discipleship Group

TEAR DOWN THE IDOLS – SELF-IMAGE Group Study

 **WATCH:** https://www.youtube.com/watch?v=HRWEfSeP_Zw

SESSION OVERVIEW

This session explores the idol of self-image and the subtle but powerful pull to build our identity around how we are perceived by others. Rather than obvious forms of idolatry, this looks at something far more internal — the desire to be seen a certain way, to be approved of, and to feel secure through how we present ourselves. Over time, this can lead to a curated life where we are constantly managing impressions instead of living with freedom and authenticity. The challenge is that while self-image promises confidence and security, it often produces the opposite — anxiety, comparison, and exhaustion. Scripture invites us into a different way of living: one where our identity is not formed by shifting opinions, but grounded in the unchanging love of God. When we begin to live from that place, we are freed from performance and able to grow, be known, and live fully.



 **SHARE LINK:** <https://vimeo.com/1177101455/5cf404456f?share=copy&fl=sv&fe=ci>

KEY SCRIPTURES:

- **Psalm 115** – We become like what we worship, which is why idols always deform us rather than free us.
- **Ephesians 2:10** – We are God’s masterpiece, with identity and purpose given by Him, not created by public approval.
- **Galatians 1:10** – Paul exposes the tension between pleasing people and serving Christ faithfully.
- **Isaiah 43:1–4** – God speaks identity, belonging, and security over His people before they prove anything.
- **Matthew 3:16–17** – At Jesus’ baptism, the Father speaks love and pleasure over the Son before His public ministry begins.

KEY POINTS:

- Self-image becomes an idol when we start looking to appearance, approval, or perception to tell us who we are.
- Living for the opinions of others is exhausting because approval keeps shifting and never truly satisfies.
- God gives identity before performance, which frees us from constantly needing to manage how we are seen.
- Real freedom begins when we live from the Father’s love instead of trying to earn worth through image.

DISCUSSION & PRAYER POINTS:

Discussion Questions:

- 1. When you hear the idea that self-image can become an idol, what stands out to you personally?**
 - Follow up: Where do you most notice the pressure to be liked, understood, or seen a certain way?
- 2. How can we be tempted into living second-hand through the opinions of others?**
 - Follow up: In what environments or relationships do you feel that pressure most strongly?
- 3. Whose approval do you most often consider when making a big decision?**
 - Follow up: How has that person’s approval (or disapproval) shaped your decisions or sense of identity?
- 4. Self-image promises security but actually produces anxiety and insecurity. Why do you think that is?**
 - Follow up: Where have you seen image management limit honesty, growth, or your ability to receive feedback?
- 5. What daily rhythms or patterns are shaping your self-image right now?**
 - Follow up: How much of your time and energy is spent managing how you appear to others?
- 6. What would it look like if knowing you are loved by God was enough? How would your life change if you truly lived from that place?**
 - Follow up: What is one practical step you could take this week to shift from seeking approval to receiving identity from God?

Tips for Discussion:

- Create space for honesty, because this topic touches insecurity, comparison, and hidden pressure for almost everyone.
- Let people share at their own pace; some may speak easily about social media or appearance, while others may be carrying deeper approval wounds.
- Keep bringing the conversation back to identity in Christ, not just behaviour change or self-improvement.
- Listen carefully for both confession and hope, and remind the group that freedom grows where grace and truth are both present.
- End with confidence in God's love: the goal is not shame about our idols, but freedom through being known and loved by the Father.