

The purpose of the first paragraph is to reveal stats and quotes from mainstream sources about the growing struggles teens may have regarding each topic. The purpose of the second paragraph is to reveal God's perspective by seeing what the Bible says regarding each topic and how we can receive help and guidance in our life's purpose through a relationship with Jesus.

SELF-IMAGE & EATING DISORDERS

80% of women and 34% of men don't like how they look³⁴. At age 13, 53% of girls are unhappy with their bodies, growing to 78% by age 17³⁴. 98% of girls feel pressured to look a certain way³⁵. Self-image can lead to depression, anxiety and eating disorders³⁴, such as Anorexia/Bulimia Nervosa and Binge Eating. 95% of people with eating disorders are ages 12-25³⁷. 50% of girls and 30% boys use unhealthy weight control behaviors such as skipping meals, fasting, smoking, vomiting and laxatives³⁴. Anorexia is the deadliest of all mental illnesses³⁸.

The Bible says God created us wonderfully (Ps. 139:13-14) and knows the number of hairs on our head (Luke 12:7). True beauty is in our hearts (1 Sam. 16:7) if we honor God (Prov. 31:30) with our eating (1 Cor. 10:31) and bodies (1 Cor. 6:19-20). For those struggling, Jesus said life is more than food and the body more than clothes (Luke 12:22-23) and offers new life (2 Cor. 5:17) in peace (Phil. 4:6-7), strength (Phil 4:13) and freedom (Gal 5:1), not shame (Ps. 34:4-5), as we're renewed daily (2 Cor. 4:16) until perfection in Heaven (1 Cor. 15:53).

BIBLE VERSES TO CONSIDER

Psalm 139:13-14 "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well."

Luke 12:7 "Indeed, the very hairs of your head are all numbered."

1 Samuel 16:7 "But the Lord said to Samuel, 'Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.'"

Proverbs 31:30 "Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised."

1 Corinthians 10:31 "So whether you eat or drink or whatever you do, do it all for the glory of God."

1 Corinthians 6:19-20 "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies."

Luke 12:22-23 ""Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. For life is more than food, and the body more than clothes."

2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Philippians 4:6-7 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:12-13 "I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength."

Galatians 5:1 "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

Psalms 34:4-5 "I sought the Lord, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame."

2 Corinthians 4:16 "Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day."

1 Corinthians 15:53-54 "For the perishable must clothe itself with the imperishable, and the mortal with immortality. When the perishable has been clothed with the imperishable, and the mortal with immortality."

Romans 12:6 “We have different gifts, according to the grace given to each of us.”

1 Timothy 4:8 “For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”

Ephesians 1:4-6 “For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—to the praise of his glorious grace, which he has freely given us in the One he loves.”

Genesis 1:27 “So God created mankind in his own image, in the image of God he created them; male and female he created them.”

Romans 5:8 “But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”

Ephesians 2:10 “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

Romans 12:1-2 “Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

1 Peter 3:3-4 “Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.”

1 Timothy 2:9-10 “I also want the women to dress modestly, with decency and propriety, adorning themselves, not with elaborate hairstyles or gold or pearls or expensive clothes, but with good deeds, appropriate for women who profess to worship God.”

Philippians 4:8 “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

Philippians 3:18-21 “For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ. Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things. But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.”

Colossians 3:2 “Set your minds on things above, not on earthly things.”

Matthew 10:28 “Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell.”

Colossians 1:16 "For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him."

Matthew 6:22-23 "The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!"

Philippians 1:20 "I eagerly expect and hope that I will in no way be ashamed but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death."

2 Corinthians 12:9-10 "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong."

Romans 14:17 "For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit."

2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

Romans 8:26 "In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans."

Matthew 19:26 "Jesus looked at them and said, 'With man this is impossible, but with God all things are possible.'"

James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."

STATS & QUOTES TO CONSIDER

According to a study by Heather R. Gallivan of Park Nicollet Melrose Center:

Over 50% of teen girls and 30% of teen boys use unhealthy weight control behaviors such as skipping meals, fasting, smoking cigarettes, vomiting, and taking laxatives.

Girl Scouts did an online survey in 2010 with over 1000 girls ages 13-17. 9 out of 10 girls felt pressure by fashion and media industries to be skinny.

Approximately 80% of U.S. women don't like how they look.

34% of men are dissatisfied with their body.

70% of normal weighted women want to be thinner.

53% of 13-year-old American girls are unhappy with their bodies. This number grows to 78% by the time girls reach 17.

2006 Stanford University Study found that 96% of girls who already had eating disorders had visited pro-anorexia websites and learned new weight loss techniques there.

“Body image is a big problem in our society, and can lead to depression, social anxiety and eating disorders.”

98% of girls feel there is an immense pressure from external sources to look a certain way (National Report on Self Esteem)

Young people between the ages of 15 and 24 with anorexia have 10 times the risk of dying compared to their same-aged peers.

95% of people with eating disorders are between the ages of 12 and 25.

Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder

“Anorexia is considered the deadliest of all mental illnesses”

“For females between the ages of 15-24 years old, the mortality rate associated with eating disorders is 12x higher than the death rate of ALL other causes of death”

Today, body image is an issue for many people of both sexes. Of course, seeing those perfect in accordance with the society standards people on a daily basis makes you conscious about how different you look from those pictures. And not everyone comes to the right conclusions in this situation.

Social media sites make more than half of users feel inadequate, according to a survey of 1,500 people by disability charity Scope, and half of 18- to 34-year-olds say it makes them feel unattractive.

A 2016 study by researchers at Penn State University suggested that viewing other people's selfies lowered self-esteem, because users compare themselves to photos of people looking their happiest