

## **Through God's Eyes**

### **Ready:**

"I will praise You because I have been remarkably and wonderfully made." -- Psalm 139:14

### **Set**

It might be hard to believe, but sometimes elite athletes struggle with self-image.

In 2006, two years removed from my first attempt at making the U.S. Olympic Diving team, I found myself fighting an eating disorder. I decided enough was enough and that I needed freedom, so I attended a facility in Arizona to help me overcome my battle with bulimia.

Up until that point, I believed the lie that my physical appearance determined my self-worth. But in Arizona, I experienced real, honest and sincere relationships. I accepted Jesus into my heart and started a journey of self-discovery and true purpose with Him by my side.

It wasn't easy. I fell back into my old struggles that next year at school, but had a teammate invest her time, wisdom and love into my life. Transformation took root. I began to experience light where there was once darkness.

When I look in the mirror today, I see myself through God's eyes. I am reminded daily that He loved me even when I did not love myself. I am reminded that His forgiveness helped me to forgive myself and that His truth has replaced the many lies that had once overtaken my mind.

And best yet, I am reminded that He sees me as fearfully and wonderfully made. I am His perfect creation — chosen, holy and dearly loved.

### **Go**

- How can seeing yourself through God's eyes change how you compete?
- How can you help a teammate who might be struggling with self-image issues?

### **Workout**

Psalm 139:13-16

1 Samuel 16:7

### **Overtime**

“Lord, help me to see myself the way that You do. In those times when I don’t feel worthy, remind me of the price You paid because of Your great love for me. Amen.”



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