Created in His Image - Mirror Craft

Major Peggy Helms (Ret) and Major Angela Strickland

Psalm 139:13-14 (NIV)

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.

Don't be swayed by the thoughts and comments of others. Understand who's you are and how much God loves you - so you can understand and love yourself. God wants you to give Him the places in your heart that you won't let others see. When you look into the mirror, allow the reflection coming back to be whom God sees - as you are "fearfully and wonderfully made" - Psalms 139:14.

Materials:

- 1. Small mirror (handheld or stand type)
- 2. Butterfly or flower stickers (3D style)
- 3. Colored chalk markers (reversible tip)
- 4. Clean cloth and water or glass cleaner

Directions:

- Choose mirror style, handheld or stand type (Dollar/discount shops have them)
- Wipe mirror so that it is free of dirt and smudges
- Write "You Are Beautiful" on the mirror (you can print vinyl stickers with Cricut)
- Decorate the mirror with your stick-on butterflies and/or flowers. You can also use a hot glue gun for items that are not stick-on.

Additional Scripture:

Genesis 1:7 So God created man in his own image, in the image of God he created him; male and female he created them.

Colossians 3:5-10 Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these the wrath of God is coming. In these you too once walked, when you were living in them. But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. Do not lie to one another, seeing that you have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator.