

The Pressure To Look Good
 Week 4 in our series *Hot Topics*
 Pastor Gayleen Barnes Myer
 September 27, 2026

*Don't copy the behavior and customs of this world,
 but let God transform you into a new person by changing the way you think.
 Then you will learn to know God's will for you,
 which is good and pleasing and perfect. (Romans 12:2)*

An age-old problem with a modern sting

Perspective: God's opinion matters most. (Galatians 1:10)

- I am a _____. (John 1:12)
- Even at my worst, I am _____ to God. (Rom. 5:6-8)

Priority: Spiritual fitness over physical fitness (1 Timothy 4:8)

- Focus on _____, not external appearance. (1 Sam. 16:6-7)
- Develop _____ to make you spiritually fit. (1 Tim. 4:7)

Prepare: Stay battle-ready

Me: * Memorize a verse * Track your time * Reality check
 CCC: * Compliment character

Remember!

The Daily Connections (Good Morning God, Spiritual Boost, Good Night Review) open our lives to God's love and direction and power.

Good Morning God should be the first thing we do every day when waking up. The *Spiritual Boost* connects us with God's words in the Bible during the day sometime when we have 10 minutes of quiet. Finally, we finish our day with *Good Night Review*, and this allows God's joy and forgiveness to come to us as we drift into sleep.

These three spiritual exercises take only 20 minutes each day, and you will be amazed at how they affect your life. Give it a try and see how you are fundamentally changed by time with God!

Here are suggested readings in the Bible for your **Spiritual Boosts** this week:

Day 1: Read Romans 12:2

- ✳ One way to fight the pressure to look good is to have God's Word shape your thoughts. Use a verse from this notes page for your Good Morning God this week and write it on a card. Try to memorize it.

Day 2: Read Romans 5:6-8

- ✳ According to these verses, what condition were you in when Christ came to die for you? What does that say about your worth to Him?

Day 3: Read 2 Corinthians 4:16

- ✳ How does this verse contrast our exterior physical self and our inner spiritual self? Ponder this hopeful message for a few minutes.

Day 4: Read 1 Timothy 4:7-8

- ✳ Why is training for godliness better than physical training? Are you prioritizing these properly? Consider tracking the time you spend on each over the next few days.

Day 5: 1 Corinthians 6:19-20

- ✳ What word-picture do these verses use to describe your body? How can you honor God with your body?