

Scripture Reading: Romans 7:15-25a

Low self-esteem is like driving through life with your hand brake on.
—Maxwell Maltz

In 1936, Dr. Maxwell Maltz, only 36 years old, published a groundbreaking book that would introduce so-called “plastic” surgery to the masses. Called *New Faces, New Futures: Rebuilding Character with Plastic Surgery*, the book discusses the correction of facial defects by surgical methods and recreating the structure and shape of the human face so that it more closely resembles the appearance the person desires.

In subsequent years, Dr. Maltz began to notice something odd. Patients whose physical appearance had definitely improved following surgery did not seem happy. They were more beautiful externally, for sure. But internally, they were becoming ugly. Their old personalities remained unchanged, or got worse — meaner, pettier and nastier.

Have you ever thought about the relationship between inward and outward beauty? Even the prophet Samuel was confused for a while. After choosing several of Jesse’s sons to be the next king of Israel, God pointed him to the youngest, a shepherd who liked to write poetry. God said, “The LORD does not see as mortals see; they look on the outward appearance, but the LORD looks on the heart” (1 Samuel 16:7).

How beautiful do you suppose we look in the eyes of God? Through the eyes of others? Through the eyes of friends and family?

Dr. Maltz was concerned with his discovery that altering one’s physical appearance often does not improve one’s personality. About 25 years later, at the age of 60, he wrote another book: *Psycho-Cybernetics: A New Way to Get More Living out of Life*. It became a bestseller and still remains on a list of the top 50 most influential self-help books in history. He was still trying to change people, not by correcting jawbones or smoothing scar tissue, but by helping people change the pictures they had of themselves.

It’s not a bad book. But there is an even better book that helps us to see ourselves as God sees us, and that gives us timeless advice about how to improve self-esteem, and that book is, as you’ve probably guessed, the Bible.

—Timothy Merrill

Prayer: O God, my prayer is the prayer of the psalmist David: “Search me, O God, and know my heart; test me and know my thoughts. See if there is any wicked way in me, and lead me in the way everlasting” (Psalm 139:23-24).

Blessings
Lisa & Pastor Ben Maltz

Daily Bible Readings

Sunday: Acts 6-9

Monday: Isaiah 55-57

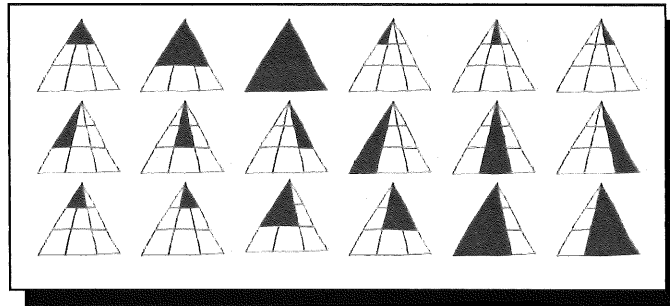
Tuesday: Isaiah 58-60

Wednesday: Isaiah 61-63

Thursday: Isaiah 64-66

Friday: Micah 1-4

Saturday: Psalms 76-78



Solution to last week's triangle puzzle: 18

WHAT BOOKS IN THE BIBLE DO NOT HAVE THE LETTERS B-I-B-L-E IN THEM? (Hint: There are 12. Answer below)

PAIRS IN THE BIBLE

Using a pen or pencil, draw lines to connect well-known pairs in the Bible. (Answers below)

SAMSON	FISHES
WATER	GOLIATH
LOAVES	ESAU
ADAM	WINE
PAUL	RACHEL
DAVID	SILAS
MARY	MARTHA
CAIN	AARON
LEAH	DELILAH
MOSES	ABEL
JACOB	EVE

BOOKS IN THE BIBLE: Joshua, Ruth, Amos, Jonah, Nahum, Mark, John, Acts, Romans, 1 John, 2 John, 3 John. **PAIRS:** Samson/Delilah, water/wine, loaves/fishes, Adam/Eve, Paul/Silas, David/Goliath, Mary/Martha, Cain/Abel, Leah/Rachel, Moses/Aaron, Jacob/Esau