

# Through the eyes of Christ: By Erica Jermanus

Seeing yourself through the eyes of Christ and knowing  
your true worth and identity

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## Introduction:

In this e-book, I talk about loving and accepting yourself. I talk about how to see yourself the way God sees you. I also talk about knowing your true worth and identity in Christ. In addition, I talk about women who struggle with weight management, body image issues, and insecurities. I talk about how to keep a healthy weight and healthy genes.

Furthermore, I talk about eating disorders and why women struggle with them. I also talk about how women can get freedom and deliverance from eating disorders. In addition, I talk about whether women should get plastic surgery done on their bodies. Also, I talk about abuse, trauma, and abandonment that so many women struggle with today. I discuss the process of healing and how to get delivered from past hurts and wounds.

## Chapter 1: Loving and accepting yourself

So many women do not love and accept themselves for the way God created them. Many women base their worth off of their flaws, weaknesses, and imperfections. But we are not defined by how we look on the outside. True beauty comes from the heart. True beauty is a reflection of our character. True beauty is our love for one another.

Many women think that they are not beautiful, smart enough, or good enough to be used by God. Women and men think that they do not offer any true value to the kingdom of God. They think that because of their weaknesses they will never be able to accomplish anything great for the kingdom of God. That is a poverty mindset. That is the enemy's will for your life. The enemy wants to keep you stuck and bound to those negative thoughts and mindsets.

The enemy wants you to believe lies about what you cannot do for God and his glory. The enemy wants to stop and delay your progress so that you do not move forward. That is when you need to rebuke those lies and the enemy and continue to do the thing that God has called and equipped you to do. Obedience to the will of God requires action on our part. It requires us to do things that we do not want to do and to go places

we do not want to go. But in the end, it leads to blessings.

Many men and women did not learn how to love themselves and others because they were not exposed to the love of Christ. Many did not grow up knowing Christ because they grew up in a dysfunctional home and family. When a woman or man of God first knows the love of Christ, they are better able to carry out God's will for their life. When children are raised in the Lord, they are better able to walk in their purpose and fulfill their God-given destiny.

When men and women grow up in the Lord with godly parents, then they will know the role they play in society and in the lives of others. Men and women will know what they are called to do and how they are called to make a difference. Men and women will know their true worth and identity and will not look elsewhere to define them.

Many men and women have grown up with struggles, hardships, and challenges, whether that is health-related, financial, or relational. We all have a testimony to share with others. What we underwent as a child or adult can be the antidote to helping someone else get free in their struggle and life situation. God can use the worst circumstances we go through to help and bless others going through the same. What we go

through in life, such as a failed marriage, a loss of a loved one, or a financial crisis, can lead to someone else's victory. Someone else may be struggling in those same areas that you once went through, and it has helped them to reach their destiny and to find purpose in life.

When a person knows their true worth, value, and identity, that person will not look for it elsewhere in people, places, and things. Their identity is found in God and his word. The world cannot define us, and neither can the opinions of man. We are ultimately defined by our Almighty Maker and Creator, Jesus Christ. He is the one who formed and knitted us in our mothers womb.

He is the one who created us so intricately with our unique flaws and imperfections. He wants to use our flaws and imperfections as parts of his plan and purpose for our lives. You may not like the shape of your body or the color of your eyes. But God made you that way for a reason, and it is part of his plan and purpose for your life.

God made you the way that you are so that he can use you in the way that he intended to. He knows that you are a reflection and representation of him on earth. The shape of your body, the color of your skin, hair, or eyes may be something that you do not like about yourself.

But let me tell you, someone else is admiring those parts of you that you may not think are less attractive.

Maybe it is the way that you smile or laugh. Maybe it is the way that you walk. There's something quirky about all of us. We all have something unique and different about us, especially believers in Christ. Believers are called to stand out from the world and be separate. Believers are called to live set apart from this world because of the Holy Spirit in us. The Holy Spirit is holy and is making us believers holy as we continue to walk with Christ daily and live in obedience to his word and commandments.

We do not need to try to be like anyone else. We do not need to be like other Christians or believers. The only person we should strive to be like is Jesus Christ himself. We do not need to try to gain popularity by getting the most likes, comments, and subscribers on our social media platforms. God will send the right people across our path that need to be in our lives. We have a unique calling, gifts, and talents that can be used to help and bless others in need. The right people will appreciate us for who we are in Christ. We do not have to force anyone to like us or stay in our lives.

You do not need to prove your worth to anyone. If someone does not like you, it is because it has more to do with them than you. You do not need to try to

change to fit in the mold of society. We are to not conform to this world or society. We do not have to give into the pressures of society. We may have friends that cuss and swear, but that does not mean that we have to also. Our friends may be going to the bars and clubs on Friday nights, but that does not mean that we have to either. We can choose to not give into societal pressure to fit in.

Many women will give into societal pressure when it comes to relationships with men. They will be forced to have sex with these men out of wedlock. The women do not want to hurt the men or say no to the men so they will give into it against their will. For others, it may be that their friends or family are smoking and doing drugs, so they are peer pressured into giving into it too. Then, it turns into a full-blown addiction. That is when that person needs deliverance and freedom not only from the addiction but from the people that are leading to the addiction.

## Chapter 2: Weight management, body image, and insecurities

So many women today are self-conscious about their weight and their appearance. There are many people today that have weight issues because of poor diet, exercise, and sleep problems. Either that or the health-related problems run in the family genes and are



hereditary. Many struggle to either lose weight or gain weight. Sometimes weight problems stem from genes in the family. A mother may experience health-related issues causing obesity, and that is passed down to her kids. The kids in the family may also struggle with obesity and health related issues because these health problems are hereditary. So many women and men want to be at a healthy weight, not just so that they can look more beautiful and attractive, but so that they can be healthy and live long.

I'm going to talk about how a person can manage their weight and overcome insecurities with weight and body image. The first step is to be real and honest with yourself and to admit that you have a problem and need to fix it. You do not want to leave the health-related issues unchecked because it could lead to worse conditions later down the road.

So, first, you want to write down in a notebook the goals and vision that you have for yourself or your body and weight. Write down a list of goals that you would like to accomplish in a certain time frame. Work on those goals step by step. You can even list the tasks needed to accomplish those goals. Habakkuk 2:2-3 says, "And the LORD answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it. For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it

tarry, wait for it; because it will surely come, it will not tarry.”

The next step to take if you are struggling with health-related issues such as obesity or body image is to eat a healthier, well-balanced diet. You want to try to incorporate fruit and vegetables in your diet. You also want to try to include healthy whole grains, nuts, and lean meats. You want to try to cut out the extra sugar and salt that may cause high cholesterol or heart disease, such as diabetes or high blood pressure. It is okay to eat these foods in moderation, but we do not want to make a habit of eating sugary foods all the time because it can cause disease and cancer. We want to take care of the body that God has given us to steward.

1 Corinthians 6:19-20 says, “What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.”

The third step you want to take if you are struggling with managing your weight is to exercise daily. The recommended amount of exercise to get daily is thirty minutes to an hour. You can go on walks or runs in your community or at the gym. You can also lift weights if you want to build muscle. Exercise will increase

endorphins and keep you energized for the day at hand. Exercise is also great for your body and staying healthy, strong, and fit.

The fourth thing that I would recommend doing is drinking plenty of water or other liquids throughout your day. You may become dehydrated when you are not drinking enough water or liquids. Our bodies are made up of seventy to seventy-five percent water. But we still need to replenish ourselves, and water helps us so that we do not get tired or fatigued throughout our day. When we are exercising, it is good to drink more water so that you do not get heat-related illnesses, especially in warmer weather months.

The fifth step I would recommend doing is getting plenty of sleep or rest at night. Try to strive to get at least seven to eight hours of sleep daily. But if the Lord wakes you up to pray and read the Bible, you may get less sleep. Sometimes we have to sacrifice our sleep to spend time with the Lord and to fulfill our work assignments and purpose.

Before you go to bed, pray over your dreams and for protection throughout the night. Pray against sleep paralysis and nightmares. The enemy will try to plant seeds in our dreams while we are sleeping and try to get us to sin in our dreams. That is why it is important

to cover your sleep and dreams with the blood of Jesus Christ. Pray that you would not be tempted to sin in and outside your sleep and dreams in Jesus Christ name.

The sixth step to managing weight and body issues is to eliminate stress or stressful activities in your life. When we take on more than we can handle, it may cause health related issues and mental-health problems. You may be working more than one job, or you may have kids and extracurricular activities. You may need to let go of one of those jobs or activities so that you can spend more time with God and with your family. That is what matters most. Ask the Lord to show you what activities in your life are not in his will for you and your life. Ask the Lord to show you what jobs or activities he wants you to let go of. He will lead and guide you if you allow him to.

The last step to manage weight and body image issues is to eliminate cigarette smoking, drinking alcohol, and doing drugs. These things can cause disease and sickness in a person's body over a prolonged time. Smoking cigarettes can cause weight gain and other unwanted health problems. Drinking alcohol over a long period of time can cause not only weight gain but also liver problems. So the Lord may want you to give up these things all together so that you can stay healthy in your mind and body.

## Chapter 3: Eating disorders and plastic surgery

Many women today struggle with body image issues. Many women are self-conscious of the way that they look on the outside and want to try to change their appearance in an unhealthy way. There are women that struggle with eating disorders, such as anorexia nervosa and bulimia. These disorders can lead to other health-related problems and mental health issues. Women have believed the lies of the enemy that they are not pretty enough or beautiful, so they will purposefully try to lose weight by overeating and then throwing up their food to get skinny. Even when they are really skinny, they still think they are fat.

These women may also be struggling with negative and toxic thoughts about themselves. So they may need God to help them change their mindset. They may need the Lord to help them see themselves the way he sees them. Also, women may need deliverance from eating disorders and self-destructive habits. These women struggling with eating disorders may need to seek counsel from God and other trusted and reliable people in their life that can help them get free from these eating disorders.

Some women do not want to admit that they need help, and so they want to continue with the eating disorder. But these eating disorders are unhealthy and cause other health issues in the body and mind. Women may have these disorders because of their childhood upbringing. Parents may have told these children, teens, or adults that they are not beautiful or that they are fat and ugly. These women believed the lies, so they starved themselves to get thin.

When these women can see themselves through the eyes of Christ and know their true worth, value, and identity, then they can know that they truly are beautiful inside and outside. The women may need to unlearn some things that they heard from others, including their friends and family. They also may need to get away from those people who planted those lies about themselves. These women may need to surround themselves with positive and godly influences who will speak life over them.

These women may need to retrain their brains to think the way God wants them to think and to change their thoughts and mindset to a more positive one. They may need to get to know their Creator, Jesus Christ, and their true identity and purpose so that they walk into it with him. Once that takes place, then these women are able to get free from these eating disorders. These

women are able to get the help that they need so that they can be at a healthy body weight. Once these women know who they are in Christ and their true worth and identity, then they can be set free from the lies and from their past and bondage.

Many women today struggle with obesity and body image issues and want to get plastic surgery done, such as liposuction. Liposuction is a procedure that vacuums fat cells in the body. If one is obese and is going to die from the obesity or health related problems causing the obesity, then liposuction may be necessary to save their lives. But if the woman or man is getting this liposuction because they want to change their image due to low self-esteem or low self-confidence, then that is not a good reason to have it done.

The woman or man may want to have plastic surgery done on their breasts, buttocks, nose, or lips because they do not love and accept themselves the way God created them. They do not see themselves through the eyes of Christ. They also do not know their true worth and identity in Christ. If they knew how much God loves them, they would not want to have these surgeries done.

These men and women want to have these plastic surgeries done to look good to men. But what is important is that we look good to God. Is our heart right

with God on the inside and not just looking good on the outside. Many women and men get this liposuction or plastic surgery to become famous or popular and to look good in the eyes of men. When you know God for yourself, you will know that is not what matters in the end. What matters in the end is your eternal soul and destination. Where will you spend eternity? Will it be in heaven or hell?

When a person asks the Lord to reveal to them their true identity in Christ, he will show them. When they know who they are in Christ, they will not want to change their appearance by getting plastic surgery done. When you are able to love and accept yourself for the way God made you, then you will not care about pleasing men or getting attention from men. You know that is not what matters. You know what matters is the approval of God and whether or not you are right in his sight. What matters is whether or not he is pleased with you and your life.

What is your true heart and motive behind getting this plastic surgery? Is it because you are obese, you struggle with health problems, and you want to live long and healthy? Or is it because you want to look good in the eyes of men and you want to get the favor of men? If you are going to die because of obesity and health-related problems, then ask the Lord if plastic surgery is something that you should have done.



## Chapter 4: Abuse, trauma, and abandonment

There are women out there that have struggled with abuse and trauma in relationships. Those women may have been in an abusive environment or an abusive relationship with a man. These women may need deliverance in their hearts, bodies, and souls. Women may need healing from the wounds on their hearts and souls from abusive men and relationships.

A woman may have gotten into a car accident or was sexually molested and has trauma from those experiences. That women may not know how to cope with the symptoms from the abuse or trauma. A woman may be experiencing anxiety or panic attacks because of the sexual trauma or car accident that she underwent. I want to talk about how a woman may need healing, deliverance, and freedom from the trauma and abuse from her past.

I want to talk about abandonment. Many women struggle with abandonment because they may not have grown up with a mother or father as a child. These women may have had family members or friends leave them. Many women and men did not grow up with motherly or fatherly figures and had to learn how to take care of themselves. Many women and men were independent growing up without a mother and father.

Many women and men did not know Heavenly Father growing up as children. So women and men need healing from abandonment, and they may need deliverance from the orphan spirit. These men and women may also need salvation if they are not already saved and born again.

There may have been a child or teen that lost their parents when they were young and did not know how to take care of themselves or their siblings. So these kids and teens turned to the world because they did not have God in their lives. Many children and teens have turned to drugs, alcohol, and gang violence because they grew up in poverty without a home or family to love, care for, and support them.

Many teens have even gotten pregnant when young because of not having a support system or knowing God and his love for them. Many women have settled for the wrong relationships with men due to not having a mother or father. These women so yearn and crave love and attention from men because they did not get it from God or their parents, so they will look to the wrong, ungodly influences.

Many women will get pregnant and have sex outside of marriage because they did not grow up knowing what fornication is and that it is a sin. These women did not grow up with parents that knew Christ and were able to

teach them the gospel truth and raise them in the Lord. So these women settled for the wrong relationships. Many women settle for men that are drug addicted or abusive. These women need healing in their hearts, minds, and lives.

When these women truly get healing and freedom, that is when they can start over with their lives and live according to the Bible. They can get saved and have a genuine relationship with Christ. Then, they can know their true worth, identity, and purpose. These women can live out the will of God for their lives and fulfill their purpose of serving Christ and others. When a woman does not know God, then she will continue to live in the same rut. Jesus Christ came to set the captives free. He wants to deliver us from our past bondage to sin and brokenness.

God wants to do a work in our lives and change and transform us to his likeness. He may want us to go to him for healing and restoration when we are struggling with these problems. Only he can truly deliver and set free. He will reveal his true heart and nature to us when we seek him. Jesus Christ wants us to know his love for us so that we can in return love ourselves and love others. He wants us to see ourselves the way he sees us. He wants us to walk in our true worth and identity. When we know who we are in Christ, we will better be able to love and accept ourselves and others.

If you are struggling to get free from something, cry out to Jesus Christ. Ask him to help you get free, healed, and delivered. He is the only one who can truly help you when you ask him. Go to the Bible for answers to your problems. Go to him in prayer, talking and listening to him. You can pour out your heart to God about what you're going through. He loves and cares for you so much.

Also, I would recommend going to a therapist or talking to a trusted friend or family member who is a believer. That person can encourage you and pray for you, and you can also do the same for them too. You can also look to other resources in your community for domestic violence, abuse, or neglect. Allow the Holy Spirit to lead and guide you and show you his will for your life. Allow him to direct and orchestrate your path.

Conclusion:

I want to thank God for pushing me to continue to write these books and publish them on Amazon. If it were not for him, I would not have the courage to write and publish these books. I also want to thank all those who have supported this business and ministry. May the Lord bless you in Jesus Christ's mighty name, amen.

