

## Named and Claimed Series

### Day 2: Check the Mirror - Then Check the Word

Because what you see might not be what God said

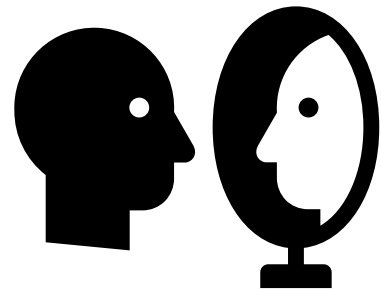
#### Key Scripture:

“Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it... they will be blessed in what they do.” James 1:23–25 (NIV).

#### Context: When We Struggle to See What God Sees

For much of human history, people lived without mirrors as we know them. The first known mirrors were polished stones like obsidian, used by the ancient Mesopotamians and Egyptians around 6000 BCE.

Later, metals such as bronze and copper were polished to reflect an image, but they gave only a dim, distorted version of the face. It wasn't until the 1st century CE that glass mirrors were introduced by the Romans, and even then, they were expensive and rare. In fact, for most people, seeing their own reflection was uncommon. People relied on what others said



about them—not what they could see for themselves. There's something deeply spiritual about that. Before mirrors became normal, identity wasn't shaped by glass—it was shaped by story, community, and belief. Perhaps that's why Scripture calls us to behold ourselves in the Word. The mirror may show what's visible, but only God's truth reveals who we are beneath the surface.

Let's be honest - there are days when we look in the mirror and don't recognise the person staring back. Not because of what's on the outside, but because of everything we're carrying on the inside. We see our flaws louder than our faith. We remember what we've done more than what God has declared. The enemy doesn't need to remove the mirror - he just needs to distort it. That's why learning to see ourselves the way God sees us is a daily battle. It's not about fixing the reflection. It's about changing the lens. Here's what many of us tend to see:

- **Our mistakes louder than our mercy.**
- **Our weakness louder than our worth.**

- **Our regret louder than our redemption**
- **Our past louder than His promises**

But here's the truth:

- **God sees the finished work, not the current flaw.**
- **God sees us through Christ, not our crisis.**
- **God's Word is the only mirror that tells the truth.**

### **Why this matters now**

Because there comes a point in every believer's journey when the surface no longer satisfies; when we realise the mirror reflects our image but not our identity. It can't show the healing in progress, the grace covering our scars, or the strength forged in silence. Only the Word can do that. And if we never look beyond what's visible, we risk living beneath what's already been declared over us. This matters because clarity of identity is not found in clearer mirrors, but in deeper truth.

### **Why Do We Struggle with what we see**

- **We filter ourselves to fit in.** We hide the parts we think are too messy—online, in public, even in prayer.
- **We trust feelings more than truth.** We feel unworthy, so we assume we are unworthy. But feelings aren't facts.
- **We stare at flaws more than faith.** Instead of meditating on what God said, we obsess over what we think we lack.
- **We neglect to check the right mirror.** Social media, opinions, pressure—all of it distorts what's real. It's the Word that re-centres us.

### **Verse Breakdown: James 1:12-13 (ESV)**

- **"Looks at his face in a mirror..."** That's how most of us live - checking our identity by what we see.
- **"...and immediately forgets..."** We don't just forget the reflection, we forget the calling, the confidence, the truth.
- **"Looks intently into the perfect law..."** The Word is the mirror that reveals who we really are. No filters. No lies.
- **"...that gives freedom..."** Truth doesn't trap us, it sets us free. When we look into the Word, we don't just see better. We live better.

## Key Themes


- The mirror shows the surface, but the Word reveals the soul.
- Our identity is not found in our reflection, but in God's truth.
- Feelings are real, but they don't always speak truth.
- God sees more than what's visible - He sees what's eternal.
- We often forget who we are when we stop looking at who He is.
- The Word corrects distorted views and restores our identity.
- We can't live confidently if we only see ourselves through flawed lenses.

## Practical Application: Reclaiming Our Identity

- **Stand in front of a mirror with your Bible open.** Say what God says - out loud - even if you don't feel it yet.
- **Write down 3 negative things you see in yourself.** Then find 3 scriptures that speak the opposite. Cross out the lies with truth.
- **Take a 'mirror fast'.** Avoid checking your reflection for a day; focus on your spiritual reflection instead.
- **Declare truth over your body, mind, and spirit.** Speak life. Speak scripture. Speak identity.

## Prayer

Father, help me see beyond the surface. When I doubt what I see, remind me of what You've said. Let Your Word shape my vision, and Your truth shape my identity. In Jesus' name, Amen.

 **Final Takeaway:** The mirror might show the outside, but the Word reveals the masterpiece God is making inside. Don't just check the mirror - check the Word. That's where our real identity lives.