

Are you what you see in the mirror?

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Have you ever looked in a mirror and said to yourself, “That’s me?” If so, you were mistaken. You are so much more than a physical body.

For instance, if you were to send a snapshot of your physical image to a total stranger that knew nothing about you, would they be able to learn anything about you by studying that picture? Not hardly.

There may be some signs that give away your individuality, like a pleasant smile implying a pleasant demeanor, or an erect figure that commands respect. Or maybe they would see sadness in the picture, or distress that indicated suffering somewhere in your human experience. But the truth is they would learn little, if anything, about the real you by studying a physical image.

You are more than a physical body.

You have a spiritual individuality made in the likeness of God that is brilliant, stunning, beautifully formed, intelligent, composed and commanding. This individuality is not discerned through material sense. It is found in spiritual sense.

Jesus taught, “**Look beneath the surface so you can judge correctly**” ([John 7:24, NLT](#)). The physical body is “the surface.” Spiritual individuality is the reality. To judge individuality correctly, we must look beyond the surface appearance to the underlying spiritual reality made in God’s image. Then we begin to find the real us.

If you don't like what you see in the mirror, change it by improving your mental view of God's man made in the divine likeness.

The physical body is temporal and changeable. It's not the real you.

Find the real you in Spirit. Look into the mirror of Truth and behold what God made you to be. You'll love what you see.

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