

Self-Esteem Part 2

Topic: #404

Category: Thought Life



Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows. Luke 12:6-7

Allow members who didn't attend last week to complete the Self-Esteem Worksheet while you present the following tips for building self-esteem:

1. Don't compare yourself to others.
2. Don't talk negatively about yourself.
3. Accept compliments, and give them to others.
4. Be around positive, encouraging people.
5. Do nice things for others.
6. Do nice things for yourself.
7. Do things that inspire and fulfill you.
8. Free yourself from "shoulds".
9. Remind yourself daily how God feels about you.
10. Value what God thinks over what other people think.

This week you were asked to reconsider the Top 10 traits you used to evaluate your self-worth.

Discussion Questions:

1. What did you discover? Did your traits line up with Godly traits?
2. Did you discover you had been using some worldly traits that really weren't important to you?
3. How do your new traits change your self-esteem.
4. When we base our self-esteem on traits that are important to God (rather than to the world) we see ourselves in a whole new light. Read the Bible verse above and discuss what this means to members of the group.

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(Part Two)

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Tips for building self-esteem:

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