

DEVELOPMENTAL ASSET™ #38
✕ Self-Esteem *✕*

YOUNG PERSON REPORTS HAVING A HIGH SELF-ESTEEM.

By Amanda Franklin

Edited by Lyle Griner and Marie Sundet © 2006 EveryDay LLC, Bloomington, MN


Amanda is a nineteen-year-old attending Augsburg College as a Youth and Family Ministry major. She loves to travel to all places, the most interesting of which was a week-long scuba-diving excursion to the Grand Cayman Islands. Amanda loves to pass time relaxing outdoors year round: swimming, hiking, and boating in the summer and snowmobiling in the winter.

The Mirror

Psalm 139:13-14 For you created my inmost being; you knit me together...

- In what ways have you recently been given a message that tells you that you need something that is:
 Better? Bigger? Prettier? Healthier? Faster? Smarter? Sexier? Safer? Shinier? Cleaner? Richer? Happier? More secure? Tastier? etc.????
- Who gives these messages and expectations for you? Why?
- Ultimately how do all these messages and expectations make people think and feel?
- How do these messages play on your fears and insecurities?
- What is self-esteem? What things lowers/raises self-esteem?
- How does self-esteem depend on zit-free faces? Ultra white teeth? Shapely bodies? etc?
- Earlier, when you looked in the mirror what was your reaction?
- Whose eyes do you see yourself through? In other words, how do you evaluate who you are? Is it through your own? Friends? Parents? Gods? Teachers? Coaches? Others?
- How are these views helpful or harmful to you?
- Do you like who you are? What makes you happy?
- How do you picture God? How might God picture you?
- What does the Bible show us about self-esteem?
- Why is it so hard to love yourself the way God loves us?
- How does having a high/low self-esteem impact your life?
- How can you impact someone else's self-esteem?




So What? 

Draw a symbolic heart representing what you might see in your heart today. Use various colors, symbols, key words, pictures, etc.

- What is one thing you hope people recognize about you that you drew in your heart?
- Do you think you portray that trait well?

Candle Time

Be still and know that I am God
 Be still and know that I am
 Be still and know
 Be still
 Be



EXPLORE

- 1 Samuel 25 The reputation of Abigail.
- Psalm 118:8 It is better to take refuge in the Lord than...
- Job 11:18 ...you will have confidence because there is hope.
- 1 Samuel 16:7 ...the Lord sees not as man sees: man looks on the outward...
- Matthew 6:21 For where your treasure is, there will your heart...
- Phillipians 3:8 Indeed I count everything as loss because of the surpassing...



Leader Page

Discussion Goal

Distinguish between a consumer's definition of self-esteem and God's forgiven, loved creation.

Background

Self-esteem is a word that is very worn out. It is used everywhere and because of that, the real meaning of self-esteem gets lost. From a very early age, my generation was taught that self-esteem was a good thing to have, but it has always been defined in terms of a consumer oriented society. That assumes success, winning, earning, recognition, control, superiority, being right, being all, owning more, doing things better, looking better, and impressing others. These messages bombard us constantly and are daily reinforced through television, radio, movies, magazines and countless self-help books. We end up living in a consumer driven trance that constantly tells us "You are not good enough. You need... more, better, bigger, prettier, healthier, faster, smarter, sexier, safer, braver, shinier, happier, _____ (fill in the blank with any product)."

Christians know that God "created our inner-most being" and God "knows us." God made us how we are and accepts us for that. God accepts us and loves us when we don't and even when we can't. Uniqueness, belonging, hope and purpose are the elements that give self-worth and meaning. God makes us unique by giving us various gifts. God says we belong by claiming us as his own child. God gives us hope in a kingdom of God that exists now and in the future. God gives us purpose as we learn to see God and to help others recognize God's presence, love and grace.

Motivate

Pass out hand-held mirrors for group members to hold in front of their faces. Observe some of the first reactions, which will most likely range from humor to avoidance. Verbally note some of the reactions. Ask all to look more closely as you read the key verse from this session.

Option

Consider a song that can be played as the group is drawing their heart. Some good examples would be:

- "You're my little Girl" - by Go Fish (for an all-girls Bible study group)
 - "Beautiful" - by Bethany Dillon
 - "Different is Beautiful" - by Riley Armstrong
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