

# LESSON 18:

## SELF ESTEEM



### AIM:

To see what gives us true worth.

### YOU WILL NEED:

- Actual Reality CD
- Computer
- LCD Projector (depending on size of the group)
- Bibles
- People shaped cut outs
- Party Poppers
- Paper & pens

### DISCUSS:

*[Hand out the people cut outs marked star – friend – peer (meaning a person of their age maybe at school)]*

**Give an identity to each of the cut outs e.g. Star = Michael Owen.**  
Write on the cut outs your thoughts as to why they have great worth.

*[Feedback from the individuals on the 3 case studies]*

Open question for group feedback

**What makes them great?**

*[Review and comment on feedback given about what makes them great and ask is that what makes someone great? EG – wealth or getting an A in biology]*

**How do people treat them?**

*[Feedback]*

**How do we treat people who don't meet our standards of greatness?**

*[Feedback]*

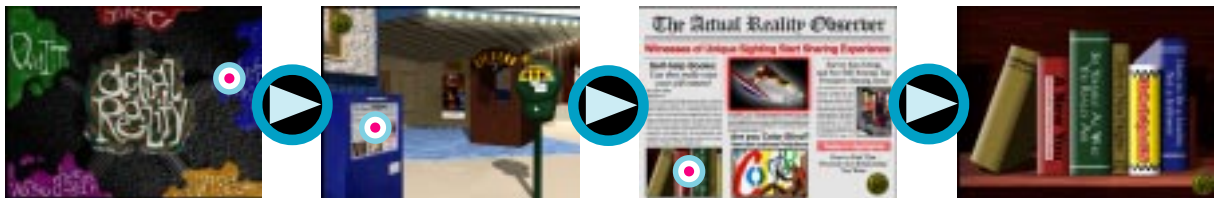
### INFORMATION:

Human value system is based on competition – what we do, not who we are

**God's value system is based on – who we are, not, what we do**

### CD:

[Follow these screen clicks to get to 'bookshelf']



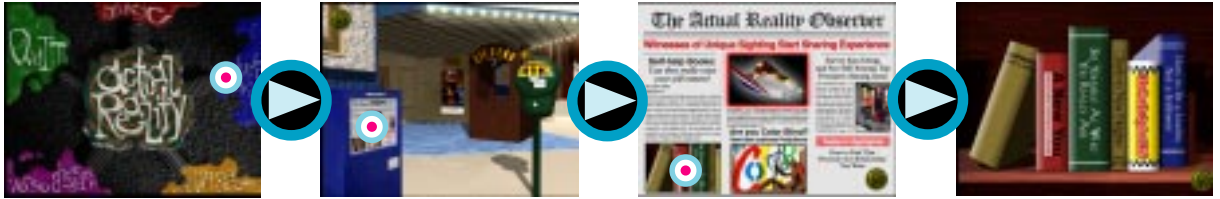
*[click on 'A new you']*

### INFORMATION:

In Christ we are a new creation and our responsibility is to become more like Jesus. Remind the group that we are saved by faith not works. God loves us because he loves us. Nothing that we do will make him love us less and nothing that we do will make him love us more.

**CD:**

[Follow these screen clicks to get to 'See yourself as you are']



[click on 'See yourself as you are']

[Read out the verses shown – being made Christ-like Galatians 3:26-28]

**DISCUSS:**

**What makes us great?**

Colossians 3:12

John 1:12

[Feedback on what those verses are saying about you – how does it make you feel?]

**How does God treat us?**

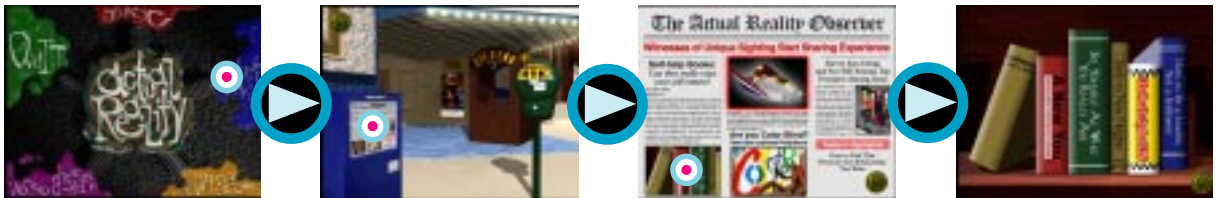
Romans 8:17

John 15:15

[Feedback on what those verses are saying about you – how does it make you feel?]

**CD:**

[Follow these screen clicks to get to 'bookshelf']



[click on 'Who can be against me?']

**Supertones**

[Click on 'I NEED SOMEONE']

**DISCUSS:**

**Where do you go when you feel low?**

**CD:**

[Click on 'HOW HARD I TRY']

**INFORMATION:**

Christians should have the greatest self esteem  
But not big headed – Romans 12:3

**CD:**

[Click on 'YOU'RE ON MY SIDE + I'M NOT JUST A MAN']

**INFORMATION:**

*God gives us worth and that worth can very often be seen in us by others, but not always by ourselves.*

**ACTIVITY:**

[Hand out a sheet of paper to each person and put their name on the top.  
Pass around each sheet for everyone to write down on the paper great things about that person.  
Then have the information about each person read out  
As feedback is read out candidate is stood up and applauded and party poppers pulled etc.]

**RESPONSE:**

[Into groups to pray blessings of encouragement over each other]