



Hot Topics

LEADER GUIDE

self-esteem

Note to Leaders: *Perhaps you might start off this discussion by sharing a little bit about your own experiences, past or present, of self-esteem issues. This could serve as an ice-breaker and can create an environment of openness and mutual understanding.*

Self-esteem issues seem to bombard girls no matter what age they are. With so many glamorous images coming from the media and our materialistic society, it can be very discouraging to long for a particular physical attribute you see around you that you know you can't possibly achieve. It's time for a reality check. What does a healthy self-esteem look like according to the Bible?

Read Genesis 1:26,27

Who were we designed after? How can this verse help you when you have low self-esteem?
What did God entrust us with? Would He have done that if He didn't value us?

Read Psalm 139:13,14

What does this verse tell us about how we were made?
Talk about your reaction to this phrase: "I am made by God and He don't make junk."
Why is it so easy for us to point out our faults? What does that accomplish? How can God use our areas of insecurity for good?

Read Romans 9:20

What physical characteristics or personality traits have you questioned God about giving you?
How do they affect your self-esteem?
How would you feel if you put a lot of time and attention creating something and then there was a lot of complaining about it?

Read 1 Peter 3:3,4

According to this verse, what is beauty based on?
Is it okay to want to dress up? Where do you draw the line? What does inner beauty look like?

Read 1 Timothy 2:9,10

What is your definition of modesty? How does the way you dress make a statement about yourself?
How do you tend to dress on days when you have a low self-esteem? On days when you have a high self-esteem?
What contributes to your low self-esteem? How can you work on reversing your low self-esteem?

Read Romans 12:3

Do you ever go through seasons where your self-esteem is a little too high? What do you think of Paul's warning here in this passage?
What does a healthy self-esteem look like?

Read 1 Corinthians 6:19,20

If the Spirit of God dwells in us, how should we treat our bodies?
Can you think of habits or behaviors you do that contribute to your low self-esteem that don't honor your body or God? Emotional eating? Smoking? Drinking? Being a couch potato?
What are some things you can do to increase your self-esteem and better honor God through honoring your body?



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