



SELF-ESTEEM

BOTTOM LINE: Jesus thinks highly of me even when I think lowly of myself.

MATERIALS NEEDED

- Bibles
- Student Notebooks

icebreaker questions

ASK: What is something that you are really good at? How did you learn to do whatever it is you're good at?

hear from God through His word.

DO THIS: Read **Exodus 4:10-12** as a group and then lead your students in a discussion about the passage using the questions below.

- Tell your students to open their Bibles to **Exodus 4:10-12** and ask someone to read it out loud for the group.
- **ASK:** Do you think Moses had a low or high self-esteem? What was something that he was self-conscious about?
- **ASK:** What was God's response to Moses? What did He promise to do for Moses?
- **ASK:** Do you think that Moses still had low self-esteem after this conversation with God? Why or Why not?

talk with others about our faith.

DO THIS: Lead your students in a discussion about self-esteem using the questions below.

say this:
In the midst of Moses' low self-esteem and doubts about himself, God reminded him that his worth is not in his abilities, looks, or skills, but his worth is that he is made by God.

- **ASK:** How would you define low self-esteem? What is high self-esteem?
- **ASK:** Is there anything in your life that lowers your self-esteem? What is it?

- **ASK:** *What are some ways to boost your self-esteem?*
- **ASK:** *Do you think that your self-esteem affects no areas of our lives, some areas of our lives, or all areas of our lives? Explain why you think this?*

do an activity together as a group.

DO THIS: Lead your students in an activity affirming each other using their **Student Notebooks**.

- Have your students sit in a circle, take out a pen, and grab their **Students Notebooks**. Tell them to open it to a blank page and write their name at the top of the page. Then have them pass it to the person sitting to their right. Tell your students to write an affirmation or encouraging word in the notebook. Once they are done, pass it to the next student and so on until they get their own **Student Notebook** back.

say this:
If we are involved in a community of people that encourages, affirms, and loves us, we will see our self-esteem begin to grow more and more. This Life Group can be that community!

pray by talking to God.

DO THIS: Lead your students in a time of prayer as a group using the prompt below.

- Have your students sit in a circle and hold their hands open in front of them. Pray over your students. Ask God to give them a renewed self-esteem that gives them confidence and makes them feel valuable. Ask God to make this life Group a community that is centered on encouragement and love.



memory verse

"Then the Lord asked Moses, 'Who makes a person's mouth? Who decides whether people speak or do not speak, hear or do not hear, see or do not see? Is it not I, the Lord?'"

Exodus 4:11