

CULTURE CLASH

April 16/17
Self-Esteem or God Esteem
Bob Merritt

We all struggle with our self-esteem to some degree, no matter how strong or successful we are. The good news is that God wants to restore our self-esteem and strengthen our spirit. But that requires a daily reminder of who we are in Christ and living in his truth every day.

DISCUSSION QUESTIONS

1. How do you view yourself? Think about that and answer. Then read Psalm 139:14 and Ephesians 2:10. How do these verses change your view of yourself?
2. How would you describe the difference between self-esteem and God esteem? Bob talked about appearance, achievement, and people as being the three areas that cause a clash between self-esteem and God esteem. Which area do you struggle with the most and why?
3. What happens when you try your best and you fail? How do you handle that? The key is to stay in the game and know you are God's masterpiece. Do you have a situation in your life right now where you need to be reminded of this truth?
4. Think of the people you surround yourself with on a regular basis. Do they believe in you and cheer you on? Or are they chipping away at your confidence and diminishing you? How can you surround yourself with people who encourage you, if you aren't already?

CHALLENGE

Start living each day with God's truth to counter all the negative. Make it a daily discipline and daily prayer to remind yourself, "I am a treasured child of the most high God."

COMMIT TO MEMORY

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. **Ephesians 2:10**