

Self-Esteem Bible Study

2 Corinthians 10:12 “Oh, don’t worry, I wouldn’t dare say that I am as wonderful as these other men who tell you how good they are! Their trouble is that they are only comparing themselves with each other and measuring themselves against their own little ideas. What stupidity!”

1 Samuel 16:7 “God doesn’t look at what people see. People judge by what is on the outside, but the Lord looks at the heart.”

Psalms 139:23-24 “Search me, O God, and know my heart; test my thoughts. Point out anything you find in me that makes you sad, and lead me along the path of everlasting life.”

1 Corinthians 6:19 “You should know that your body is a temple for the Holy Spirit that you received from God and that lives in you. You don’t own yourselves.”

Lesson:

What do you think makes someone beautiful? Webster’s Dictionary defines beauty as – “the quality of being physically attractive.” But who decides which qualities are attractive and which ones are not? Our society has a lot to say about how a person looks on the outside. You have probably heard the phrase, “Beauty is only skin deep.” That means that our physical appearance defines our beauty. And some people think that’s true. What would it be like if you could read the minds of your peers as you walk down the hallways at your school? You might hear things like, “Her nose is pointed,” “His ears are too big for his face,” and “Didn’t she wear that same ugly sweater last week?” But beauty is about so much more than what we see on the outside.

Many times, we decide how we feel about ourselves by comparing ourselves to others or listening to what others say about us. The truth is that not one bit of your self-worth should depend on what others think. If you are continually trying to prove your worth to people, then you have already forgotten how valuable you are to God. Your value never goes up or down depending on what someone thinks about you.

In these verses, we first hear that Paul thinks it is foolish to try and measure up to what everybody thinks is the new trend. He says that he is not going to play that game. If you play that game, you’ll never measure up to all the standards people have! Once you start down this road you will

develop a poor self-image. This can eventually lead to depression. The best thing you can do is decide that you are not going to play such a petty game to begin with.

Secondly, we read that God does not judge you by your appearance, but by what is on the inside of you. God's opinion is the only opinion that should count. The Bible plainly says that God does not see things the way human beings see things. People see how tall you are, how much you weigh, your hairstyle, your clothes—but God sees if you are kind, trustworthy, helpful, and forgiving.

This leads us to the third verse we read. We do not want to try and hide from God. Instead, we want God to shine His search light on us and point out the real flaws that He sees. If we do this, God will help us make minor adjustments and full-blown corrections so we begin to look more like Him. We will not always hit the target, but in the process we will become our best selves.

Finally, we read that our bodies are a gift from God and that He considers them to be the Temple of His Holy Spirit. This is important because it means that God puts a high value on our bodies. Just like there are many different kinds of church buildings, there are so many types of bodies that are beautiful to God! We should treat our bodies with love and respect. We can do this by sleeping enough, exercising, and eating healthy foods.

Prayer:

Lord Jesus, I come to you today and ask you to help me not to judge others by their outward appearances. Also Lord, help me not to get caught up in playing the game of trying to measure up to false standards. I know that your opinion of me is the only one I should be concerned with. I am asking you to search me and reveal my flaws to me so that I can work on them. My ultimate goal is to please you. I thank you for the the way that you made me. I am the temple of your Holy Spirit. I will work on getting proper rest, exercising, and eating healthy. I am your child. Amen.