

your worth in Christ 1

introduction

Every woman has different roles and functions depending on their season of life. From daughter, girlfriend, employee, wife, mother, and more, the role you have changes as you journey through life. Along the journey you have many influences that mold and define who you are. In particular, an image of yourself begins to develop: what you think of yourself, who you think you are supposed to be, and what you are supposed to do with your life.

Self-image is the conception you have of yourself, including an assessment of qualities and personal worth. Physical beauty, intelligence, athletic ability, competency, and talent are frequent measures for your self-image. When these are the measuring sticks, many people feel inferior, empty, and worthless. Our "need" for self-worth, value, and significance is only satisfied when we know who we are in Christ. Dismantling these false standards for your worth and establishing true standards for your worth will radically transform your self-image and shift your hope from people's opinions of you to God's opinion of you.

- 1 Self-esteem is the feeling of worth based on skills, accomplishments, status, financial resources, or appearance. There are two sins that we fall into when rely on our own sense of self-worth and self-image.

Read Exodus 4:1-17. Moses looked to his own abilities and skills and thought he could not serve the way God wanted him to. Why does God say Moses could serve him, in spite of his human weaknesses? What do you learn?

Read Luke 18:18-21. Notice how the ruler thinks that by his accomplishments he will be able to enter eternal life. He is full of the sin of pride. **Read James 4:6.** What does God say about those who have pride? What do you learn about relying on your skills?

- 2 Sometimes we can think like the rich ruler in Luke 18, believing that our skills and accomplishments are impressive to God. Read the following scriptures and write down how God sees our skills, accomplishments, and works.

Romans 3:9-18 —

Isaiah 64:4 —

Luke 17:7-10 —

- 3 God is dealing with the problem of pride and boasting. God prepared salvation in a way so that all dependence on human wisdom, human achievement, human abilities, and human skill would be excluded.

Come now, you who say, "Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit"— yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes. Instead you ought to say, "If the Lord wills, we will live and do this or that." As it is, you boast in your arrogance. All such boasting is evil.
(James 4:13–16)

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.
(Ephesians 2:8–9)

God chose what is low and despised in the world, even things that are not, to bring to nothing things that are, so that no human being might boast in the presence of God. And because of him you are in Christ Jesus, who became to us wisdom from God, righteousness and sanctification and redemption, so that, as it is written, "Let the one who boasts, boast in the Lord."
(1 Corinthians 1:28–31)

- 4 **Read Ephesians 1:3-6.** Paul says we were chosen "before the foundation of the world." How many achievements had you accomplished before the foundation of the world?

Consider what it means that God loves you and made a way for salvation before the foundation of the world. Why did God do this? Is it because of your actions (see **Romans 5:8-10**)? What then is the basis of God's saving love to you? (see **Ephesians 1:4-6** again)

TRANSFORMATION:

- 1 Why is it foolish to have a self-image based on our own personal achievements, skills, and abilities?

Who gave your skills and abilities?

What does God think of all your achievements?

- 2 Look at **1 Corinthians 1:28-31** again. Who did God say all our glory/boasting should be in? How can you glory in the Lord this month?