

# Seeing Ourselves The Way Good Sees Us

## Lesson 1

Steps to laying the foundation of a healthy self-esteem

Step One-Psalm 139-We are fearfully and wonderfully made.

1. Read Psalm 139. What specific things does the Lord know about us (vs 1-6)?
2. Why do you think the Psalmist wants to flee from God's presence (vs 7-12)? Do you ever? Can you? Can you hide your true self from other? Why do you?
3. What words are used to describe God's activity and artistry in making us? (v13-16)? Do you think of yourself as God's artwork?
4. What does it mean to you that God is thinking of you constantly? If you don't think much of yourself, how will this help? Do you feel loved by God?
5. Why do you think the Psalmist invites God to search him, know him and test him (v23-24)?

## Step Two Romans 3:9-20 Deeply fallen

1. Read Romans 3:9-20. What is wrong with thinking that we are morally and spiritually superior to others? And vice versa?
2. According to Paul what is true of everyone, without exception?
3. How do you think Paul would explain the fact that some people seem to seek after God and do good things?
4. How can those who are “worthless” still have great worth to God?
5. How do these physical parts of our bodies help to describe our spiritual condition (v 13-18)? Can we defend ourselves (v 19-20)?
6. In the broader context of Romans, verses 9-20 are designed to expose our need of a Savior. How do these verses highlight your need for Jesus Christ?

## Step Three Hebrews 10:1-18 Fully Forgiven

1. Read Hebrews 10:1-18. The Old Testament sacrifices were repeated every year. What does this imply about their effectiveness? In fact, instead of removing guilt they produced guilt, why?
2. What methods do we use to get rid of guilt and why don't they work?
3. How do Christ's sacrifice and priesthood contrast with those of the Old Testament, and what effects does it have on us, personally?
4. How does the way God views you compare with the way you view yourself?
5. Verse 18 might be paraphrased: "Because God has completely forgiven you, there is nothing else you can or need to do to gain His acceptance." What effect should this have on our feelings of guilt?

## **Seeing Ourselves The Way God Sees US**

### **Lesson 2**

Step Four Romans 8:31-39 Eternally loved

GOD DOES NOT LOVE US BECAUSE WE ARE VALUABLE.

WE ARE VALUABLE BECAUSE HE LOVES US.

1. Why is it essential to know this?
  
2. How can we know with absolute certainty that God is “for us” (v 31-32)? If God is for us, what are the implications?
  
3. From verses 34-35 what charges might a prosecuting attorney bring against us and how would God and Christ respond to these charges?
  
4. How might such things as trouble, Lordship, famine or death cause us to question God’s love for us (v 35-36)?
  
5. In what sense are we “more than conquerors”? over anything that threatens us (v37-39)?
  
6. How has Paul tried to convince us of God’s eternal love for us and how should that affect the way we feel about ourselves?

## Step Five Ephesians 1:3-14 Greatly blessed

“A Christian should be a hallelujah from head to foot”

1. Read Ephesians 1:3-14. Why is Paul so full of praise to God?
2. What are some of the specific spiritual blessing we have been given (v 4-14)?
3. How many times are the words in Christ, in Him, or their equivalents used in verses 3-14, and what is Paul trying to emphasize?
4. How should our new identity in Christ affect the way we view ourselves?
5. Verse 10 describes God’s ultimate goal. Explain in your own words.
6. What does it mean to praise God’s glory and what role does praise have in our lives (v 6,12, 14)?

If you don’t feel like praising Him, try reading this passage again.

Notice what He has done for you.

## **Seeing Ourselves The Way God Sees Us**

### **Lesson 3**

#### God Enables Us By the Scripture Psalm 1

1. What does it mean to be blessed?
2. Life can take one of two directions. What are they and what is natural?
3. What directs us God's Way? (Read Ps. 119:1-4, 9-11, 33-37, 105)
4. What are the beautiful consequences?

#### God Enables Us By Prayer

1. What is prayer?
2. Why is it critically important in the life of a Christian?
3. Read Acts 4:21-35. What was the situation that prompted the believers to pray?
4. What did the people request in prayer?
5. What were the results of the believer's prayer? How do these results show you the power of prayer?
6. When we pray, do we always get what we want? Why do we pray in Jesus' Name?

# Seeing Ourselves The Way God Sees US

## Lesson 4

### God Enables US By the Holy Spirit

1. Who is the Holy Spirit? What is His “job”? Can you live the Christian life without Him?
2. Read Galatians 5:13-26. Left to our natural selves, what is the inevitable?
3. What does it mean to “live by the Spirit”, “keep in step with the Spirit”, and why is that so important?
4. Can someone be living in the Spirit and yet not have all the characteristics mentioned in verses 22 and 23? (Now think about this)
5. How can you experience the power of the Spirit in your life? What is it going to take?

### God Enables Us By Faith Hebrews 11:1-12

1. What is faith?
2. In verse one, what are two key words to faith?
3. List some of our great examples of faith.
4. How does knowledge of God help make faith real?
5. How do you know if your faith is real?
6. When is there power through faith? When is there no power through faith?

## **Seeing Ourselves The Way God Sees US**

### **Lesson 5**

#### Understanding Trials

1. What is a trial and what is their purpose? (James 1:2-4 and Romans 5:3-5)
  
2. Read 1 Peter 1:3-21. In the passage, what reasons do you find to praise God?
  
3. When you are in the midst of trials, you may not feel like praising God. Why do you think you should still praise Him?
  
4. In what sense are you shielded by God's power when you are going through trials?
  
5. What is more valuable than gold (7)? What is more stable than gold (18-19)? Why do you think knowing these things can help you have power over life's trials?
  
6. How do you think having a proper perspective of trials can help you experience God's power over them?

#### Putting On The Full Armor

Read Ephesians 6:10-20

1. Who or what is our actual struggle?
  
2. If this is war, what equipment do we have?
  
3. What does this passage say or imply about gaining strength through discipline?
  
4. When do we have our greatest strength? (II Corinthians 12:7-10)

