

# Effective Youth Ministry Free Resource

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# **Bible Study - Self Image**

**(ready to photocopy)**

written by  
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# SELF-IMAGE

Definition: *Self-image is how we feel about ourselves. It is our assessment of our self-worth.*

**Share:** Do you trust the media to shape your self-image? In what areas do you think it fails?

## Self Image

How do you see yourself? Circle the words below that describe you:

Confident	Patient	Average
Determined	Attractive	Popular
Gentle	Intelligent	Important
Humble	Capable	Fun

(Share your answers.)

What are some things that influence (or have influenced) your self-image?  
Why do you think people/events/experiences have such a powerful effect on our self-image?

## What does the Bible teaches us?

Look at the following passages and work out what each one says to us about how we are to think about self-image.

*Psalm 139:13-14*

*Psalm 147:10-11*

*Luke 12:22-23 and 31-32*

*Ephesians 2:10*

*2 Corinthians 5:17-21*

What kind of self-image should a Christian have?  
What should influence a Christian person's self-image?

## Prayer

*Pray for each other that you will understand who you are based on your relationship to God through Jesus.*

*Share other matters for prayer and then pray together.*