

How do you value yourself?



You get up in the morning & look in the mirror
Do you rate yourself -
By what you look like?



You get into school
Do you rate yourself -
By what you're good at? Perhaps something out of school



At break /lunch/ after school

Do you rate yourself -
By how many friends you have - your popularity?



You chat about what you bought at the week-end -
Do you rate yourself -
By what you own - your possessions?



Are any of these things wrong in themselves?

If we base our value on changeable things, what happens when those things change?

On what unchangeable things can we base our value?

How do you value yourself?

How important are the following to you?

Personal appearance

Being 'good-looking'
Weight
Height
Strength

Fashion
Make-up
Hair



Abilities

How good you are at popular activities (football, X-Box etc)
Doing well at school
Being a super Christian
Having a role that others appreciate e.g. playing the clown; being supportive ...



Popularity / status

Your popularity - the number of friends you have
Being popular with the opposite sex / getting dates
Being the centre of attention
Alpha male or female



Possessions

Latest gadgets and games
The number of Christmas presents you get



Other

Is anything else really important to your sense of self-worth?

Are any of these things wrong in themselves?

If we base our value on changeable things, what happens when those things change?

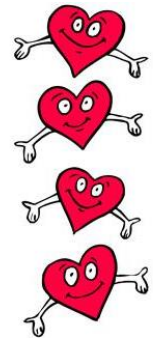
On what unchangeable things can we base our value?

How do you value yourself?

Do you believe any of the following?

I am worth more if...

- ♥ I dress "the best"
- ♥ I am the best at ...football...netball...drama...etc
- ♥ Everyone likes me (well most!)
- ♥ I have loads of pocket money
- ♥ I look good
- ♥ I play the clown, make people laugh, entertain everyone
- ♥ I have a boy/girl friend
- ♥ I have the latest game/gadget
- ♥ I do everything "right"
- ♥ I never get into trouble/I do get into trouble
- ♥ I get at least one Valentine card, preferably several
- ♥ I get good marks at school



These are all ok things, but when we base our **value** on them, it can give us real problems.

So what do you base your value on?

What does society base people's value on?

Whose opinion of us matters most?



***"Nothing I do can make God love me more.
Nothing I do can make God love me less."***

Philip Yancy: What's So Amazing about Grace?

Which mirrors do you use...?



STOP

Which mirrors do you use when you look at yourself? How do you see your image?
Which of the following feel important to you?

- Looking good / feeling attractive
- Your sporting ability
- That many people like you
- Having the latest mobile phone/iPod etc
- Wearing the 'right' clothes or having a cool hairstyle
- Making people laugh
- The number of friends you have
- Living in a nice house
- Doing well at school
- Your reputation
- Getting things 'right'
- Being extremely helpful
- Being a super Christian
- Having a role and doing it well
- ??



How do you feel when you don't look good in your chosen mirror?
Are we looking in the wrong mirrors?



Think! These things may have their place. But when we believe that our **value** as a person depends on such things we make ourselves vulnerable. Why?



Find some **Bible verses** which really **help you** here

Write them out /draw a picture / design a poster on the computer which represents them

Stick them up on your wall

Make them part of you.