

TRuE OR FALSe

Distribute **paper** and **pencils** to group members. Ask group members to write *true* or *false* in response to each statement that you read aloud. Encourage them to write a few words of explanation with each response:

- God has given me a special talent.
- I can succeed at any task I'm given.
- I am able to share God's love with others.
- I am able to accept love from others.

Discuss responses and ask:

- What does God say about our worth?
- What makes us doubt ourselves?
- How can we improve our self-esteem?
- How can we show compassion for and help those with low self-esteem?