

Jesus and Self-Esteem: Journal Exercise:

PART I

Scripture Reference: Matthew 6:25-34

Theme: Be who you are.

Reflective Questions:

1. Is your faith large enough for you to settle for what you are and to forego the nagging urge to be somebody or something else? Why? _____

2. Describe how you see yourself. _____

Describe how you think others see you. _____

Describe how you think Jesus sees you. _____

Are the above similar or different? Why? _____

3. What is the hardest thing for you to accept about yourself? _____

What can you do about it? _____

4. What is it about Jesus and your intimate friendship with him that allows you to be different than in your other relationships? _____

5. List five things you love about yourself.
