More time spent with fewer people leads to greater and lasting impact for the Kingdom of God

BSU Christian Challenge
New Mexico State University
Study Series

Self-Worth
“The only source of real security is your relationship with God through Jesus. He validates you, blesses you, accepts you, and gives you worth. In Him, you are secure so you can choose to live securely and feel secure.”
Jeff Iorg, “The Character of Leadership”

We were created to be image bearers of God, finding our self-worth and validation through Christ.

What are some of the more common attempts of validation of self-worth in people’s lives today?
____________________________________________________________________________________
____________________________________________________________________________________

Sometimes our sense of self-worth seems temporary. Why do you think that is?
____________________________________________________________________________________
____________________________________________________________________________________

We are constantly questioning our self-worth and trying to find our value in things of this world. Girls may try to find value through their beauty and in relationships. Guys may try to find validation from how physically strong they are or how successful they are in their careers. Either way we seek to be accepted by others and find a way to deal with our insecurities. We all have them whether it be our body image, if people like us or not, or how smart we think we are. We are always trying to “fix” them but we never ask the question “why are we insecure?”

Creation of Man

• Read Genesis 1:27-31
  How were we created? ________________________________________________________________
  ________________________________________________________________

  What did God think of His creation? ____________________________________________________
  ________________________________________________________________

The Fall

• Read Genesis 3:1-8
  How did the serpent lie to the woman?
  ________________________________________________________________
Why did Eve eat the fruit, and what sin(s) did she commit?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

“Shame is defined as a painful emotion resulting from an awareness of inadequacy or guilt.” Why did Adam and Eve feel the need to cover themselves up?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Consequences of Sin: To the serpent, woman, and man

• Read Genesis 3:14-19: What are the consequences of sin listed for the serpent, woman, and man?
  
  o The serpent: __________________________________________________________
  
  o Woman: ______________________________________________________________
  
  o Man: _________________________________________________________________

• Re-read Genesis 3:14-19. What do these consequences really mean?
  
  o The serpent: Who will crush the serpent’s head, and have his heel bruised? ________________________________
  
  o Woman: What does it mean that “your desire shall be for your husband…”? How does self-worth play into this statement? 
  
  o Man: What result will come from having to work so hard for something that feels like it should come easily? ________________________________

Woman’s desire for man and his headship over her is not a punishment caused by sin. Rather, due to sin, what was once a natural desire and beautiful picture of a relationship between man and woman is now tainted with alienation, broken intimacy, and increased pain in childbirth.
Man’s painful need to have validation through his job status or title cannot measure up to the validation that God desires for man to find in Him, and Him alone.

Eve’s sin was not that she took lead over her husband but that she exalted herself above her creator. She questioned God’s law, whether it was good or bad, right or wrong.

- In what ways have you questioned our Creator’s wisdom in relation to your self-worth?

- How does the Biblical story of the Fall of Man expose an unhealthy need for validation of self-worth?

- Read Psalm 139:13-14 and Romans 8:14-15 Who was always the one who was meant to validate your self-worth? With the saving grace of Jesus, how are we newly validated? What is stopping you from believing this?

- Read Psalm 139:13-14 What does this passage tell you about your value in the eyes of God?

- Read Romans 8:31-39 If God is for you, who can be against you?

Memorize Romans 8:38-39

“...for the first time in his life, Adam was seeing a person who was like him, only more beautiful, and smarter in the ways of love and encouragement, and more deliberate in the ways of relationships...he must have gone on a long walk with God and thanked Him, and I’ll bet that was a very beautiful conversation. I’ll bet Adam felt loved by God, like he was somebody God was always trying to bless and surprise with amazing experiences, and I’ll bet they talked together about how beautiful Eve was and how wonderful it was that the two of them could know her, and I would imagine that Eve felt safe, loved, not used or gawked at, but appreciated and admired.”

Donald Miller, “Searching for God Knows What”

Because of God’s grace and love for you, your self-worth has already been validated. What’s keeping you from believing this?