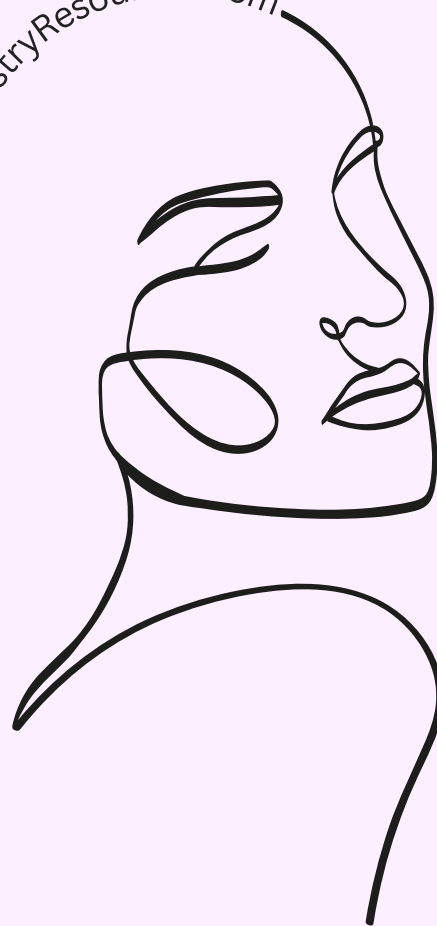




GOD'S GIRL

WomensMinistryResources.com



BUILDING YOUR SELF-WORTH IN CHRIST

By T.C. Buckner

Materials:

- Flip Chart paper or Easel Pads**
- Markers (12 or more depending on the group)**
- Journal paper or notebook for each participant**
- Masking or painter's tape**
- Computer/typing paper (1-2 sheets for each woman)**
- Internet connection**
- Laptop and Monitor**

Initial welcome and introduction

Objective: Ensure all the women feel welcomed by you. Standing at the door and providing a personal welcome is a good idea.	
Introduce yourself: Sharing information about yourself with the women (learners) is a good idea. Even if they know you or have known you for years, share something about yourself, they may not know. This builds rapport and connection. Each contributes to the learning dynamics and could relax the learners a bit. A relaxed learner can learn more efficiently, engage without apprehension, and remember what they learn (i.e., retain). Ideas of information you can share: <ul style="list-style-type: none">- Marital status- Number of children- Favorite childhood memory- Favorite food- Hobby- Pets Share anything that helps the learners connect with you and trust you.	5 minutes

Participant Introductions

Objective: This time allows women to get to know each other so group dynamics can develop and grow organically.	
Low-risk icebreaker: Say: “Now we will get to know one another. This will make sharing easier and connect you to your Christian sisters.” Say: “We will go around the room. Share your name and then, look to your left and ask the woman to your left, ‘What is your name?’ Once she tells you, you will introduce her to the class (even though we have just heard it).”	10 minutes

Learner Expectations

Objective: To enable you to understand what the group expects from the course. This will create a learner-centric environment.	
What to do: <ol style="list-style-type: none">1) Assemble the learners into small groups.2) Give each group a sheet of flipchart paper.3) Ask the groups to list, illustrate, or write areas they want to discuss or learn about as they relate to the workshop. Notes: There are many ways to Break your large group into smaller groups. Use your phone. Line ALL the participants up from end to end. Say: <ol style="list-style-type: none">1) “This activity is a non-verbal activity. This means you cannot speak during the activity. Nor can you write, use American sign language, or spell out in the air with your fingers. “2) Now, I want you to arrange yourselves physically by your favorite Candy. We will have those whose favorite candy name begins closer to the letter “A” position yourself to form your line on this side of the room [point]. Continue to nonverbally arrange yourselves in a line all the way to “Z” [point] to the other side of the room.3) You will have two minutes. Go!	5-minutes

Introduction of the course

<p>Objective:</p> <p>This will enable the group of learners to focus on the content of the course, its objectives, and what it is designed to accomplish.</p> <ul style="list-style-type: none"> - Participants will demonstrate an understanding of the biblical principles of self-worth by accurately citing at least three relevant Bible verses related to self-worth and self-identity by the end of the workshop. - Participants will be able to identify and challenge negative self-talk by actively engaging in exercises that replace self-criticism with positive affirmations during the workshop. - Participants will set and communicate at least one healthy personal boundary related to their faith, self-care, or relationships during the workshop. 	
<p>Discovering Your Divine Worth: A Journey to Self-Esteem is a transformative course tailored for Christian women.</p> <p>Rooted in the timeless truths of the Christian faith, this course empowers women to navigate the complexities of self-worth and identity.</p> <p>Over the span of several weeks, participants will delve into the heart of Christian teachings, exploring how they relate to their self-esteem.</p> <p>Through in-depth Bible studies, group discussions, personal reflection, and practical exercises, women will learn to replace self-doubt with a deep understanding of their intrinsic value as beloved children of God.</p> <p>The course provides a nurturing and supportive environment where Christian women can build self-worth, boost self-esteem, and emerge as strong, confident individuals rooted in their faith.</p>	<p>10-minutes</p>

Say:

There are several things I'd like you to keep in mind during this workshop.

- Your lived experiences are important. Please share them, but do not monopolize the discussion time. Make your points concisely and succinctly.

- We will take breaks, but if you need to get up, please do.

- The restrooms are located _____. The WIFI password is _____.

Unit 1: Foundations of Christian Faith (1 hour)

Objective:

- By the end of the unit, participants will be able to articulate the key components of the gospel message, including the concepts of sin, repentance, faith, and salvation, and explain how these elements relate to their own personal faith journeys.
- After completing the unit, participants will be able to describe the significance of faith in a Christian's life, demonstrating an understanding of how faith shapes their beliefs, choices, and resilience in the face of challenges, and apply this understanding to their personal faith journey.

Gospel Lecture

45-minutes

Say something like:

“A house without a foundation will fall.

Anything with the ambition of standing must have a strong foundation.

Having a robust foundation is vital in any situation. It offers stability and support, enabling whatever you're building or working on to endure and overcome challenges.

Consider it the bedrock or starting point that paves the way for a resounding success. Similar to how a solid foundation prevents buildings from crumbling in construction or how a firm educational foundation facilitates learning and personal growth, establishing a sturdy relationship base involves fostering trust and maintaining effective communication.

This serves as the groundwork for enduring and enriching connections.

Do you, as a Christian woman, want to stand strong, confident, and firm in this world? You need a foundation.

Let's talk about our firm foundation in Jesus. Today, we're delving into the heart of Christianity, focusing on "The Gospel" and its pivotal role in our faith.”

Defining the Gospel:

Say something like:

“At its core, the word "gospel" translates to "good news." In Christianity, it signifies the life-transforming message of Jesus Christ. The Gospel informs us of God's plan for humanity's salvation, offering reconciliation with our Creator and the promise of eternal life.”

The Gospel's Role in Christianity

Thought: The Gospel serves several essential roles within the Christian faith.

Facilitator Tip: Explain each point. Say something like “the gospel is our firm foundation. Further, the Gospel is”:

1. Revelation of God's Character:

- It reveals the character of God, spotlighting His love for us, His mercy, and grace toward us as well.
- Through the Gospel, we learn that God desires a restored relationship with us, despite our imperfections.
- He loves us and wants us to be safe and to remain close to Him.

2. Path to Salvation:

- The Gospel is our pathway to salvation.
- It underscores the concept of sin, acknowledging the separation it causes between us and God.
- This realization leads us to repentance or the turning away from sin and embracing faith in Christ as our Savior.

Say: “Remember, we are laying the foundation of our self-worth. It’s the Gospel and God’s love for us all.”

3. Gift of Grace:

- The Gospel introduces us to God's grace – His unmerited favor.
- We cannot earn salvation; it is a free gift from God, available to all who place their faith in Jesus.

4. Redemption and Reconciliation:

- The Gospel narrative illustrates how Jesus, through His life, death, and resurrection, redeems humanity from the consequences of sin, reconciling us with God.
- This act demonstrates God's immense love for us.

5. Foundation of the Christian Faith:

- The Gospel is the cornerstone of the Christian faith. It shapes our beliefs, values, and our very identity as followers of Christ.
- It also serves as a message to share with others, fulfilling the Great Commission. We need confidence to do this. We need to operate in full knowledge of who God made us to be.

Say something like: “As you think of your sense of self-worth, remember, the Gospel is not merely a story but a life-altering message that informs the foundation of Christianity.”

Ask: “How has the Gospel changed your life?”

Facilitator Note: accept two to three comments.

Activity

45-minutes



Say: “We are going to an activity in which you will adorn a Christian woman with the results of the Gospel message.”

Ask: from what we discussed, what are the results on our lives because of the Gospel? What do we now have. What do we no longer have?

Write those responses inside your person.

For example:

As we reflect on all the effects of the Gospel (i.e., knowing who God is, Salvation, Redemption, Reconciliation, and Grace), write what those elements of the Gospel could look like in real life.

What does it mean to be saved?

Facilitator Note: you could add comments like “freedom from condemnation, respect for one’s body, confident in one’s eternal fate.”

Continue to explain:

Just as we have heard, the Gospel reveals the character of God as Savior, (He offers a pathway to salvation).

It reveals Him as Redeemer (He presents the gift of grace),

<p>It reveals Him as our Anchor (i.e., He is our Cornerstone and serves as the essence of our faith.)</p> <p>Facilitator Note: Link the above to any of the testimonies shared. For example, say “Just as Susan shared God delivered her from depression, He is a Savior and Redeemer for us all.”</p> <p>Conclude with:</p> <p>Explain: “Understanding and embracing the Gospel message is central to living out our Christian calling and sharing the good news with the world.”</p> <p>Ask if anyone has any questions or thoughts? However, stay mindful of your time.</p> <p>Direct groups to share their drawings and display them somewhere around the room (use the tape).</p>	
<p style="text-align: center;">Activity: Journal Prompt</p> <p>Facilitator Note: Ask the women to journal their thoughts about what they have learned for what stood out to them.</p> <p>This is called metacognition and allows the women to think about what they learned and how they will mentally package it. This process will reinforce their retention.</p> <p>Prompts you can suggest:</p> <p>“List three ways the Lord coming to earth, dying, and being raised from the dead correlate to how valuable you are. “</p> <p>“Write about an area in your self-worth you have struggled with. Is it more powerful than God’s immense love and redemptive provision? Why or why not?”</p> <p>“How can you replace negative self-talk in your life?”</p>	<p>10-minute</p>

-End of the unit-

Unit 2: Who God says I am: Self-worth from our Christian perspective (1.5 hours)

Learning Objectives:

- Participants will be able to articulate the biblical principles of self-worth by the end of the workshop, citing at least three relevant Bible verses.
- Participants will demonstrate an understanding of the importance of self-compassion in the context of Christian self-worth by actively participating in exercises and discussions focused on self-compassion.
- Participants will set at least one concrete; personally relevant self-care goal related to their faith and self-worth and present it at the end of the workshop.
- Participants will actively engage in a group discussion on the impact of negative self-talk.
- Participants will create a personal self-worth statement that incorporates their understanding of self-worth from a Christian perspective and present it to the group during the workshop.

Large/Small Group Activity

20 minutes

Ask:

- "I want you to think of three Bible characters you would call your "favorites." Write their name in the margin of your book or on a sticky note."
- "Now, write why they are your favorite. What did they do? What did they say? Where did they go?"
- What biblical principles did they have that exemplify their sense of self-worth and trust in who God made them to be?

Think about how their self-worth influenced (or played a part in) what made them your favorite person.

Note: Of course, they believed in God – that’s a given. I want you to think about their self-worth and the role it could have played in their awesomeness.

Activity

Type: Small Group

Say:

- “We are going to form pairs. Please stand up and select someone you don’t know very well.
- In your pairs, share three things:
 - 1) the name of your Bible character
 - 2) why they are your favorite and,
 - 3) what it was you surmised about their sense of self-worth.”
 - 4) Identify a scribe to capture your group’s thoughts.

<h2>Lecture: Self-Compassion</h2> <p>Say a version of:</p> <ul style="list-style-type: none"> • Your self-image and sense of self-worth manifest themselves in how you feel. • For example, if we feel negatively about ourselves, we will speak negatively. • Not long after that, we are bound to behave negatively (or feel negative emotions), which will be reflected in making poor, unhealthy decisions. • But when we see ourselves as God sees us, it impacts how we think and how we behave toward ourselves. • The mistake is most people will wait to “feel” a certain way before behaving a certain way. <p>Example 1: A married couple with diminished affection for one another may not hold their spouse's hand or cuddle with them because they don't feel like it.</p> <p>But the truth of the matter is feelings are overrated. You may have to perform the action; the feeling will likely follow over time.</p> <p>Example 2: a person who wants to work out may need to work out before they get the “feeling” or bug to work out more often. However, anyone who works out will tell you they don't often “feel” like doing it, but after a while, they LOVE it or at least the feeling they get from doing it. it</p> <ul style="list-style-type: none"> • Actions don't always follow feelings, but feelings will more likely follow actions. <p>I. Self-compassion may work the same way.</p> <p>Treating yourself with esteem and kindness may make you feel more positively about yourself and who God created you to be.</p> <p>II. What do you think we mean by “self-compassion?”</p>	<p>42 minutes Total</p> <p>10-minute lecture</p> <p>15-minute discussion</p> <p>12-minutes video</p> <p>15-minutes Large group post-video conversation</p>
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Explain:

“The word "compassion" refers to a deep feeling of **empathy** and coupled with a strong desire to **alleviate** their pain. Compassion involves **recognizing the struggles** or challenges someone is facing and responding with **kindness, understanding, and a genuine desire to help.**”

Ask: How can one empathize with themselves? What does it look like to show yourself empathy?

Take answers from the group.

III. **SHOW VIDEO:**

https://youtu.be/YFhcNPjIMjc?si=Vpqc_NTFd5SRcCtC8

Note: this is not a Christian speaker.

Discussion Questions:

- What stood out to you from the video?
- What can you relate to in the video?
- What did you disagree with from the video?
- What is your takeaway from the video?

Question:

“What is the difference between self-compassion and self-care?”

Potential answers:

Compassion – could be viewed as “care.” It is the act of being kind to oneself and showing care to oneself.

Note: This is a good distinction between the two:

“Caring for someone else is an act of showing kindness and care for others. Compassion entails sharing the other's feelings in order to gain an understanding and compassion for how they feel.”

Source: *What's The Difference Between Compassionate Care And Senior Care?* (2022, October 5). SonderCare. <https://www.sondercare.com/learn/senior-homecare/what-difference-compassionate-care-senior-care/#:~:text=Caring%20for%20someone%20else%20is,compassion%20for%20how%20they%20feel.>

V. The opposite of self-compassion?

- Negative self-talk
- What are some examples of negative self-talk?
- How does negative self-talk impair or hinder us?

How can it look?

- **Bad Filter** (ignoring good comments; only hearing negative ones and replaying them in your mind)
- **Catastrophizing** (You immediately assume the worst base scenarios and say them over or ponder them)
- **Playing bad movies...in your head** (repeating sad, bad, horrible things over and over)

Source:

What strategies can we employ for negative self-talk?

Strategy 1: replace negative self-talk with positive affirmations based on biblical truths.

Practice or give an example.

VI. Activity: What'd I would say ...TO ME!

Activity 1: Self-Compassion Letter

This exercise is adapted from Dr. Kristin Neff's self-compassion practices.

It encourages participants to write a compassionate letter to themselves as if they were writing to a dear friend who is going through a challenging time.

Instructions:

Provide participants with paper, pens, or access to a digital document (like a shared Google Doc).

Ask participants to think about a current struggle or challenge they are facing.

Instruct them to write a letter to themselves.

Say:

1) “You are going to write a letter to a very important person – YOURSELF!”

2) “You will address yourself with kindness and understanding.” Offer words of comfort, support, and encouragement, just as they would to a dear friend.”

Facilitator: Consider writing one for yourself.

Note:

Remind participants that it's okay to acknowledge their own imperfections and difficulties but, without self-criticism.

After completing the letter, they can choose to read it aloud or keep it as a personal reminder of self-compassion.

Say: “I would love to have someone share their letter or read a part of it. Do I have volunteers?”

Repeat: You can share only a sentence or two, if you'd like.

Wait

BREAK

-End of the unit-