

# Self-Worth and Comparison

**I will praise you because I have been remarkably and wondrously made. Your works are wondrous, and I know this very well. Psalm 139:14**

Adolescence is a time of significant self-discovery, and teens may struggle with feelings of inadequacy or low self-esteem. In a world full of comparison, they might wonder if they measure up to certain standards of beauty, success, or popularity. This tension can challenge their understanding of finding their worth in Christ alone.

## ➤ conversation starter

It's easy to feel like we don't measure up when compared to others. Have you ever experienced moments like these? What do you think the Bible says about finding our worth and value in God?

When you see images or posts on social media that make you feel inadequate or envious, how can you guard your heart against negative comparisons?

## ➤ navigating the conversation:

- **Validate Their Feelings:** Assure teens that it's normal to have moments of comparison and self-doubt. Let them know that many people, even adults, go through similar experiences.
- **Highlight God's Love:** Remind them of God's love and how He values everyone as a unique creation. Share Bible verses that emphasize God's deep love for them, such as Psalm 139:14.
- **Focus on Inner Qualities:** Encourage teens to focus on developing qualities like kindness, compassion, and integrity, which hold eternal value rather than external appearances or achievements.
- **Discuss Social Media Realities:** Talk openly about the curated nature of social media and how it can distort reality, leading to unfair comparisons.
- **Share Biblical Examples:** Discuss biblical characters who faced feelings of inadequacy and how they found strength and purpose in God. For instance, Gideon and Moses both initially felt inadequate, but God used them mightily.
- **Practice Gratitude:** Encourage the practice of gratitude for the blessings and talents they do have. This helps shift their focus away from what they lack to what they've been given.
- **Emphasize Individuality:** Celebrate their uniqueness and help them appreciate their God-given talents and strengths. Encourage pursuits that align with their passions and interests.
- **Encourage Positive Affirmations:** Teach teens to replace negative thoughts with positive affirmations based on biblical truths.
- **Pray Together:** End the conversation with a prayer, asking God to help them see themselves through His eyes and to find security in their identity as His children.

