

# Tempted

## Small Group Notes: Week 1

### Icebreaker:

In a short sentence answer the question, Who are you?

List some activities, relationships, achievements (failures) that 1) make you feel good about yourself and 2) make you feel bad about yourself

Read Matthew 3:16-17. Craig made the point in his outline that The Father affirmed who Jesus is as Son before anything he did as Savior. God affirmed the following about Jesus...

- Belonging – “this is my Son...”
- Commitment – “...whom I love...”
- Approval – “...with Him I am well pleased.”

Which of these three affirmations do you feel you lack, either from others or from God?

In all honesty, do you have an under-realized sense of your self-worth (we feel worthless based on failures, defeats, etc.) or an over-realized sense of our self-worth (we are prideful).

Define self-worth.

The world defines self-worth using this formula:

SELF-WORTH = MY PERFORMANCE + OTHERS OPINIONS

God defines our self-worth this way:

SELF-WORTH = GOD’S TRUTH ABOUT YOU

Our self-worth is not in what we do or in who others think or say we are but it is rooted in who Christ is and to Him we belong, and to He loves us and He approves of us.

Read and memorize Gal 2:20. This week when you have inadequate feelings about yourself or arrogant feelings about yourself recite Galatians 2:20 and remember that our identity is rooted in Christ and who He is, not in what we do or in what others think or say about us.