

## LifeGroup Questions

### Stressors

Based on: 1 Peter 2:9-10

May 18, 2014

### Overview

One of the most dreaded moments during Elementary School was the selection of teams. Usually two captains are chosen and then the selection process begins. Those who can run fast, catch, and throw are gone within the first couple of choices. Once the kids that can actually play get chosen then the rest of us are waiting our turn to be picked. You can't help but feel a little devalued as the process continues and you are still left there without a team. You might start asking yourself the question, "Am I good enough?" This simple little questions spills over into numerous areas of our lives. "Am I a good enough employee?" "Am I a good enough mom or dad?" "Am I a good enough Christian?" This last question is where most of us fall into trouble with our faith. By merely asking the question it shows that you believe that your sense of self-worth comes from your own efforts and not from God. The hard, but true answer is that you will never be good enough to be on God's team. You can never serve enough, give enough or be nice enough to earn God's grace. In God's eyes you are good enough. You are good enough for Him to leave heaven and come to earth. You are good enough for Him to die on the cross. Once you begin to find your sense of self-worth (identity) in God then the stress the world piles onto you will begin to slip away.

### Bible Study: 1 Peter 2:9-10

- 1. What is one area in your life you have always felt you weren't good enough? What feeds into this devaluing sense of self-worth?**
- 2. What is the difference between just thinking lowly of yourself and having a humble heart?**
- 3. In what ways does wondering if you are good enough (self-worth) add stress to your life?**
- 4. How would you explain to a nonbeliever that your identity is from God?**
- 5. What are some of the challenges you face with finding your identity in Christ and not the world?**
- 6. What are some ways the world strips down people's sense of self-worth? How can you guard yourself against the devaluing lies of the world?**
- 7. Read 1 Peter 2:9-10. The Apostle Peter says that you are God's special possession. If God places such high value upon you why is it wrong to devalue yourself?**
- 8. What is the difference between finding value as a child of God and being an arrogant Christian?**
- 9. Discuss some Bible verses that describe how precious you are to God.**