

Self-esteem might ask...	Christ-esteem asks instead...	Scripture
Am I pretty enough?	Am I developing the beauty God values?	1 Peter 3:3–4; Proverbs 31:30
Do people like me?	Am I pleasing God?	Galatians 1:10
Do I fit in?	Am I willing to be different in order to follow Christ?	Romans 12:2
What do people think about me?	What does God think about the person I'm becoming?	1 Samuel 16:7
Am I as good as she is?	Am I faithfully using what God has given me?	Galatians 6:4–5; 1 Peter 4:10
Why can't I be more like her?	How can I become more like Christ?	Ephesians 5:1–2; 1 Corinthians 11:1
Did I impress them?	Did my actions glorify God?	1 Corinthians 10:31
Does this boy think I'm attractive?	Does this relationship help me honor God?	2 Corinthians 6:14; 1 Corinthians 15:33
Why wasn't I chosen?	Can I trust God's plan even when I'm disappointed?	Proverbs 3:5–6
What if I fail?	How can God use this to help me grow?	James 1:2–4
Am I good enough?	Am I depending on my own goodness or on Christ?	Philippians 3:8–9
Do I have anything special to offer?	What gifts has God given me to use for others?	1 Peter 4:10
Why don't I have what she has?	Am I thankful and content with what God has given me?	Philippians 4:11–13; 1 Thessalonians 5:18
How can I get more attention?	How can I turn attention toward God and others?	Philippians 2:3–4
How many people notice me?	Who can I notice and encourage today?	Hebrews 10:24
What if someone rejects me?	Will I still choose what is right even when others don't approve?	Acts 5:29
My parents/friends/boyfriend hurt me—does that mean something is wrong with me?	Does another person's treatment of me change my value before God?	Psalms 27:10; Romans 8:38–39
I messed up. Am I a failure?	Have I repented, accepted God's forgiveness, and learned from it?	1 John 1:9; Proverbs 28:13
What will make me happy?	What will help me seek God's kingdom first?	Matthew 6:33
What do I want my life to look like?	What does God want my life to look like?	Romans 12:1–2