



Lesson Title: Mental Health—Self-Worth



Key Concept: Brokenness is the reason for many mental health struggles that we were not created to deal with. Though we may struggle with self-worth, we are always valuable because we are loved by God. (Trigger warning: suicide)



Scriptures:

⁴“I have sinned,” he declared, “for I have betrayed an innocent man.” “What do we care?” they retorted. “That’s your problem.” ⁵ Then Judas threw the silver coins down in the Temple and went out and hanged himself.

(Matthew 27:4–5 *New Living Translation*)

⁷ Now, most people would not be willing to die for an upright person, though someone might perhaps be willing to die for a person who is especially good.

⁸ But God showed his great love for us by sending Christ to die for us while we were still sinners.

(Romans 5:7–8 *New Living Translation*)

Context Scriptures: Psalm 139:13–16; Isaiah 48:12–13; Matthew 26:47–50; 69–75; John 3:16–17



Lesson Thoughts:

Judas Iscariot handed Jesus over to those who would kill him, betraying the savior of the world for a bag of silver. He was selfish, short-sighted, and bitter, everything that Jesus had called his disciples to grow beyond. He had fallen short. When Judas finally came to his senses and realized what he had done, he judged himself worth less than nothing, and took his own life.

Peter denied that he even knew who Jesus was, not once or twice, but three times! He failed Jesus when he had promised him mere hours earlier that he would die for him. He had fallen short. After realizing what he had done, he ran

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away and wept bitterly. Yet, despite his failure, Peter would go on to be one of the early church's most influential leaders.

What separates these two disciples? What made one take his own life, while the other moved forward? The difference in these responses comes down to where we find our value and sense of self-worth. If we define our self-worth by our actions and shortcomings, then we may respond similarly to Judas. In the face of our sin and the inescapable brokenness of our flesh, without Jesus, we are worth nothing, and death truly is a fitting reward for us.

While it is only honest to acknowledge that based on our own actions we deserve death, we cannot stop there. We need to remember not only our faults, but also that Jesus died for our faults. "While we were still sinners, Christ died for us" (Romans 5:8). None of us pulled the wool over God's eyes and tricked him into loving us. He saw all of us for who we are: liars, cheats, murderers, and worse. "We all fall short of God's glorious standard. Yet God . . . freely makes us right in his sight" (Romans 3:23–24).

We cannot, therefore, only focus on the ways in which we have failed God. We must also remember that Jesus created us and loves us enough to have died for us. Who are we to disagree with the one whose hand laid the foundation of the earth, and whose right hand spread out the heavens? If he loves us, then that is enough to prove that we are, in every sense of the word, worth something.

**Discussion Questions:**

- 1) Have you ever struggled with self-worth? If so, why? If not, why not?
- 2) How does knowing that Christ died for you impact your self-worth?
- 3) Do you ever struggle to remember that Christ loves you perfectly, and he judged you worth dying for? Why?
- 4) How do we balance acknowledging our brokenness and remembering Christ's ultimate forgiveness at the same time?

Next Lesson: Self-Esteem

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Notes and Reflections

- 1) If you or a loved one ever struggles with thoughts of self-harm or suicide, you can text "CONNECT" to 741741 for free, confidential support from a trained Crisis Counselor, available 24/7. Jesus loves you, and so do we, so please seek help if you need it!
- 2) Each day over the next couple of weeks, listen to the song "Worth" by Anthony Brown. Sing along with it and treat it as a psalm: an earnest, personal prayer to God accompanied by music.
- 3) Research has found that exercise, journaling, and intentional self-compassion can contribute to fewer self-esteem issues. Go for a run! Journal and take note of all the things you got right today! Forgive yourself for your flaws and tell yourself that God loves you. The King of the world has declared that you are worthy of being loved!

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Notes and Reflections, cont.