**Series: Breaking Down the Barriers to a Deeper Faith-Life**

Week 6: “How I See Myself”

Take Home Sheet

In this week’s message, we discussed breaking down the barriers to a deeper faith-life regarding how we see ourselves.

This week, take some time prayerfully reflect on where there may be barriers in how you see yourself.

Ask God to show you where these barriers are and break them down. Below are some questions that may guide you, but feel free to move beyond these questions.

* How do I feel after I spend time on social media? How do I feel about myself?
* How do my friends and family make me feel about myself?
* Do I feel worthless or unlovable?
* Do I have a high opinion of myself?
* Do I realize I am a sinner in need of a savior?
* Do I realize I am forgiven through faith in Jesus?
* Do I look to my accomplishments or feelings for my self-worth?
* Do I know what God says about me in the Bible? Do I ponder those things and hold them in high esteem?

If during your prayer time you see that there are some areas where you need to knock down some barriers, take some time during this week to pray and ask God to start to break down the barriers, provide opportunities, and give you wisdom in how to step into those opportunities.

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