



RCCG Sunday School Students Manual Lesson 22: 1 February 2026

Description

RCCG Sunday School Student manual for the adult class.

Today's Lesson 22 topic: SELF-WORTH

Date: 1 February 2026

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 - [Open Heaven 1 February 2026 Devotional](#)
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RCCG SUNDAY SCHOOL STUDENT MANUAL LESSON 22 (1 FEBRUARY 2026)

TOPIC: SELF-WORTH

BIBLE PASSAGE: 1 Samuel 17:33-36

33 And Saul said to David, Thou art not able to go against this Philistine to fight with him: for thou art but a youth, and he a man of war from his youth.

34 And David said unto Saul, Thy servant kept his father's sheep, and there came a lion, and a bear, and took a lamb out of the flock:

35 And I went out after him, and smote him, and delivered it out of his mouth: and when he arose against me, I caught him by his beard, and smote him, and slew him.

36 Thy servant slew both the lion and the bear: and this uncircumcised Philistine shall be as one of

them, seeing he hath defied the armies of the living God.

MEMORY VERSE:

“I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.” • Psalm 139:14.

INTRODUCTION

Self-worth connotes the core beliefs you have about your values. It is usually a product of one's background and life experiences.

Self-worth is relatively stable or permanent such that it becomes an enduring determinant of several decisions later in life.

Developing positive self-worth is central to good relationships with others. Self-worth is vital in marriage, corporate setting, ministry and other areas of life.

LESSON OUTLINE 1: UNDERSTAND SELF-WORTH

Our value comes from knowing that God created us in His image and likeness (Genesis 1:26-27). God values each of us deeply and considers us precious (Isaiah 43:4; John 3:16). To broaden our understanding, it is important to consider the three major components of self-worth: self-awareness, self-acceptance and self-love.

1. Self-awareness: Self-awareness refers to the ability to recognise our emotional triggers and habits. It also involves identifying our strengths and weaknesses. This knowledge forms the basis of many decisions (Judges 11:9; 16:16-17).
2. Self-acceptance: With self-acceptance comes patience, compassion and kindness to us. We understand that making mistakes, experiencing setbacks, loss, or plans not working out as we would like is part of life and being human (Job 1:20-22). This removes anxiety and can make us feel confident and secure (Philippians 4:6; Matthew 6:27).
3. Self-love: This pushes us to deliberately make an effort at eating healthy, listening to our body, taking good care of ourselves, learning to forgive ourselves, letting go of toxic relationships, setting boundaries and saying “No” to others when we should (Genesis 13:7-9). It helps us nurture our strengths and learn to manage our weaknesses.

CLASS ACTIVITY 1:

How do you show self-acceptance without finding excuses for your character defect?

LESSON OUTLINE 2: OVERCOME NEGATIVE SELF-PERCEPTION

The following tips will help us to overcome negative self-perception:

A. Negative self-perception often begins in the mind (Proverbs 4:23).

- i. We must identify and confront harmful thought patterns (2 Corinthians 10:5).
- ii. Replace the lies of inadequacy and low self-esteem with the truth of God's word (John 8:32; Romans 12:2).
- iii. Avoid comparing yourself to others, as comparison breeds discontent and insecurity (Corinthians 10:12).
- iv. Do not live your life relying on human opinion or approval because our worth is based on God's approval (1 Thessalonians 2:4).

B. Let go of past mistakes and embrace the new identity you have in Christ (Philippians 3:13-14).

- i. Accept God's grace, knowing that His power is made perfect in your weaknesses (2 Corinthians 12:9).
- ii. Speak words of life and affirmation over yourself, aligning your speech with God's truth (Proverbs 18:21).
- iii. The attitude of gratitude helps shift focus away from negative thoughts to God's blessings (Thessalonians 5:18).

CLASS ACTIVITY 2:

Is there anyone in the Bible who suffered negative self-perception? What did the person do to be free?

CONCLUSION: RCCG Sunday School Students Manual 1 February 2026

Understanding self-worth is essential for living a confident and fulfilled life in Christ.

ASSIGNMENT: RCCG Sunday School Students Manual Lesson 22

Give two (2) of the three components of self-worth (No Marks).

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