



cafechurch@home

An Online Self-Esteem Event





A SELF ESTEEM ONLINE EVENT

Self-esteem can be defined as the value that we place on ourselves—it is vital to have good self-esteem and realise that we have great value and purpose. But what is the source of our self-esteem? Is it something fleeting, or is it something we can rely on?

Here, you will find all the resources you'll need to run a one-hour, **cafechurch@home** event—a fresh expression of the Gospel. The event is designed to have a relaxed, café-style feel, that provides a space for people to enjoy input from an “expert witness,” chat with others and have fun. The aim is to allow people to engage in an issue from a faith perspective and to participate, in particular during group time in breakout rooms. **cafechurch@home** is a way to build community through conversations that matter.

RESOURCES

1. Leaders' Guide

In this guide, you will find material to inspire you and assist you with running the online event. For some, being online will come easily – for others, it will be more of a challenge. For this reason, the guide gives:

- A detailed format for the event, with suggestions and ideas for the content of each element
- Step by step details on setting the meeting up and giving people access
- Material to screenshare

2. Online meeting software – Zoom

You will need to purchase a plan in order to host meetings of more than 40 minutes with groups of people. Details of the plans available and how to set up a meeting, invite others, have breakout rooms, screenshare material and more are at <https://support.zoom.us/>

3. Quiz

A fun quiz on this topic (and answers!) – you'll put this as a link in the chat feature on Zoom so people have access to the questions when they go into groups. Included separately.

4. Screenshare material

A PowerPoint document is provided with this guide, for you to screenshare throughout the event. This takes you through from beginning to end, providing graphics as you progress through the key parts of the event.

Pro Tips:

- Use the presentation PowerPoint (.ppsw) as it will open as a presentation immediately
- Before you share your screen, make sure your PowerPoint is in presentation mode
- As much as possible, avoid moving your mouse

POWERPOINT GUIDE

Use the following details as you move through the (PowerPoint) slides. The content of each part of the event is outlined below.

1. Countdown to event

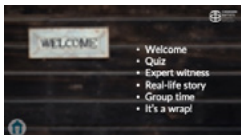


Choose either slide 1 or 2 and screen-share.

With the countdown timer going, let people into the event from the waiting room. This is the moment to tell people to: “Grab a coffee as we’ll make a start shortly.”



2. Welcome (3 minutes)



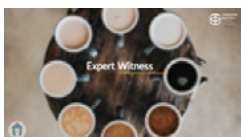
With your video camera on, give an unreserved welcome to everyone and introduce the event theme. Screenshare slide 3 and give people an idea of the format of the event so that people know what to expect.

3. Quiz - (15 minutes)



Screenshare slide 4. Share a link to the quiz questions in the chat, while you are all still together, then send people into breakout rooms (maximum 5 people if possible). Having a ‘host’ in each breakout room will help to facilitate the conversation and guide people through the quiz. They can also note which answers their group selected for each question. After 10 minutes, call everyone back into the main meeting and provide the correct answers (found at the end of this guide). Have a prize for the winning team – for example, gift vouchers that can be mailed to people. The quiz gives people a chance to interact in a relaxed way.

4. Expert Witness (10 minutes)



The aim is to share a biblical viewpoint on the subject, so whether it’s a professional in this area, or just someone who has a passion for this subject, this is the point at which you can provide people with a connection to God on this matter. It’s important to stick to 10 minutes, as the emphasis of the event is to give people as much ‘group time’ as possible - to discuss together.

Screenshare slide 5. Choose one of the following while the speaker is talking:

- Leave slide 5 up
- Have the speaker in view (speaker view)
- Screenshare slides that the speaker has provided

Suggested Material

In Romans 12:3 we read ‘The only accurate way to understand ourselves is by what God is and by what he does for us, not by what we are and what we do for him.’ Today, we talk a lot about self-esteem, and this is reflected by the amount of money that is spent on the “self-help” industry.¹ However, there are many statistics that reveal that, even with all of this ‘help’, we do not feel as good about ourselves as we might want.² This passage in Romans shows us that we can’t even begin to

1 This industry represents billions of dollars in the US alone.

2 The Canadian Community Health Survey 2016 revealed that 1 in 5 people aged 12 and over reported alcohol consumption that classified them as heavy drinkers.

understand ourselves without connecting with God and what He has done for us.

It is easy to confuse self-esteem with self-centeredness. We find it easy to be self-centred - focusing on ourselves and what we can do and say to make ourselves feel better—but Jesus told us to love God and to love our neighbours as we love ourselves (Luke 10:27). This shows us that a sense of self-worth goes much deeper than “looking out for number one,” rather it is in loving God (thinking more of him than of ourselves and loving others (doing only good and not harm to them) that we are fulfilled.

Tips for good self-esteem

- Find out what God says about you in the Bible—why you were created and how he feels about you (Here you can, for example, use a parable that Jesus spoke on the lost sheep, to show how God loves and pursues us or point out specific verses such as Psalm 139:13-14, Jeremiah 29:11, John 3:16, Romans 8:28 to show that God created us with a good purpose in mind).
- Never speak negatively about yourself. Proverbs 23:7—“What you think in your heart is what you are.”
- Avoid comparing yourself with others. You are unique, with your own gifts and abilities.
- Focus on your potential, not your limitations.
- Keep flaws in perspective. Ephesians 2:10 states ‘We are God’s masterpiece.’

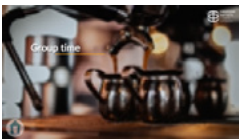
5. Real life story (5 minutes)



Have someone speak about their story in relation to this topic. Stories are very powerful, so be ready to be honest. Keep it short and to the point. Remember we don’t need to claim to have arrived, just that we are following the right person.

Choose either to screenshare Slide 6 or have the speaker in view (speaker view)

6. Group Time (20 minutes)



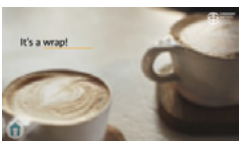
Screenshare slide 7. Send people back into the breakout rooms (preferably the same groups as for the quiz) to discuss what they have heard. Remember to have a ‘host’ in each group to facilitate.

Here are some suggested questions on this topic for people to consider:

- What is self esteem?
- How do we get good self esteem?
- Is self esteem important for you or just a gimmick?
- Which self-help books have you read and did you find them useful?
- What impact does faith have on self esteem?

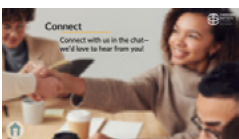
The discussion remains with the groups. The answers will be individual and the value is in the discussion itself.

7. It’s a wrap (5 minutes)



Screenshare slide 8. Close the event with a few thoughts, links to other events/ information as appropriate and thanks to everybody. Provide the date of the next virtual cafechurch@home event.

8. Connect with us



Choose either slide 9 or 10 and screenshare. Encourage people to connect with you in the chat if they would like to and ask if they would like prayer for anything.

SELF ESTEEM QUIZ

1. In 2016, what was the total revenue for fitness and sports centres in Canada?
 - a. \$1.2 billion
 - b. \$3.6 billion
 - c. \$10.2 billion
2. How many adults in Canada are obese?
 - a. 1 in 4
 - b. 1 in 20
 - c. 1 in 8
3. According to Dove's Self Esteem project, what percentage of girls, globally, are so concerned with the way they look that they avoid participating in a range of activities?
 - a. 32%
 - b. 15%
 - c. 60%
4. Smiling releases endorphins and makes you feel good.
 - a. True
 - b. False
5. In the Canadian Community Health Survey 2016, who was more likely to have used illicit drugs in the previous year?
 - a. Men
 - b. Women
6. In a 2008 Public Health Agency of Canada report, 36% of girls in Grade 6 say they are self-confident. What do you think the figure was for Grade 10 girls?
 - a. 53%
 - b. 14%
 - c. 72%
7. The same report showed a continual decline in the "rating out of 10" that girls gave for life as they moved through from Grade 6 to Grade 10. Between which grades was the biggest decline shown to be?
 - a. Grade 6 to 7
 - b. Grade 8 to 9
 - c. Grade 11 to 12
8. Who is more likely to suffer from an eating disorder, men or women?
 - a. Women
 - b. Men

Information taken from: Statistics Canada, British Council and the Public Health Agency of Canada.

Self Esteem Quiz Answer Key

Do the quiz at baptist.ca/church-planting/#cafechurch.

Self Esteem - Quiz Answers:

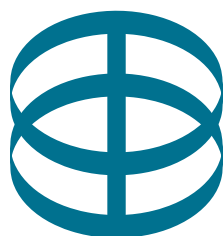
1. b. The total revenue for fitness and sports centres in Canada was \$3.6 billion.
2. a. 1 in 4 Canadians is obese.
3. c. 60% of girls avoid participating in activities because of concerns over their appearance. True, according to a 2012 study by psychological scientists at Kansas University.
4. a. True, according to a 2012 study by psychological scientists at Kansas University.
5. b. Canadian men, aged 12+, were nearly twice as likely (13.9%), versus 7.7% of women.
6. b. Only 14% of Grade 10 girls say they are self-confident.
7. a. Grade 6-7 showed the sharpest decline.
8. a. Women are ten times more likely.

NEED FURTHER GUIDANCE?

The following resources may be of use to you in preparing your cafechurch@home event:

- Canadian Mental Health Association - www.cmha.ca/resources/mental-health-for-life/
- Dove Self Esteem project - www.dove.com/ca/en/dove-self-esteem-project.html





**CANADIAN
BAPTISTS**
of Ontario
and Quebec

5 International Blvd
Etobicoke, ON M9W 6H3
416 622 8600 • cboq@baptist.ca
baptist.ca