

Use “The Scene” to introduce “Confidence” the High School Sunday school lesson for January 1, 2017. The lesson is found on page 31 of *High School Teacher* by Standard Publishing.



Star Wars fans have been saddened this week to hear of actor Carrie Fisher’s sudden death after she suffered a massive heart attack. An interview with her on the radio program *Fresh Air* was played again recently, and in that interview Fisher spoke of some of her insecurities in playing the role which made her famous—Princess Leia. She felt nervous due to her young age (19) and the fact that she was playing this role where she had to boss around more experienced actors. She also felt self-conscious about her body and her appearance. She remarked that the hairdo they settled on, which was soon replicated by thousands of girls everywhere, was not her favorite since it made her face appear wider.

On hearing her reflections, I was struck by the contrast between how she saw herself and how audiences saw her. I remember well seeing the films as a young girl and wishing I could be like Princess Leia, and look just like her too. No doubt she was an image of envy for many of her fans. Yet inside her own mind, she was not attractive, too round, and full of doubts about her ability to carry off the royal role.

On overcoming insecurity, Carrie Fisher was once quoted as saying, “One of the great things to pretend is that you’re not only all right, you’re in great shape. . . . I’ve actually gone on stage depressed and that’s worked its magic on me, ’cause if I can convince you that I’m all right, then maybe I can convince me.”

As students arrive, give each of them a copy of the above article to read. Then discuss it in this way:

Imagine you receive a starring role in a Hollywood film. Suddenly, you are famous around the world and your image is everywhere. What would be good or bad about that? How would you feel about it?

Have you ever had to act like you were confident, even when you didn’t feel that way? What happened?

Where do you find your source of confidence and self-esteem?

Many people who live their lives in the spotlight suffer from self-esteem issues. But you don’t have to be famous to have problems with self-esteem. Today we’ll look at the life of Paul and learn three things that gave him confidence and that can give us confidence too.