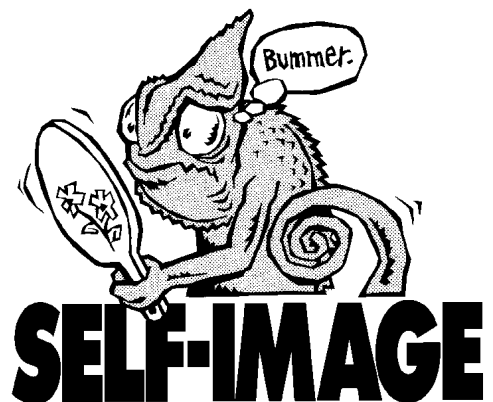


DO YOU MEASURE UP?

God created each of us with unique talents and abilities. When we compare ourselves to the perfect guy or girl we risk feeling like we don't measure up. In this lesson, we are going to take a look at how valuable we are in God's eyes.

Let's start with a three-minute art lesson. In the space below, draw a picture of the "perfect" guy or girl. Make sure you include things like what kind of clothes they're wearing and what they're doing. After a couple of minutes, share your "perfect" person with the rest of the group.

It's important to realize that the "perfect" guy or girl does not exist! At times we all feel like we don't measure up. Let's see what the Bible has to say about how valuable we are to God!



WE ARE CREATED BY GOD HIMSELF

Look up Ephesians 2:10 Fill in the blanks.

I am _____ created in Christ Jesus to do good works.

It's important to understand that the Bible says God Himself created us unique and special; therefore, all of us are important and loved by God.

Look up Psalm 139:13,14

According to these verses...

God created my _____.

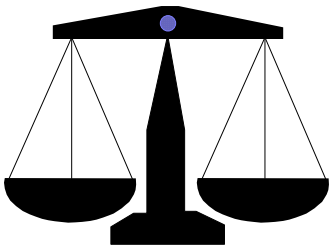
God _____ in my mother's womb.

I am _____ and _____ made.

God's works are _____. I know this is true!

How should knowing that God created you affect the way you view yourself?

How should it affect the way we look at other people?



God created each of us unique and wonderful. Since God Himself formed us, we should never believe we are worthless or that we do not measure up!

WE ARE HIGHLY VALUED BY GOD!

Not only does God create us, but we are highly valued by God as well. Do you own anything that you value greatly? What makes it so valuable to you?

God values us very highly. Let's take a look at why God values us so much.

John 1:12

When I believe and receive Jesus, I am God's _____.

John 15:15

I am Christ's _____.

1 John 2:12

My sins have been _____.

Romans 5:8

Christ _____ for me.

According to this verse from Romans, how much am I worth to God?

How does this make you feel?



WRAPPING UP

When we compare ourselves to the "perfect" person we risk feeling like we don't measure up. By accepting Jesus as our Lord and Savior we more fully understand how much God loves and values us.

One last verse...

"The Lord does not look at things man looks at. Man looks at the outward appearance, but the Lord looks at the heart!" (1 Samuel 16:7)

The Bible teaches that what we look like or what we do is far less important than who we are!

The next time you feel like you don't measure up, take a few minutes to remember how much God loves you, and how highly he values you!