

LEAD SHEET

TRUTH OR DARE : WEEK 5 THE TRUTH ABOUT ME FEBRUARY 5, 2017

THIS MONTH'S FAITH SKILL: SHARE YOUR GRACE STORY

If you want to know God better, tell other people about Him!

GETTING STARTED

We live in a very "me-centered" world. People, by nature, are selfish. Our culture sends messages that we are the most important person on earth. As a generation, you've been trained to think that way, too. You've probably heard things like "as long as you're happy, that's all that matters." In addition to our nature and cultural signals, you're also at a very self-centered time of life. The teenage years are especially sensitive ones where you feel like everyone is watching you. But being so self-conscious is also a form of pride.

DIGGING IN

Being focused on yourself, positively or negatively, is not right. To get a grip on how we're supposed to view ourselves, first lets talk about why we can be so selfish.

Discussion Questions:

1. Why do you think people are so self-centered?
2. Why do you think it's particularly easy to be selfish?
3. Do you think most people are arrogant or self-conscious? Explain.

4. Is having a low self-image just as prideful as being arrogant? Explain.

The Bible is our standard of right and wrong. Its contents can separate the Truth from lies. Fortunately, it has plenty to say about people. Let's dig into some Scriptures and see what they say about self-esteem, self-image, and who you are.

POINT ONE:

You Have Value Because God Created You.

Discussion Questions:

1. What does it mean to you that you were created by God?
2. How might a different idea of our origins affect how we view ourselves? For example, how would evolution affect how we view our purpose in life and our value?
3. What did God say after He saw all the things He created (*see Genesis 1:31*)? How does that affect how you view yourself?

A lot of people have a hard time having a positive self-image. Often, we base our image on things we do, stuff we have, or other people's view of us. But if you get your value from those things, what is going to happen? At some point, you are going to feel like you have no value because those things come and go. The fact that you were created by God means you matter, and that will never change.

Read Romans 8:35-39

POINT TWO:

You Are Not Your Own.

Discussion Questions:

1. What do you want to be when you grow up? Why?
2. What do you see your life being like when you're 25 or 30?

We live in a society that gives you boundless choices. From malls with multiple shops to fast food restaurants that give you limitless options, we've have had it our way your whole life. We tend to think of everything that way. "It's my life. I'll do what I want."

Discussion Questions (Continued):

3. How can the attitude "It's my life. I'll do what I want" be a bad thing?

4. If you live selfishly, how might that come back to haunt you later?

5. If you try to be the boss of your life, what difficulties might you encounter?

The reality is, if you were created by God, then you do not possess your life. The decisions you make should not be made by you—they should be influenced by Scripture and the wisdom from those who love Jesus.

God didn't just make you. He bought you back from your sinful state through His Son. You do not belong to yourself and your life should be a tribute to God who owns you.

Read 1 Corinthians 6:19-20

MAKING IT REAL

- How many of you like being told what to do?
Why/why not?

- Why is it hard to submit to others?

- What value do you place on running your own life?

Some of us are just control freaks. We need to know what's going on, when it's happening, and why. Others of us are just totally selfish and need to get over ourselves and realize that we are not our own. We need to know that

we were created by God, that His creation is very good, and that your value comes from that fact and not who likes you, what grades you make, or what sports you play.

I AM

- Possession you own:
 - money, iPods, guitars, clothes, etc.

 - Personality traits you have:
 - funny, outgoing, crazy, etc.

 - Sports you play:
 - soccer, volleyball, baseball, etc.

 - Things you like:
 - music, television, movies, YouTube, etc.

 - Physical Characteristics:
 - color of hair, height, etc.

 - Where you go to school or live, your hangouts, family situation, etc.

 - Anything else that describes you...grades, friends, etc.
- I want you to look at this page and notice what it says at the top. Everything on the list below those two words do not define you. Once you realize that you are not defined by your name or your family, once you realize your definition is not from what you do at school or what sports you play, once you know that your personality is not what gives you purpose, the only thing that matter is the what is on top of this page, "I Am."

This is the name God gives Himself when asked by Moses who He is (*See Exodus 3*), and He is the reason we have value and purpose and identity. You are loved by the God of the universe, and nothing can take that away.

Romans 1:6 says that "you also are among those who are called to belong to Jesus Christ." You're not called to be a soccer star, a comedian, a beauty, a genius, or a celebrity.

None of those things are bad in and of themselves, but first and foremost you are called to belong to Jesus.

That is the Truth about you.

CLOSING PRAYER

Today we will all pray silently on our own. Thank God for loving you. Thank Him for giving you purpose. Thank Him for giving you value. Ask forgiveness for placing value on yourself from some other thing. Finally, ask God to help you see yourself the way He does, and to be content in knowing that you belong to Him.