

## CREATED IN GOD'S IMAGE

by Bob and Debbie Valleau

### PURPOSE

To help young people realize that God made them the way they are and to help them to accept themselves.

### PREPARATION

Gather Bibles, paper and pencils and prepare the I'm Okay handout on the next page.

Choose a group leader and assistant and prepare them by providing the following list of techniques to lead the study:

#### Leadership

- Provide an atmosphere of sharing.
- Stress honesty.
- Stay on the subject.
- Do not let any one person dominate the discussion.
- Do not let the discussion drag.
- Know what the Bible has to say on the subject.
- Ask questions and let everyone respond.
- Conclude with practical ways the Bible indicates should be used to apply what has been learned.
- Pray before and after the discussion.

### OPENING

Begin with prayer asking God's

guidance and presence.

Explain to the youth that this is a time of approval, not condemnation, and that they can't learn to like others until they first learn to like themselves.

Introduce the group leader and the assistant and let them lead the meeting.

### THE "MEAT" OF THE MEETING

Distribute the I'm Okay guide and begin the discussion.

Read these scriptures one at a time: Psalm 139:14,16; Isaiah 45:9; Romans 9:20; 2 Corinthians 12:9; Ephesians 2:10; and Colossians 2:10. How do each of these apply to this study?

### RESPONSE (OR CLOSING)

Distribute the paper and pencils and have each participant draw a picture that represents something that is making it difficult to be secure and happy. Discuss these.

Close with prayer, asking, "Lord, give me the guidance to know when to hold on and when to let go and the grace to make the right decision with dignity."

### HELPFUL RESOURCES

**Youth Aflame Manual**, by Winkie Pratney, Spring Arbor Distributors, P.O. Box 985, Ann Arbor, MI 48106.

### I'm Okay

The most crucial thing a person can do, other than accepting Christ, is to accept himself or herself.

Why is accepting yourself and learning to like yourself so important, both emotionally and spiritually?

What circumstances and situations make self-acceptance a struggle?

Describe a time you didn't like yourself very much and how it affected you.

How does a lack of feeling accepted and secure as a child affect a person for the rest of his or her life?

How does a lack of self-acceptance affect your relationship with Jesus? with others?

What are some outward signs that a person is having difficul-

ties accepting his or her life?

Why are some people negative and fault-finding?

Why do some people find it difficult to accept affection and love? Do these people find it difficult to convey love?

What is indicated by constantly belittling oneself?

How can you feel secure and accept yourself?

Realizing that God made you just as you are, list your strengths and weaknesses.

Realizing that God is not yet finished with you, what changes do you hope to make in yourself?

Acting as a body of Christ, what can your group do to make itself more acceptable? What can be done to bring a new level of security to the group?