

Big Idea: Learn to love yourself

Key Bible Verses: 1 Corinthians 13

Supplies Needed: hand mirror, Bible, index cards, pencils

Lesson Length: 15 minutes

Age Level: middle school

Bring the group into a circle, and read aloud 1 Corinthians 13 (the “love chapter”). Ask your teenagers to pay special attention to the Apostle Paul’s closing comments about looking in a mirror and being fully known.

After you’ve read the Scripture, pass the mirror around the circle, and ask your students to take five to ten seconds to study their reflection in the mirror. Distribute the index cards and pencils and ask the teenagers to write down three things they love about themselves, such as appearance, personality, attitude, talents, and passions.

Then ask:

- Why do you think the Apostle Paul spoke of love as being greater than faith or hope?
- Do you find it easier to love yourself or to love others? Explain your answer.
- What are some of the reasons we may find it difficult to love ourselves? Why is it sometimes tough to love others?

Tell your teenagers they don’t have to read what they wrote on their index cards, but you do want to ask a few questions:

- What did you learn by looking in the mirror and reflecting on the things you love about yourself?