

#Selfie with God

Resource Activity: Sunday 4th October 2020

Hi lovely young people!

We hope you are all okay and that you have had a good month. We continue to keep you all in our prayers and we hope you enjoy this week's activity.

Let's begin by having a bit of fun...

Autumn Word Scramble

Instructions: Unscramble the letters to find the Autumn/Fall words from the list below.

q i r r l e s u

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i o r g t m a i n

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d e i r c

— — — — —

s k i r b

— — — — —

b e o r n f i

— — — — — — — —

e p a r s

— — — — —

i h l c y l

— — — — — — —

h w t a e

— — — — —

w r n b o

— — — — —

w y l l o e

— — — — — — —

(Answers can be found on final page)

Today we will be focusing on our value in God.

Before we look at this closer, we would like you to take a moment to read the story below:

It's the story of a little girl who loved nothing more than to dance. When she was small, everywhere she went, she would twirl and glide. She didn't care who was watching or what they thought of her. It made her feel so happy and she dreamed of one day becoming a ballet dancer.

As she grew older, some of her school friends told her that she wasn't very good at dancing, they laughed at her and told her she looked silly. They called her names for the way she looked. As she grew older, she danced a little less.

As the years went on, she would see other girls on TV, in magazines and on social media that looked different to her and she began to compare herself. She started to become conscious when she danced and didn't want to be in the spotlight anymore. As she grew older, she danced a little less.

More years went by and one day she met someone that she fell in love with. He told her that dancing wasn't important anymore and that earning money to buy a big house and an expensive car was the important thing she should focus on. As she grew older, she danced a little less.

One day, she was shopping and she spotted a little boy dancing in the middle of the shopping aisle. He didn't care who was watching him, he was having such fun in his own world. She remembered the way she used to love dancing before the world changed that, the joy she felt when she would dance. She realised that she hadn't danced in years and tears began to fill her eyes. In that moment, she promised herself that she would find that little girl once again, she put her shopping basket down and began to dance.

What meaning did you take from this little story? Perhaps you can write your thoughts below:

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In life, as we grow older and venture into the world, we can so often find that the words and actions of others can distort the way we see ourselves and our value. This can begin early on as little children and as time goes on our carefree view of the world and who we are can become quite murky.



It can lead us to question our worth and to put away our hopes and dreams. It can steal our confidence and joy and replace it with self-doubt, hopelessness and leave us feeling unfulfilled.

No matter what might have clouded the way we see ourselves, it is so important to remember the actual truth of our identity and our value.

READING – PSALM 139:13–18 NIJ

- ¹³ For you created my inmost being;
you knit me together in my mother's womb.
- ¹⁴ I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.
- ¹⁵ My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.
- ¹⁶ Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.
- ¹⁷ How precious to me are your thoughts,^[a] God!
How vast is the sum of them!
- ¹⁸ Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.

On a personal level, there are many days when I don't feel wonderfully made. Sometimes I feel not good enough or lacking in some way. However, I am learning to challenge that, to stop looking at myself through earthly eyes and to start looking at my life through the eyes of heaven.

Who Am I?

We would like you to draw a picture of yourself below and then on the next page note ten things about yourself that are positive. It could be a quality you possess or something you are good at.

Me...

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....
- 8.....
- 9.....
- 10.....

When we start to look at ourselves and our lives through heavenly eyes, the way we see ourselves, can start to become a little clearer. The insecurities that others can place over us (i.e. through social media, at school, in magazines) can be lifted from us and rather than looking around for approval from others, comparing ourselves to others and doubting ourselves, we can start to learn to look upwards and remind ourselves of our true value and the way God sees us. Knowing this, how much Jesus loves us as we are and what our true identity is in Him, offers a freedom and confidence that we can nurture and take into every walk of life; our Church life, at school or university, in our relationships and in our lives as we grow older.

Video Clip - Please take a moment to watch this inspiring clip from the movie “Overcomer” about a young girl finding her place in the world and her identity in Christ.

<https://youtu.be/kwNXhspNW-4>

We must remember that we are each children of God. We are precious creations and He loves us dearly.

Please take a moment to listen to the below song from the movie “The Prince of Egypt”:

Through Heaven’s Eyes - The Prince of Egypt

<https://www.youtube.com/watch?v=Emmjk8Z4ftQ>

This song has helped me through a great deal and there is a particular verse I often listen to when I start to question my value or feel like my life isn't in the place it should be:

***“So how can you see what your life is worth or where your value lies,
You can never see through the eyes of man, you must look at your life...
look at your life through heaven’s eyes.”***

Q: How did this song make you feel?

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So how does God view you?

God sees us as “his workmanship.” – Ephesians 2:10

Our value is such that “even the hairs of your head are all numbered.” – Luke 12:7

We are “precious in his eyes and honoured.” – Isaiah 43:4

He made us “more than conquerors” in this world – Romans 8:37

We have been “set apart” – Jeremiah 1:5

He has “chosen you, named you as His own.” – Isaiah 43:1

He sees you as “the light of the world, a city set on a hill” – Matthew 5:14

We are truly “children of God!” – 1 John 3:1

When we start looking upwards and not outwards, we step into our true identity and worth.

Our prayer for you is that you will know that God thinks you are truly worthy. That knowing this is the core of your being. We pray that in your soul, you will no longer depend on the fleeting approval of others but your worth will be built on the solid and unchanging love of Jesus.

Amen!

THANK YOU FOR DOING THIS ACTIVITY AND WE HOPE YOU HAVE A BLESSED WEEK AHEAD.

WITH LOVE, BETH AND LET.X

Feel Good with Selfie!
(with updated links for your enjoyment)



To help you stay healthy and positive remember to:

- Limit how much news and social media you look at to give your mind a rest.
- Do something nice that you love; read a good book, play a game you enjoy or do some baking.
- Exercise each day, it will help boost your mood.
- Get in touch with friends, connecting with others always makes us feel good.
- Speak to God about your thoughts and worries, find rest in Him.

Something to make you smile:

<https://www.youtube.com/watch?v=jFbW0-mxqFA>

A song for your spirit:

So Will I - Performed by Tori Kelly -

<https://www.youtube.com/watch?v=luedrKMUbFk>

A song for your feet:

I could be the one - Stacie Orrico

<https://www.youtube.com/watch?v=VI-T871yz5A>

Words to inspire you: “Yesterday is gone, tomorrow has not yet come. We only have today” - Mother Teresa

Answer to Brain teaser: Autumn word scramble

Word List

bonfire	migration
brisk	pears
brown	squirrel
chilly	wheat
cider	yellow

