



This or That / Week 3

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## BEFORE GROUP

### BOTTOM LINE

God wants us to see ourselves the way He does.

### SCRIPTURE

*Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect (Romans 12:2 NLT).*

*So, since we find ourselves fashioned into all these excellently formed and marvelously functioning parts in Christ's body, let's just go ahead and be what we were made to be, without enviously or pridefully comparing ourselves with each other, or trying to be something we aren't (Romans 12:6 MSG).*

### GOAL OF SMALL GROUP

To encourage students to recognize the way God sees them and to practice seeing themselves the same way.

### THINK ABOUT THIS

Thinking about the way God sees them may be a challenge for your middle schoolers. For some, that's because it's never occurred to them that God even thinks about them or sees them at all! Or for others, it's because they struggle to see beyond how they feel. If they see themselves a certain way, it doesn't matter what anyone else tells them; what they feel becomes fact. And finally, for some it's because they believe they don't deserve to be seen the way God sees them. Keep these things in mind as you encourage students in your conversation this week. Not only do you want them to understand that God does see and think about them, but you want them to know exactly what He thinks so that it can change their thinking about both Him and themselves.

*This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here.*

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## DURING GROUP

### DISCUSS THIS

1. Who is one person in your life that you look up to who is . . .
  - a. Famous?
  - b. In your family?
  - c. Older than you?
  - d. At school?
2. What's one positive thing about looking up to someone?
3. What's one negative thing that can happen when we look up to someone else?
4. What's one thing that might make a middle schooler feel like they're not good enough?
5. How might knowing God says we're good enough change the way we see ourselves?
6. How does it feel to know that God loves you just the way you are?
7. What's one step you can take toward changing the way you see yourself?

### DO THIS (EXPERIENCE)

Have your students use the provided journal page to write down a few negative thoughts they have about themselves along with new, positives thoughts that can replace their old ones. Model how to do this by giving them an example from your own life!

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# NEW THOUGHTS

GOD BELIEVES YOU ARE GOOD ENOUGH. HE LOVES YOU JUST THE WAY YOU ARE! TO START SEEING YOURSELF THE WAY HE DOES, THINK ABOUT NEGATIVE THOUGHTS YOU HAVE ABOUT YOURSELF AND HOW YOU CAN REPLACE THOSE THOUGHTS WITH NEW, POSITIVE ONES.

## THOUGHT 1

THIS IS AN OLD, NEGATIVE THOUGHT I HAVE ABOUT MYSELF:

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THIS IS A NEW, POSITIVE THOUGHT I CAN REPLACE THE NEGATIVE ONE WITH:

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## THOUGHT 2

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THIS IS A NEW, POSITIVE THOUGHT I CAN REPLACE THE NEGATIVE ONE WITH:

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