

FACE IT!

Explicit Movement

NOTE: Please feel free to edit, add to, and come up with your own creative elements and ideas!

TITLE OF LESSON: Facing Your #Selfie

OBJECTIVES:

- 1) What do you want them to know? Our identity isn't found in our #selfie
- 2) What do you want them to feel? Love and accepted by God
- 3) What do you want them to do? (application) Walk in the image and understanding that God has for them

BIBLE TRUTH FOCUS (Scripture):

Psalm 139:13-14, 17-18

OPENER ACTIVITY OPTIONS:

Group #selfie

- Take a few selfies with your youth group
 - Have fun with it!
 - Take some without cues
- Have everyone look at the photo
- Ask them which photo should be posted (optional)
 - Listen to the way they critic themselves

The idea of this activity is to point out how we tend to view ourselves first in every picture, and that the quality of the picture is determined by how an individual agrees or disagrees with their own appearance.

LEADER'S TALK POINTS (step by step lesson):

Introduction:

What would you change about your selfie?

- **Share some things that you would change about yourself.**
 - Suggestions:
 - Use a big mirror or a selfie of yourself that everyone can see as you explain

Selfie by definition: *Selfie: (n) a photograph that one has taken of oneself, typically one taken with a smartphone or webcam and shared via social media.*

(Optional Question) Why do we take selfies?

- Reasons for selfies
 - Affirmation
 - Acceptance
 - Attention
 - Approval
 - Followers/Likes
 - Image management “*Self destruction at your fingertips!*”
 - The hunt for the perfect selfie
 - Only what you want others to see will be posted
 - Many taken, only one chosen
 - Filters
 - Cropping
 - Lighting & camera angles

- **S**-ee
E-very
L-ittle
F-law
I
E-mpower
 - We tend to look at every little flaw that we have and allow it control the way we view our lives.
 - We give our flaws the power to dictate what others think about us
 - How God sees us

(Transition to the dangers of making this a habit)

- Although taking a selfie isn't dangerous, the habit of pointing out every flaw that you have could be.

Dangers:

- *Body Dysmorphic Disorder*: A mental disorder in which one can't stop thinking about flaws or defects of their physical appearance.

- Spend hours each day obsessing
- *Obsessive Compulsive Disorder (OCD)*
- *Social Anxiety Disorder*: A social anxiety disorder, also called social phobia, everyday interactions cause significant anxiety, fear, self-consciousness and embarrassment because you fear being scrutinized or judged by others.
- Alcohol & drug abuse
- *Depression*
- *Low self-esteem*
- *Eating Disorders*

Body:

Today we are going to talk about a man that was judged for his flaws or the things that made people overlook his ability to be a king. To live out what God has called him to be.

- David was least likely to be chosen king
 - Out of his brothers
 - Smallest
 - Youngest
 - Shepherd of sheep
 - *More examples that you want to point out*
 - He knew who he was in God
 - Used his uniqueness and individuality in God to his advantage
- ***Personal example of a situation that someone overlooked your ability due to your appearance***

(Transition sentence) We must know that/some truths that we must know..

1. Our flaws display our individuality and uniqueness

- a. Psalm 139:13-14 NLT “You made all the delicate, inner parts of my body and knit me together in my mother’s womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous--how well I know it.”
 - i. God knew us before we did!
 - ii. God knew us before our parents did!

2. Perfection can only be determined through the eyes of the Perfecter!

- a. The only view that we should accept is God’s
 - i. God is the only one that can perfect!
 - ii. How people see us isn’t how God sees us
- iii. Psalm 18:30 NIV “As for God, his way is perfect: The LORD's word is flawless; he shields all who take refuge in him.
 1. God is perfect!
 2. His ways are perfect!
 3. His word, promises, flawless!

4. We can take comfort and rest easy by trusting in Him.

iv. Ephesians 2:10 “For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.”

1. We are his masterpiece!

b. The only thought that we should accept is God’s

i. Psalm 139:17-18 NLT “How precious are your thoughts about me, o God. They cannot be numbered! I can’t even count them; they outnumber the grains of sand! And when I wake up, you are still with me!”

1. **7.5 x 10¹⁸ grains** of sand, or seven quintillion, **five** hundred quadrillion grains.

2. 7,500,000,000,000,000,000

3. (optional) print out this number on individual sheets of paper, tape them together, and have 3 students hold it up in front of your class

c. *Imperfect people will always judge imperfect people!*

Close:

3. Your identity isn’t found in your #selfie

(Optional)

- Poem by Russell Kelfer:

You are who you are for a reason.

You’re part of an intricate plan.

You’re a precious and perfect unique design,

Called God’s special woman or man.

You look like you look for a reason.

Our God made no mistake.

He knit you together within the womb,

You’re *just* what He wanted to make.

The parents you had were the ones he chose,

And no matter how you may feel,

They were custom-designed with God’s plan in mind,

And they bear the Master’s seal.

No, that trauma you faced was not easy.

And God wept that it hurt you so;

But it was allowed to shape your heart

So that into his likeness you'd grow.

You are who you are for a reason,
You've been formed by the Master's rod.

You are who you are, beloved,
Because there is a God!

GROUP DISCUSSION QUESTIONS:

1. How many times do take/re-take a selfie before you post it? How much time do you spend editing your selfie before you post it?
2. What do you think your selfies say about you?
3. Where do you find your identity, worth and value?
4. Do you believe what God says about you? Why or why not?

PRAYER POINTS:

OPTIONAL FOLLOW UP ACTIVITIES:

#selfie Challenge

- Post a selfie to your IG/Snapchat/FB and tag #explicitselfiechallenge
 - Take and use your first #selfie
 - No editing
 - No filters
 - No cropping