



Post Conference Lesson 3: Facing Your #Selfie IDENTITY

OBJECTIVES

What do you want the youth to KNOW? Our identity is found in Christ (not in what others think).

What do you want the youth to FEEL? Loved, accepted and valued.

What do you want the youth to DO?

Make choices and decisions that are in alignment with with identity in Christ.

MATERIALS

- Scripture Verse Handouts for Follow up
- Cardstock sheets and pens for each person for closing activity.
- Selfie on your phone or a large mirror so the audience can see your reflection.
- Youth can have their cell phones for opener activity.
- (optional) YouTube video on Rice: King of Random. (2017, April 8). *Interesting Experiment with Cooked Rice* [video file]. Retrieved from <https://youtu.be/uFAvx6vjeHA>
- (optional) YouTube video on Nick Vujicic: Free Idiots. (2017, October 21). *The Best Inspirational Video Ever Nick Vujicic* [video file]. Retrieved from <https://youtu.be/igkLOCFnyY>

BIBLE TRUTH FOCUS

(Psalm 139: 13-18, TPT)

“You formed my innermost being, shaping my delicate inside
and my intricate outside,
and wove them all together in my mother’s womb.
I thank you, God, for making me so mysteriously complex!
Everything you do is marvelously breathtaking.

It simply amazes me to think about it!
How thoroughly you know me, Lord!
You even formed every bone in my body
when you created me in the secret place,
carefully, skillfully shaping me from nothing to something.
You saw who you created me to be before I became me!^[a]
Before I’d ever seen the light of day,

the number of days you planned for me
were already recorded in your book.
Every single moment you are thinking of me!
How precious and wonderful to consider
that you cherish me constantly in your every thought!
O God, your desires toward me are more
than the grains of sand on every shore!"

OPENER ACTIVITY

Group #Selfie Activity

- 1) Take a few selfies with your youth group and have fun with it!
- 2) Take some selfies without cues.
- 3) Have everyone look at the photos.
- 4) (optional) Ask them which photo should be posted on social media.
- 5) Observe how they critique themselves.
- 6) Briefly discuss how we label ourselves – and even label others. Explain how when we speak those positive or negative words to ourselves and others whether we realize it or not, it has an affect.
- 7) (optional) Share the Youtube video about the rice and how words and labels affected it. Connect this to how much more negative labels and words affect us whether the labels come from others or ourselves.

LEADER'S TALK POINTS

- 1) Ask, "What would you change about your selfie?"
- 2) As the teacher, share some things that you would want to change physically about yourself. Use a big mirror or a selfie of yourself that everyone can see as you explain.
- 3) Define Selfie: a photograph that one has taken on oneself, typically one taken with a smartphone or webcam and shared via social media.
- 4) Ask the group and gather answers, "Where are some reasons why people post selfies?"
 - Get Affirmation
 - Gain acceptance
 - Receive attention
 - Gain Approval
 - Get followers and 'likes'
 - Image management "Self destruction at your fingertips."
- 5) Discuss the process of hunting for the perfect selfie to post:
 - Only what you want others to see will be posted
 - Many taken, one chosen
 - Adjust with filters
 - Adjust photo with cropping
 - Adjust lighting and camera angles

S-ee
E-very
L-ittle
F-law

Discuss how we tend to look at every little flaw that we have and allow it to control the way we view ourselves, our worth, and our lives.

We can give our flaws the power to dictate what others think about it vs. how God sees us.

- 6) Transition to the danger of making this a habit. Although taking a selfie is not dangerous, forming the habit of pointing out every flaw that you have could lead to more serious issues:

Dangers:

-Body Dysmorphic Disorder: A mental disorder in which one can't stop thinking about flaws or defects of their physical appearance and the person can spend hours obsessing about looks.

-Obsessive Compulsive Disorder

-Social Anxiety Disorder: a social anxiety disorder called social phobia. Every day interactions could cause significant anxiety because you fear being judged and scrutinized by others.

-Alcohol and drug abuse

-Depression

-Low Self Esteem

-Eating Disorders

- 7) Today, we will continue to look at the life of David as we have in recent lessons. David was a man who was judged by others for his flaws so much so, that his flaws caused people to overlook his ability to be a king, which was God's calling on his life.

David was the least likely to be chosen king out of his brothers. Out of his brothers he was:

- the youngest
- the smallest
- tended the sheep (a lowly task)
- seemed to be the 'forgotten' son who was unfavored (when Samuel came to anoint the king, David's parents presented all their sons before the prophet except for David. Samuel finally asked if they had any other sons because none of the brothers was the anointed one).

Despite all this, David knew who he was in God and he used his uniqueness and individuality in God for his advantage.

- 8) Share a personal example of a situation when someone overlooked your ability due to your appearance or first impression.

9) Our flaws display our individuality and uniqueness

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."

God knew us before we were born.

God knew us before our parents did.

10) Perfection can only be determined through the eyes of the Perfecter!

We need to value how God sees us.

How people see us is not always the way God sees us.

Only God is perfect! Only His ways are perfect!

We can take comfort and rest easy by trusting Him.

11) We need to receive God's thoughts toward us.

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!"

7.5×10^{18} grains of sand or seven quintillion, five hundred quadrillion grains!

Imperfect people will always judge imperfect people.

12) Optional: share video about Nick Vujicic and discuss take aways.

13) Closing activity:

- Pass out a cardstock sheet to each youth and have them number the sheet 1-5 or more (depending on how large your group is)
- Have each youth tape this cardstock sheet to their back.
- While playing some upbeat worship music, each youth needs to go up to person they see that has blanks next to their numbers, and they must write one positive word, positive phrase, adjective, trait, or word picture that speaks value, worth and affirmation to that person.
- When finished writing on one person's card, they must then look for the next person they see who has blanks left on their card as they repeat the activity.
- Have the youth continue to mix up and write on each other's back – they must stop writing on someone's back once their numbers are filled.
- Make sure every youth has their blanks all filled.

Explain that just like the rice video, we are believing that such words they received tonight will encourage them and help remind them of the truth of who they are to combat the negative lies they struggle with. Youth can keep their card for future encouragement.

GROUP DISCUSSION QUESTIONS

How many times do you take/retake a selfie before you post it? How much time do you spend editing it?

What do you think your selfies say about you?

Where do you find your identity and value?

Do you believe what God says about you? Why or why not?

PRAYER POINTS

Have the youth pray for one another regarding being more solidified in their identity, finding their immense and incredible value in Christ.

FOLLOW UP

#Selfie Challenge:

Post a selfie to your IG/Snapchat/fb/and tag #explicitselfiechallenge

- use your first selfie
- no editing
- no filters
- no cropping

Assignment: While looking at yourself in front of a mirror privately in your home, ask the Lord for forgiveness for rejecting or judging any part of your body that you have hated or complained about (for example maybe you don't like your nose, or body frame etc.) .

Then declare:

"I choose to accept this part of myself!

I choose to honor this body the Lord gave me!

I am blessed, beautiful, and created by God!

There is so much more to me than only my physical appearance.

I choose to walk in sexual integrity to honor my body, the Temple of the Holy Spirit."

Have the youth follow the Bible Verse Handout for the week. Encourage them to journal their thoughts.

IDENTITY: FACE YOUR SELFIE!

MONDAY | (I Corinthians 6:19-20, TPT)

“Have you forgotten that your body is now the sacred temple of the Spirit of Holiness, who lives in you? You don’t belong to yourself any longer, for the gift of God, the Holy Spirit, lives inside your sanctuary. You were God’s expensive purchase, paid for with tears of blood,^[b] so by all means, then, use your body to bring glory to God!”

TUESDAY | (Jeremiah 1:5, NLT)

“I knew you before I formed you in your mother’s womb. Before you were born I set you apart...”

WEDNESDAY | (1 Peter 2:9, TPT)

“But you are God’s chosen treasure—priests who are kings, a spiritual “nation” set apart as God’s devoted ones. He called you out of darkness to experience his marvelous light, and now he claims you as his very own. He did this so that you would broadcast his glorious wonders *throughout the world.*”

THURSDAY | (Ephesians 1:5-6, TPT)

“or it was always in his perfect plan to adopt us as his delightful children, through our union with Jesus, the Anointed One, so that his tremendous love that cascades over us would glorify his grace—for the same love he has for his Beloved One, Jesus, he has for us. And this unfolding plan brings him great pleasure!”

FRIDAY | (Romans 8:17, TPT)

“And since we are his true children, we qualify to share all his treasures, for indeed, we are heirs of God himself. And since we are joined to Christ, we also inherit all that he is and all that he has...”

SATURDAY | (Ephesians 2:20, TPT)

“We have become his poetry, a re-created people that will fulfill the destiny he has given each of us, for we are joined to Jesus, the Anointed One. Even before we were born, God planned in advance *our destiny* and the good works^[b] we would do *to fulfill it!*”