



# CONNECTED

11-14yrs

*Session 1:*

## I AM... PRICELESS



### AIMS

- To question the value we place on ourselves.
- To understand the value God places on us.
- To hear God speak about our value to Him.



## MEMORY VERSE

**'FOR GOD SO LOVED THE WORLD, HE GAVE HIS ONE AND ONLY SON.'**  
**JOHN 3:16 (NIV)**



## INTRODUCTION (3 mins)

### Resources:

Large mirror – full length if possible

In 2013 the BBC published a story about a six year old girl in Afghanistan. She was sold for £1,600<sup>1</sup> to pay off a debt her family owed. That's roughly the cost of five PS4's. It's not much is it? On a US site I saw a single human life valued at 5 million dollars. You might think that is nearer the mark but you are worth much more than that to God; you are Priceless.

Take a look in the mirror and take a moment to ask yourself. What do I see in front of me? You don't have to tell anyone, just think about it.



## CATCH UP (10 mins)

Refer to the teaching notes for guidance on how to run this time.



## GOD SPOT (5 mins)

Have the young people talk about what they have seen God doing in their lives or the lives of others. They can also speak about things they are grateful for that have happened in their lives that week. (This is based on teaching from Session 6, Term 1 of Connected. If you haven't done this session then please read the teaching notes.)

<sup>1</sup><http://www.bbc.co.uk/news/world-asia-21245099>



## GAME 1

(5 mins)

### Resources:

A deck of cards per team

Divide your young people up into teams. Have each team lay five cards face down, in a row, for every person in their team.

The first person in each team turns over the first card in their row. They have to say if the next card in their row will be higher or lower. If the answer they give is correct when the card is turned over, they repeat until they reach the end of their line. If they answer incorrectly at any point, they must stop. The next person in the team will then repeat the process for their line of cards.

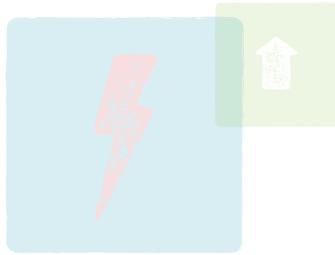
For every card turned up correctly the team gets a point. Any incorrect cards or cards not turned over (because they had to stop at an incorrect answer) cannot be included in the team's points. The team with the most points at the end of the game wins.



## DISCUSS

(10 mins)

- *Are there times when you feel ok and other times when you feel like you can't get anything right?*
- *Do you sometimes have bits of you that you don't like?*
- *Do you think people around you sometimes feel small?*
- *How do you think people behave when they feel bad about themselves?*
- *What difference would it make to people's behaviour if they knew they were priceless?*



## TALK (5-7 mins)

*How we feel about ourselves can vary. There can be days when you get up and feel great about yourself. Then, on other days, nothing can look or feel right. It can be easy to focus on the things we think are wrong with us. When we do this, how much we value ourselves goes down. Ultimately, though, the question we ask ourselves shouldn't be, 'What do I think of me'? Or even, 'How do I feel today'? We should be asking God the question - 'How do you feel about me', to start our day?*



## BIBLE STORY (8 mins)

Gospel of John DVD, Chapter 30, 2:31:26-2:39:37 or The Crucifixion John 19:1-37 in an age appropriate Bible. You are precious to God.



## TALK CONTINUED

*If you have chosen to follow Jesus because you love Him, it hurts to see Jesus being beaten and put on a cross. If it is difficult for us to watch, how much harder must it have been for God to watch His son being killed?*

*God thought so much of you, that even before you were born He gave His one and only son to die for you. To God you are priceless, you were worth all that Jesus did on the cross because He loves you.*

*When God made you he made someone who was unique; even identical twins have different finger prints. If we compare ourselves to other people it's like comparing fire and ice. It's too easy to look at someone or a picture in a magazine and wish we looked or sounded like them in some way. But you were created to be you, and the whole package inside and out is priceless. God looked at what He had made and thought it was good<sup>2</sup>. That's you, that is! You are good, someone made unique by a good God to bring His goodness to an amazing world.*

*The Bible says that God knit you together inside your mother's womb and that you were fearfully and wonderfully made.<sup>3</sup> It says you are a treasure to God.<sup>4</sup> It says you were chosen before the world began and that you are holy and blameless in God's sight.<sup>5</sup>*

*Those words in the Bible aren't a flat thing: they are powerful. The Bible says God's word is living and active.<sup>6</sup> If we repeat those words to ourselves again and again we let God speak them into our lives and they start to grow in our hearts and in our minds. The words start to change how we feel about ourselves and what we believe about ourselves.*

*Our goal isn't just to feel great about ourselves - it is to connect to God. So we see ourselves as He sees us, so that we have a true reflection of who we are, not one just based on what we feel or what we see. He can give us words and pictures to show us who we are and what He thinks about us if we spend time with Him.*

<sup>2</sup>Genesis 1:26-31

<sup>3</sup>Psalms 139:13-14

<sup>4</sup>Exodus 19:5

<sup>5</sup>Ephesians 1:4

<sup>6</sup>Hebrews 4:12



## RESPONSE

(5 mins)

### Resources:

Journals, pens, large mirror, white board pen - write on the mirror now, 'God what do you see in me?' (Not at the start of the session because it will ruin your Introduction.)

*In 1 Kings 19:12 God whispers to Elijah: He can do the same with us. He can whisper to us through words, ideas, pictures, Bible verses - in a million ways. Some of my most helpful times with God have been when someone has told me stuff that makes me doubt my value and I take what's happened to God. Then He whispers the truth, He tells me what He thinks of me. When God does this my heart soars.*

*If you would like, you can try this now. Go over to the mirror one at a time and ask God the question I have just written on the mirror in your head, then just wait and see what ideas come into your mind. Use your journal to write down or draw what God says.*

*Remember God talks to us in different ways; don't worry if you didn't get anything this time. Wait and see as you go through this week. Look out for something that just speaks to you, as though it's highlighted or it may be something someone says to you.*

Play music while you have this time and at the end close with, *God thank you that to you each one of us is priceless. Holy Spirit remind us of God's words again and again, so that we start to see what God sees in us.*



## REFLECT AND SHARE

(5 mins)

Ask if anyone is prepared to share what God has said to them, then let them share.



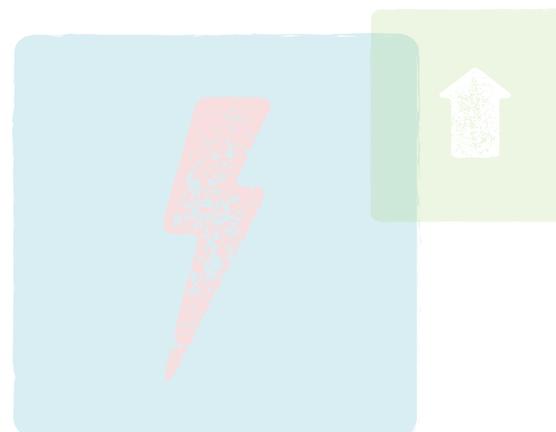
## REFLECT AND SHARE

(3 mins)

### Resources:

Appendix 1

*Pick a verse from this sheet and stick it on a mirror at home this week. Then every time you look in the mirror say the verse out loud to yourself.*





## GAME 2

(5 mins)

Separate your youth into pairs. Have one person in the pair leave the room for a moment. While they are out of the room the other person must change one thing about their appearance. When the other half of the pair sees what it is they can swap over. Then repeat. The winning pair is the one who makes the most spots in the time limit of five minutes.



## RESOURCES

### Introduction:

- Large mirror

### Game 1:

- A pack of cards for each team

### Response:

- Journals
- Pens
- Large mirror
- White board pen

