



Facilitator's Guide

To foster openness and connectivity among the youth, arrange the seating in a circle for the entire session. This setup allows everyone to see each other, promoting a sense of inclusion and encouraging honest sharing.

About This Topic: In a world that constantly tells us we need to be smarter, better-looking, or more successful to be valuable, it's easy to forget that we are already perfect in God's eyes. The Bible tells us two important truths: we are made in God's image, and we are fearfully and wonderfully made. These truths remind us that our worth comes from God, not from what the world says.

End Goal: By the end of this session, participants will understand that they are created in God's image and are wonderfully made. They will feel more confident in their identity and know that they don't need to change to be valuable in God's eyes.

1. Introduction

Why This Topic? Have you ever compared yourself to someone else and felt like you weren't good enough? Maybe you've wished you were smarter, funnier, or better looking. But the truth is, God made you exactly the way you are on purpose. You are not a mistake. Today's session is about learning to see ourselves the way God sees us—perfect, beautiful, and valuable.

What Does It Mean? Being made in God's image means that we reflect His goodness, love, and creativity. It means that we have inherent value, just as we are. Being fearfully and wonderfully made means that God crafted every part of us with care and intention. These truths remind us that we don't need to change who we are to be loved by God—we are already enough.

2. Preparation Checklist

Things Required:

- Bible or Bible app for scripture reading
- Plastic cups (at least 5 per participant)
- Ping-pong balls or lightweight balls (5 per participant)
- A flat surface
- A beach ball or small soft ball
- A basket, bowl, or stack of small pieces of paper or sticky notes with reflective questions written on them

Before You Start:

- Review the discussion questions and key points to feel prepared.
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3. Welcome, Introductions, and Opening Prayer

Leader's Dialogue: "Hey everyone! I'm excited to see all of you here today. Today, we're diving into a topic that touches every part of who we are—how we see ourselves. Sometimes, we're our own worst critics, right? We notice our flaws and forget that we're created with love and purpose. But God sees us differently. He looks at each of us and says, 'You are my masterpiece.' So, let's take a moment to open our hearts to that truth and start with a prayer."

Opening Prayer: *"Dear God, thank You for bringing us together today. Help us to see ourselves the way You see us—perfect, loved, and valuable. Remind us that we are made in Your image and are wonderfully crafted by You. Thank You for making each of us unique and special. Help us to embrace our gifts and talents and use them to bring kindness, love, and hope to those around us. When we feel like we're not enough, remind us of Your truth—that we are Your masterpiece, created with intention and care. May we leave this session feeling confident and loved, knowing that we are exactly who You made us to be. Guide our thoughts, our words, and our actions, and help us to reflect Your love in everything we do. Amen."*

4. Opening Activity

Game: "Truth Toss: Identity Edition"

About the Game: This game is a fun and engaging way to reflect on who we are and how we see ourselves through God's eyes. Participants will answer identity-related questions that encourage self-reflection and build confidence.

What You Need:

- A beach ball or small soft ball
- A basket, bowl, or stack of small pieces of paper or sticky notes with reflective questions written on them

How to Prepare:

- Write reflective questions on small pieces of paper or sticky notes and place them in a basket, bowl, or stack in the center of the circle.

Example questions include:

1. What's one thing you love about yourself?
2. What's a talent or gift God has given you?
3. How do you bring joy to others?
4. What's one way you can reflect God's love?
5. What makes you unique?
6. What's a quality you admire in others that you also have?
7. When do you feel closest to God?

How to Play:

1. Have participants form a circle.
2. Toss the ball to someone in the circle.
3. When they catch the ball, they must go to the basket (or stack of questions), pick a question, read it aloud, and answer it.
4. After answering, they toss the ball to someone else.
5. Continue until everyone has had a chance to catch the ball and share their thoughts.

Variation:

For a more dynamic game, add a twist: if a participant catches the ball more than once, they must share how they've seen God working in someone else in the circle.

Faith Connection:

This game helps participants reflect on their God-given identity. By sharing their unique qualities and experiences, they can see how they are wonderfully made in God's image and learn to appreciate the beauty in themselves and others. God sees all the good

things about us that we sometimes miss. This activity reminds us that we are loved and appreciated by God and by others.

Game 2: "Ball Stack Challenge"

About the Game: A fun and competitive game where participants race to stack balls within a time limit.

What You Need:

- Plastic cups (at least 5 per participant)
- Ping-pong balls or lightweight balls (5 per participant)
- A flat surface

How to Play:

1. **Set Up:** Give each participant 5 cups and 5 ping-pong balls. Place the cups in a row on a flat surface.
2. **Objective:** Using only one hand, participants must stack the balls on top of the cups, with one ball per cup.
3. **Rules:**
 - The stack must remain stable for at least 3 seconds.
 - If a ball falls, the participant must start over.
4. **Time Limit:** Each participant has 1 minute to complete the challenge.
5. **Variation:**

Team Version: Divide participants into teams and have them take turns stacking. The team with the most completed stacks wins.

Hard Mode: Add a fan nearby to make the challenge harder by creating slight air movement.

5. Scripture Reading

Read Psalm 139:13-14 & Genesis 1:27 Aloud: Ask a participant to read the passage aloud or read it yourself. Encourage participants to listen carefully.

"For it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well." Psalm 139:13-14

"So God created humankind in his image, in the image of God he created them; male and female he created them." Genesis 1:27

After reading the scripture, encourage the youth to share the verses that stood out to them or resonated with them. Invite them to express their thoughts or provide their personal reflections on these verses. Once everyone has shared, you can summarize their key points and offer your own reflection. If you haven't had the opportunity to prepare your reflection in advance, you may refer to the discussion paragraph provided below for guidance and inspiration.

Leader's Reflection:

(this can be used as an example, but feel free to create your own reflection)

These verses remind us of two important truths: we are made in God's image, and we are wonderfully crafted by Him. The world may try to tell you that you need to change to be valuable, but God's Word tells you that you are already enough. God sees you as His masterpiece. Embracing this truth allows you to live with confidence and joy, knowing that you are loved just as you are.

It's easy to feel like you need to meet the world's standards to be accepted—whether it's in how you look, what you achieve, or how you fit in. But God's love doesn't depend on any of those things. He made you exactly as you are, with a purpose and a plan. Every talent, every quirk, every unique feature you have is a reflection of His creativity and love.

When you look in the mirror, know that you are seeing someone who is fearfully and wonderfully made. You don't have to change to be loved by God—He already sees you as His best work. Let this truth give you the courage to embrace who you are and to use your gifts to make a difference in the world. You are His image-bearer, and that is a role no one else can fill.

6. Small Group Reflection Questions

Facilitators, encourage the group to openly share their thoughts and experiences. Each person's perspective is valuable, and the goal is to deepen everyone's understanding of what it means to be a child of God. Ensure that everyone has the chance to participate and let the conversation flow naturally.

If it is a large group, it could be divided into small groups for discussion within each group. Then, invite one or two participants from each group to share a key insight from their discussion.

Discussion Questions:

1. What does it mean to you to be made in God's image?
 2. How does knowing you are fearfully and wonderfully made change the way you see yourself?
 3. Have you ever compared yourself to others? How can today's session help you stop those comparisons?
 4. What's one way you can remind yourself each day that you are already perfect in God's eyes?
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7. Challenge

Note: If required, please print copies of this challenge to distribute to participants. Having a physical or digital copy can help them stay on track throughout the week.

Leader's Dialogue: "This week, we are going to do a challenge called the "Wonderfully Made" Weekly Challenge.

Each day this week, you'll have a small activity to complete that will encourage you to reflect on who you are, honor the gift of your life, and grow closer to God and others.

Let me walk you through what the week will look like:

"Wonderfully Made" Weekly Challenge.

- **Day 1:** Start by writing down 5 things you love about yourself. These could be your talents, your personality, or the qualities that make you you. Reflect on these gifts and thank God for them.
 - **Day 2:** Shift the focus outward and encourage someone else. Tell them what you appreciate about them and how you see God working in their life.
 - **Day 3:** Take time to meditate on Psalm 139:13-14. These verses remind us of the incredible care God took in creating us. Think about how this impacts the way you see yourself.
 - **Day 4:** Honor your body as God's creation. Whether it's through exercise, eating healthy, or simply resting, do something kind for your body today.
 - **Day 5:** Get creative! Express your uniqueness through a drawing, a poem, a song, or even a short journal entry. Celebrate the beauty of being you.
 - **Day 6:** Take a moment to thank God for His blessings in your life. Pray a prayer of gratitude for your talents, your personality, and the path He's leading you on.
 - **Day 7:** Finally, share what you've learned or experienced this week with someone. It could be a friend, a family member, or even this group. Let them see how you've embraced the truth that you are wonderfully made."
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8. Concluding Prayer

Leader's Dialogue: "Reflect on something from today's session that inspired or encouraged you. Let that thought guide your heart as we pray."

Closing Prayer: *"Dear God, thank You for creating each of us in Your image. Help us to love ourselves the way You love us, with kindness and acceptance. Remind us daily that we are fearfully and wonderfully made and that we don't need to change who we are to be loved by You. Strengthen our hearts to trust in Your plan and to embrace the gifts and talents You have given us. Guide us to use those gifts to bring joy, hope, and kindness to others. When we face doubts or feel inadequate, let us hear Your voice reminding us that we are enough. Fill us with confidence and peace as we walk forward knowing we are Your masterpiece. May we reflect Your love in all that we do and be a source of light and encouragement to those around us. Thank You for Your unending love and grace. Amen."*