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WHO AM I REALLY?

“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.” (Ephesians 2:10 NLT)

INTRODUCTION: We live in a world where everyone tries to define us: school by our grades, society by our appearance, social media by our followers, and the world by our failures. But none of that is stable or true. Only in Christ do we find a firm, eternal, and liberating identity. Today we will discover how God sees us and how we can live from that truth.

1. I AM GOD’S UNIQUE CREATION. *“I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, and that my soul knows very well.” (Psalm 139:14 NKJV)*

- **I was designed with intention** – God did not improvise when He created me. Every trait, talent, and characteristic has a purpose. I am not an accident of my parents; I am the result of divine design.
- **I have incomparable value** – In a world that measures worth by appearance or achievements, God reminds me that I am valuable because I was made in His image. My value cannot be earned or lost; it was established in my creation.
- **I don’t need to copy anyone** – The world pushes us to imitate “influencers,” fashions, and trends. But authenticity is what shines in the Kingdom of God. When I live as God made me, I fulfill my unique purpose.

2. MY WORTH DOES NOT DEPEND ON OTHERS’ OPINIONS. *“For do I now persuade men, or God? Or do I seek to please men? For if I still pleased men, I would not be a bondservant of Christ.” (Galatians 1:10 NKJV)*

- **I don’t live to please people** – If my goal is to look good before everyone, I will end up frustrated and without identity. Jesus Himself was rejected by many, yet He remained faithful to His mission.
- **God’s approval is enough** – Even if others don’t understand me, the Father’s love does not change. In Christ, I already have His full acceptance. I don’t need to beg for love or validation in the wrong places.
- **Comparison robs me of purpose** – When I compare myself, I lose sight of what God placed in me. There will always be someone who seems “better,” but God didn’t call me to be a copy; He called me to be faithful with what He gave me.

3. IN CHRIST I HAVE A NEW IDENTITY. *“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.” (2 Corinthians 5:17 NKJV)*

- **I am a new creation** – What I was before Christ does not define my present or my future. My mistakes, failures, or past do not matter; in Jesus I receive a new beginning and a new story.
 - **I am a child of God**– I am not just a believer; I am part of God’s family. He adopted me as His child, calls me by name, and gives me direct access to His presence.
 - **I am equipped for good works**– I was not created just to exist, but to make an impact. God has already placed in me gifts, talents, and opportunities to make a difference in the world and reflect His glory.
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CONCLUSION: The world will try to put labels on you: “you’re not enough,” “you’re useless,” “you’re just like everyone else.” But God says something different: you are His masterpiece, designed with purpose, loved unconditionally, and equipped for great things. When you embrace that identity, you can walk with confidence, peace, and courage.

INTERACTIVE QUESTIONS:

- What labels have been put on you that have tried to define who you are?
 - How does your perspective change knowing you are God’s masterpiece?
 - What lie about your identity do you need to replace today with the truth of God’s Word?
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ACTIVITY: “Labels Off”. **Materials:** Post-its and markers.

- Each young person writes on a post-it a negative “label” or word that someone once said to them or that they identified with (e.g., “not enough,” “failure,” “shy”).
 - Then, they stick it on their clothing.
 - The leader briefly shares that those labels do not define us.
 - Afterward, each young person removes their post-it and replaces it with a card that says what the Bible declares they are (e.g., “child of God,” “new creation,” “ambassador of Christ”).
 - **Impact:** This visualizes how we replace lies with God’s truth.
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ACTION STEPS:

1. This week, write in a visible place (notebook, mirror, phone background) the phrase: “I am God’s masterpiece” and repeat it every day.
 2. Make a list of three areas where you usually compare yourself with others and pray to surrender them to God.
 3. Find a friend or family member and share with them one truth about their identity in Christ to encourage them.
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PRAYER OF SALVATION: Lord Jesus, I acknowledge that I have sinned and that You died for me. Today I repent and ask for Your forgiveness. I give You my life and my heart so that You may be my personal Lord and Savior. Amen.

OUT-OF-CONTROL ANXIETY

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” (Philippians 4:6–7 NKJV)

INTRODUCTION: Today more than ever, young people struggle with anxiety: school pressure, parents’ expectations, fear of the future, comparison on social media, and the need to fit in. Anxiety robs us of peace and drains us, but God’s Word teaches us to let go of control and trust Him. Jesus didn’t promise the absence of problems, but He did promise peace in the midst of them.

1. GOD WANTS YOU TO CAST YOUR CARES ON HIM. *“Casting all your care upon Him, for He cares for you.” (1 Peter 5:7 NKJV)*

- **You were not designed to carry it alone**— Anxiety increases when we try to solve everything in our own strength. God reminds us that we don’t have to carry that weight by ourselves.
- **God cares about your details**— Sometimes we think only the “big” problems matter to God, but He also cares about what seems small to you: your exams, your self-esteem, your friendships.
- **Prayer is the place of exchange**— When I pray, I’m not just talking to God: I hand Him my burdens and receive peace in return.

2. GOD’S PEACE IS STRONGER THAN MY THOUGHTS. *“Peace I leave with you, my peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.” (John 14:27 NKJV)*

- **The world’s peace is temporary.** Entertainment, distractions, or achievements may give temporary relief, but they do not remove the root of anxiety.
- **Christ’s peace surpasses logic**— Even if circumstances don’t change, my heart can be at rest because I know God is in control.
- **Peace guards my mind and heart**— It is like a shield against thoughts of fear, insecurity, and constant worry.

3. CHANGE YOUR THOUGHTS WITH GOD’S TRUTH. *“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.” (Philippians 4:8 NKJV)*

- **Anxiety feeds on negative thoughts**– When I focus on the “what if...?”, I give fear room in my mind.
- **Renewing the mind is key**– I must replace those thoughts with God’s Word, which reminds me of His promises and His faithfulness.
- **Practicing gratitude brings freedom**– Thanking God for what I do have and for what He has already done changes my perspective and weakens anxiety.

CONCLUSION: Anxiety is real, but it doesn’t have to rule your life. God wants to carry your burdens, give you peace that surpasses all understanding and teach you to think differently. When you release what you cannot control and trust Him, anxiety loses its power over you.

INTERACTIVE QUESTIONS:

- What situations cause you the most anxiety or worry today?
- What differences do you notice between the peace the world offers, and the peace Jesus gives?
- What negative thought do you need to replace with one of God’s promises?

ACTIVITY: “Unload Your Burden”.

Materials: Small stones and a bucket.

- Each young person takes a stone and thinks about a worry or anxiety.
- Then they write it on a small piece of paper and attach it to the stone.
- When they go to the front, they throw it into the bucket as a symbol of giving it to God.
- **Impact:** Reinforces Philippians 4:6–7, learning to release anxiety through prayer.

ACTION STEPS:

1. This week, every time you feel anxious, pause and pray, giving that burden to God in your own words.
2. Write down three Bible promises about peace and read them every morning before starting your day.
3. Make a list of at least five things you are grateful for and share them with your group or family.

PRAYER OF SALVATION:

Lord Jesus, I acknowledge that I have sinned and that You died for me. Today I repent and ask for Your forgiveness. I give You my life and my heart so that You may be my personal Lord and Savior. Amen.

AUTHENTIC FAITH, NOT RELIGION

“Jesus said to him, ‘You shall love the Lord your God with all your heart, with all your soul, and with all your mind.’ This is the first and great commandment.” (Matthew 22:37–38 NKJV)

INTRODUCTION: Many young people confuse having faith with “following religious rules.” They think being a Christian is just going to church, behaving “well,” or avoiding certain sins. But Jesus did not come to give us a religion, but a relationship. Religion focuses on the external—what you do to “earn” God; authentic faith focuses on the internal: loving God and walking with Him every day.

1. RELIGION FOCUSES ON THE EXTERNAL, FAITH ON THE INTERNAL. *“These people draw near to Me with their mouth, And honor Me with their lips, But their heart is far from Me.” (Matthew 15:8 NKJV)*

- **Empty appearances**—Religion can lead to pretending to be “holy” just for others, without true change in the heart.
- **God looks at the heart**—He is not impressed by what we do externally if our inner being is not surrendered to Him.
- **Authentic faith transforms from the inside out**—When I truly love God, my actions reflect that love—not the other way around.

2. RELIGION BURDENS, FAITH IN CHRIST SETS FREE. *“Come to Me, all you who labor and are heavy laden, and I will give you rest.” (Matthew 11:28 NKJV)*

- **Religion imposes burdens**—It always demands more: “do this, keep that, never fail.” And when you fail, it condemns you.
- **Christ offers grace and rest**—He doesn’t ask for perfection, but surrender. In Him we find forgiveness and freedom.
- **True faith brings joy**—It’s not about “enduring” the Christian life but enjoying a living relationship with Jesus.

3. AUTHENTIC FAITH IS LIVED IN LOVE. *“By this all will know that you are My disciples, if you have love for one another.” (John 13:35 NKJV)*

- **Love for God comes first**—The foundation of my faith is not fear of punishment but deep love for the Father.
- **Love for others proves it**—Authentic faith does not remain in words; it is shown in how I treat others.
- **Practical love impacts the world**—What convinces people most that our faith is real is not speeches, but actions filled with love.

CONCLUSION:

Religion is about rules, but authentic faith is about loving and walking with Jesus daily. God doesn't just want compliance; He wants your heart. When you understand this, you stop seeing Christianity as an obligation and begin to live it as the greatest adventure: a real relationship with the living God.

INTERACTIVE QUESTIONS:

- Have you ever felt that your faith was just about “following rules”?
 - What difference do you notice in your life when you live faith as a relationship and not as religion?
 - How can you show authentic faith to your friends this week?
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ACTIVITY: “Empty Cup”

Materials: Transparent cups (one empty, one with dirty water, and one with clean water).

The leader shows:

- Empty cup = life without God.
- Dirty water = religiosity, appearance, rules without relationship.
- Clean water = true relationship with Jesus.

Question: Which one do we want to represent our life?

Impact: Visualizes that what we need is authenticity and a real relationship with God.

ACTION STEPS:

1. Dedicate at least 10 minutes each day to talk to God in a real way (not just asking but opening your heart).
 2. Do a practical act of love for someone this week (encourage, help, listen).
 3. Identify an area in your life where you have been acting more out of “religious obligation” and surrender it to God, so it becomes an area of love and real faith.
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PRAYER OF SALVATION:

Lord Jesus, I acknowledge that I have sinned and that You died for me. Today I repent and ask for Your forgiveness. I give You my life and my heart so that You may be my personal Lord and Savior. Amen.

PURPOSEFUL RELATIONSHIPS

“He who walks with wise men will be wise, But the companion of fools will be destroyed.” (Proverbs 13:20 NKJV)

INTRODUCTION: Relationships are one of the most influential areas in a young person’s life. Friends, dating partners, and the people we spend time with shape our thoughts, our decisions, and even our future. A wrong relationship can pull us away from God’s purpose, but the right one can propel us toward Him. Today we will learn to identify and cultivate relationships that draw us closer to God and not away from Him.

1. FRIENDSHIPS SHAPE YOUR DIRECTION. *“Do not be deceived: ‘Evil company corrupts good habits.’” (1 Corinthians 15:33 NKJV)*

- **Your friends influence who you become**– It doesn’t take much observation: what you listen to, share, and practice often comes from those around you. If your friends normalize wrong behavior, you will eventually adapt to it.
- **Friendships that draw you closer or farther from God**– Ask yourself: does this friendship inspire me to seek God more, or does it cool my faith? It’s not about judging people but about recognizing the direction they’re leading you.
- **Be a positive influence as a friend**– It’s not only about receiving but also giving. God wants you to be light in your group of friends: your words, advice, and attitudes should point to Christ.

2. DATING SHOULD HAVE PURPOSE. *“Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness?” (2 Corinthians 6:14 NKJV)*

- **Dating is not a pastime.** In today’s culture, it is seen as a game, but for God it is a process toward marriage. Without intention for the future, you risk investing emotions and time in something without direction.
- **Choose someone who shares your faith**– An “unequal yoke” is not only about religion but also about values, goals, and principles. When two people pull in different directions, the journey becomes painful.
- **True love builds, it doesn’t destroy**– A healthy relationship draws you closer to God, not farther away. God’s kind of love doesn’t pressure, control, or manipulate, but builds up and cares.

3. HEALTHY BOUNDARIES PROTECT YOU. *“Keep your heart with all diligence, For out of it spring the issues of life.” (Proverbs 4:23 NKJV)*

- **Boundaries are not chains, they are protection**– Just as a fence protects a house, boundaries in relationships protect you from pain and sin. They are not to limit your freedom but to safeguard you.
- **Set emotional boundaries**– Don't give your heart away too quickly or to just anyone. Learn to know, observe, and wait before fully opening your personal and emotional life.
- **Set physical and spiritual boundaries**– In friendships and dating, decide how far to go. For example: avoid toxic conversations, decide not to compromise your values, and physically, set rules that honor God with your body.

CONCLUSION: Relationships have immense power in your life. They can be wings that propel you toward your purpose or chains that hold you back. God wants you to build friendships and relationships that strengthen your faith, to have dating with purpose, and to live with healthy boundaries to protect your heart.

INTERACTIVE QUESTIONS:

- Has a past friendship ever pulled you away from God or gotten you into trouble? What did you learn from that experience?
- What qualities would you look for in a friendship or dating relationship that honors God?
- What boundaries do you need to set today to protect your heart?

ACTIVITY: “Bridges and Walls”

Materials: Blocks (like Jenga or cardboard).

- In groups, build a “wall” by writing on each block attitudes that destroy relationships (lying, selfishness, gossip).
- Then build a “bridge” by writing attitudes that strengthen them (forgiveness, respect love).
- **Impact:** Reinforces that our relationships should build up, not tear down.

ACTION STEPS:

1. Evaluate your current relationships and make a list of who draws you closer to God and who pulls you away from Him.
2. Pray asking God to give you discernment to choose friendships and relationships with purpose.
3. Establish a practical boundary this week (example: decide not to listen to toxic conversations, guard what you share in messages or social media, put a “stop” to a harmful habit in a relationship).

PRAYER OF SALVATION: Lord Jesus, I acknowledge that I have sinned and that You died for me. Today I repent and ask for Your forgiveness. I give You my life and my heart so that You may be my personal Lord and Savior. Amen.

WHY DO I FEEL LONELY?

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” (Philippians 4:6–7 NKJV)

INTRODUCTION:

Today more than ever, young people struggle with anxiety: school pressure, parents’ expectations, fear of the future, comparison on social media, and the need to fit in. Anxiety robs us of peace and drains us, but God’s Word teaches us to let go of control and trust Him. Jesus didn’t promise the absence of problems, but He did promise peace in the midst of them.

1. LONELINESS DOES NOT MEAN YOU ARE ALONE. *“...and lo, I am with you always, even to the end of the age.” (Matthew 28:20 NKJV)*

- **God never abandons His children**– Even if you feel forgotten, God’s presence is always with you. He promised to be with you “always,” not just in the good times.
- **Feelings don’t always reflect the truth**– You may feel lonely, but the spiritual reality is that you are not alone. Faith helps us believe beyond what we feel.
- **Jesus understands your loneliness**– He was betrayed, abandoned by His disciples, and rejected. That is why He can comfort you in your loneliness—because He has been there too.

2. GOD CREATED US TO LIVE IN COMMUNITY. *“Two are better than one, Because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up.” (Ecclesiastes 4:9–10 NKJV)*

- **You were not designed to isolate yourself**– Total independence sounds appealing, but it is dangerous. Isolation weakens your faith and exposes you to the enemy.
- **Community strengthens your spiritual life**– Connection groups, friends in Christ, and the church are part of God’s plan to encourage and correct us.
- **God uses people to show His love**– Many times, the answer to your prayer does not come through an angel, but through a person who hugs you, listens to you, or encourages you.

3. TRUE COMPANIONSHIP BEGINS WITH GOD. *“Delight yourself also in the Lord, And He shall give you the desires of your heart.” (Psalm 37:4 NKJV)*

- **A relationship with God fills your inner emptiness**– No friendship or romantic relationship can fill the place that only God occupies. Intimacy with Him is the foundation of everything.
- **When you walk with God, you attract the right friendships**– The people around you will reflect what you are pursuing in life. If God is your priority, you will attract people with the same focus.

- **God's companionship equips you to accompany others**– When you experience His love, you are able to be an answer for someone else who also feels lonely.
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CONCLUSION:

Loneliness is real, but it is not final. Even when your feelings say you are alone, the truth is that God is always with you, He designed you to live in community, and He wants to fill that inner emptiness with His love. The true solution to loneliness is not accumulating contacts but seeking a relationship with God and walking with the right people.

INTERACTIVE QUESTIONS:

- Have you ever felt lonely even when surrounded by people? What did you learn from that experience?
 - How does it encourage you to know that Jesus understands and walks with you in your loneliness?
 - In what way can you be a companion and support for someone else in your group or school?
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ACTIVITY: "Circle of Support"

Materials: Small stones and a bucket.

- On a sheet of paper, each young person draws a large circle with their name in the center.
 - Around it, they write the names of the people God has placed as their support (family, friends, leaders, church).
 - Group reflection: Who do I need to draw closer to? How can I also be support for others?
 - **Impact:** Reinforces that God gives us community and we are not alone.
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ACTION STEPS:

1. This week, set aside daily time to talk to God as with your best friend, sharing what you feel.
 2. Identify someone who looks lonely or isolated and intentionally approach them to talk or invite them to your group.
 3. Make a commitment not to isolate yourself when you feel down, but to seek support in your faith community.
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PRAYER OF SALVATION:

Lord Jesus, I acknowledge that I have sinned and that You died for me. Today I repent and ask for Your forgiveness. I give You my life and my heart so that You may be my personal Lord and Savior. Amen.

IDENTITY IN CHRIST: Who Am I Really?

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.” (2 Corinthians 5:17 NKJV)

INTRODUCTION: Today many young people search for their identity in what they see on social media, in fashion, in their achievements, or in what others think of them. However, true identity is not found in the labels the world gives us, but in what God says we are. Discovering our identity in Christ is the key to living with confidence, purpose, and freedom.

1. YOU ARE A CHILD OF GOD. *“But as many as received Him, to them He gave the right to become children of God, to those who believe in His name.” (John 1:12 NKJV)*

- **Adopted into God’s family**– We are no longer spiritual orphans. In Christ we are adopted by the Heavenly Father. This means we have a safe place where we belong and that God receives us with unconditional love.
- **You have access to spiritual inheritance**– As children of God we inherit His promises: peace, forgiveness, provision, and eternal life. We don’t live as beggars but as heirs of the King.
- **Your value does not depend on others**– Being a child of God affirms your worth. No matter what others think or say about you, your identity does not change because it is established in God’s love.

2. YOU ARE A NEW CREATION. *“Therefore, if anyone is in Christ, he is a new creation...” (2 Corinthians 5:17 NKJV)*

- **The past no longer defines you**– Your mistakes, failures, or sins do not determine your future. In Christ, God erases your past and gives you a new beginning.
- **You have a new nature**– The Holy Spirit produces an internal change in you: now you can love, forgive, and live in holiness—things that once seemed impossible.
- **You are a living testimony**– Your transformation inspires others. When people see how God has changed your life, they are encouraged to seek Him as well.

3. YOU ARE AN AMBASSADOR OF CHRIST. *“Now then, we are ambassadors for Christ...” (2 Corinthians 5:20 NKJV)*

- **You represent Jesus in the world**– Every place you go—your school, workplace, or social media—is an opportunity to show Christ through your words and actions.
- **You are a bearer of hope**– The world lives with anxiety and emptiness, but you carry the message of reconciliation and hope in Christ.
- **You have a clear mission**– You are not here by chance. God sent you to influence and shine in the midst of darkness.

CONCLUSION:

Our identity in Christ gives us confidence, value, and purpose. We are not defined by what we do, by what we have, or by what others think. We are children of God, new creations, and ambassadors of Christ. Living in this truth transforms the way we think and act.

INTERACTIVE QUESTIONS:

- In what things or people had you sought your identity before knowing Christ?
 - How does your perspective change knowing that you are a child of God?
 - What areas of your life do you need to surrender to Christ in order to live as a new creation?
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ACTIVITY: “Walking Against the Current”

- Everyone forms a line walking in the same direction.
 - One volunteer is chosen to walk in the opposite direction.
 - The group begins to clap or give symbolic resistance while the person walks forward.
 - Afterward, reflect: following Christ is often like walking against the current.
 - **Impact:** Teaches Romans 12:2 – not to conform to this world, even when the pressure is strong.
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ACTION STEPS:

1. Declare your identity in Christ daily: Each morning repeat, “I am a child of God, I am a new creation, and I am an ambassador of Christ.”
 2. Reject the lies of the enemy: When a negative or inferior thought comes, respond with God’s Word.
 3. Share your faith with someone: This week tell a friend who you are in Christ and how He has transformed your life.
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PRAYER OF SALVATION:

Lord Jesus, I acknowledge that I have sinned and that You died for me. Today I repent and ask for Your forgiveness. I give You my life and my heart so that You may be my personal Lord and Savior. Amen.
