PRECIOUS TO GOD!

**OVERVIEW**

At some point in their lives, most teenagers struggle with self-esteem. Would you agree? What are some symptoms of low self-esteem?

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| * Depression * Withdrawal * Difficulty making and holding friends |  |

They can’t imagine someone loving them completely for who they are. We will look at the high value that God places on each person; this value comes from God, not from themselves. That’s what makes their lives worthwhile and meaningful!

**OPENER**

Have the group list several of the most popular songs on the radio, write them on the whiteboard. Have them evaluate which songs either place value on a person (like a love song) or seem to devalue people (songs that advocate violence, sexual assault, etc.). Rate each song on a scale of 1 to 10 (1 being “this song truly values an individual” and 10 being “this song disses everything about a person”). For songs that value people, ask the group to determine why the singer values the other person – are these for good reasons or faulty ones? Is the person singing about true human love, or more about sexuality or outward appearance? Have them quote some of the lyrics from each song if they can.

Point out that many songs treat people much differently than God treats them. Then point out that we will be discussing the real reasons each person is valued and why each person’s life is meaningful.

**LARGE GROUP DISCUSSION**

Do the “How valuable am I?” sheet (we will discuss this during small group time). Ask them to answer the first question before they read & answer the second question, and to not change their answer.

Read **Psalm 8**.

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| 1 Lord, our Lord,  how majestic is your name in all the earth!  You have set your glory  in the heavens.  2 Through the praise of children and infants  you have established a stronghold against your enemies,  to silence the foe and the avenger.  3 When I consider your heavens,  the work of your fingers,  the moon and the stars,  which you have set in place,  4 what is mankind that you are mindful of them,  human beings that you care for them? | 5 You have made them a little lower than the angels  and crowned them with glory and honor.  6 You made them rulers over the works of your hands;  you put everything under their feet:  7 all flocks and herds,  and the animals of the wild,  8 the birds in the sky,  and the fish in the sea,  all that swim the paths of the seas.  9 Lord, our Lord,  how majestic is your name in all the earth! |

After reading the psalm, take some time to summarize its sections. The first part speaks of God’s majesty, the second part finds David (the author) wondering how such a great God could care about mere humanity, and the third part lists some of the wonderful things God has done for us.

* + What question does David ask in verse 4?
  + Has anyone ever asked that same question?
  + Knowing that God has done a lot of awesome things for them, which one is their favorite?

Read **John 3:16**. This is a frequently quoted verse because of its message of salvation.

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| 16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. |

* Because of his great love for you, what did God do?
* What wonderful blessing do you receive?
* What does this tell you about how valuable you are to God?
* How would you explain this to people who don’t think that they are loved by God?

Read **Romans 5:8**, and **8:31-34**.

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| 8 But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. | 31 What, then, shall we say in response to these things? If God is for us, who can be against us?  32 He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?  33 Who will bring any charge against those whom God has chosen? It is God who justifies.  34 Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. |

* What things in these verses show that God cares for you?

Read **Romans 8:35-39**.

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| 35 Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?  36 As it is written:  “For your sake we face death all day long;  we are considered as sheep to be slaughtered.” | 37 No, in all these things we are more than conquerors through him who loved us.  38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers,  39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. |

* + Will God’s love for you and the high value he gives on you ever change? Why or why not?
  + How does being so valued by God make you feel?
  + How does this change how you feel about God?
  + If you woke up every morning and said to yourself, “God loves me, nothing will change that”, would that change how you feel about your life and how you live it?

**TAKE AWAY**

1. God loves you!! If you did not already know this then that is what I want you to take away from this lesson, that he loves you and it based on His nature – not on how popular, cute, talented, rich or funny people are. His love is unconditional, never-ending and always the same!
2. If you already know that, then I want to you take this away, “How does God want me to feel about myself?”