

Individuality is discovering who you're meant to be so you can make a difference.

Read Colossians 3:10

DAY

1

I Am

Sometimes we can make mistakes and poor choices. But God doesn't see that when He looks at you. He sees the good! How would you describe yourself?

Circle the words below that describe you!

Tall Short Outgoing Shy Loud
Quiet Friendly Happy Loving
Kind Friendly Creative Explorer
Reader Dancer Thinker

Know that God sees all the good parts of you!

DAY

2

Hide and Seek

Grab some others and play a game of Hide and Seek. After playing Hide and Seek, think back to this week's story of Matthew and how God sought him out. God knew Matthew was special and He didn't see him for his past mistakes, only what his future could hold! God looks at you the same! He sees the amazing, wonderful, special you!

Thank God for seeing the amazing side of you.



DAY

3

New Life

Look up this week's verse and read it aloud a few times with an adult. Then listen for the mistake!

*Adults- read the verse to your kid but instead of saying it perfectly make a mistake. You can add an extra word, leave one out, or make one up! See if your child can catch the mistake.

Look for the truth despite the mistakes along the way.

DAY

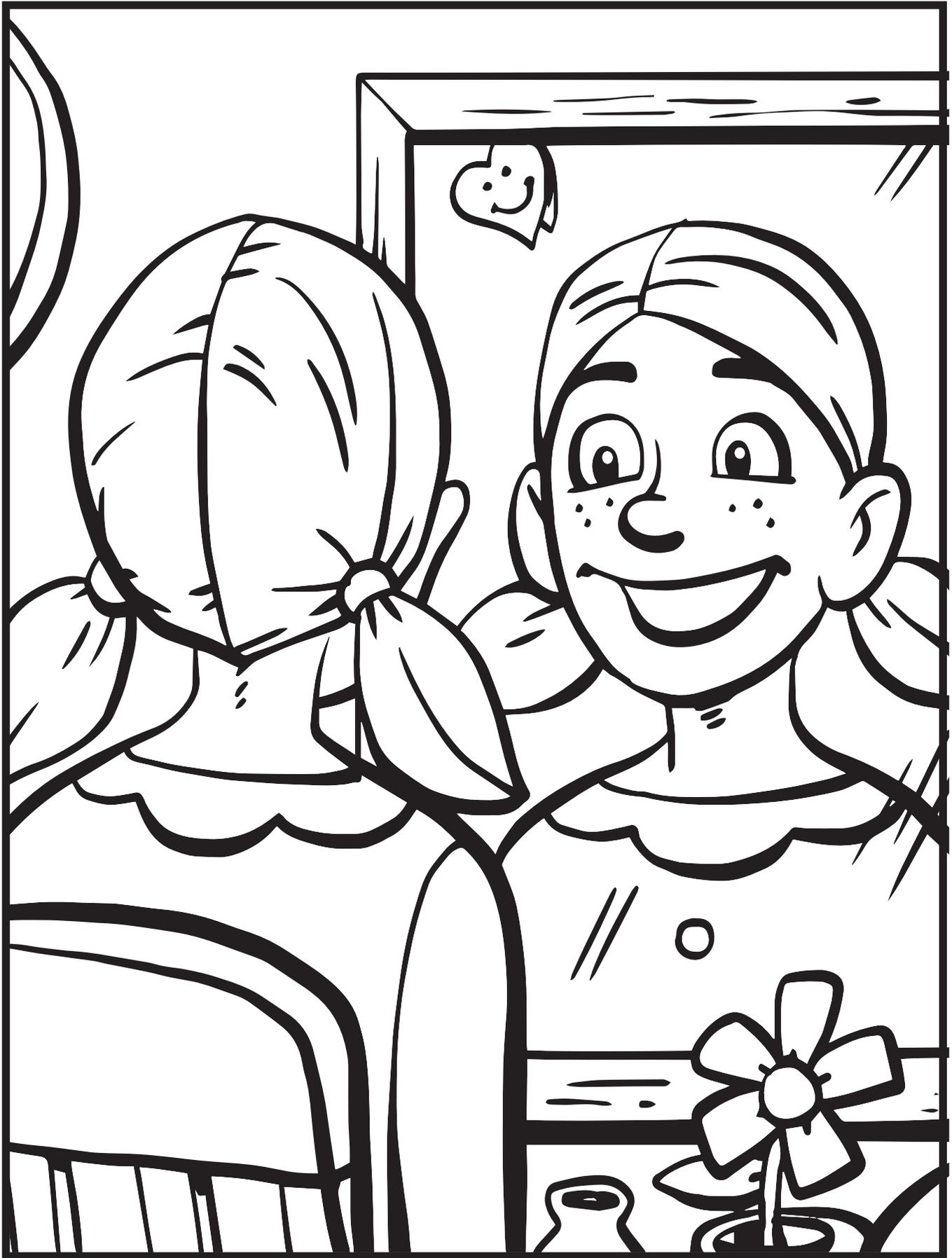
4

Valued

God values us more than we even know. He looks past our mistakes and our mess and He sees us as valuable. Let's talk to God and thank Him for creating us and loving us.

"Dear God, Thank you for looking past my mess and mistakes and seeing me. Thank you for loving me no matter what and creating me to be so special and unique. I am so grateful to be loved by you. Amen."

Knowing Jesus changes how you see yourself.



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DAY 1

Read Matthew 9:9

This week, we talked about a guy from the Bible named Matthew. One day, Jesus stopped at Matthew's tax collector booth and said, 'Follow me.'

Matthew didn't wait! He didn't ask a million questions before saying, "Yes." Right then, Matthew chose to follow Jesus.

Matthew was disliked because he was a thief, taking more taxes than he should and keeping the extra for himself. People back then didn't see Matthew the way Jesus did. Matthew went on to do amazing things, even writing one of the most famous books of the Bible!

Guess what? Jesus sees the potential in you. Knowing Jesus changes how you see yourself. He saw something in Matthew that no one else could see! And just like he did with Matthew, Jesus can use you to do important things.

DAY 2

Read 1 John 3:16

Jesus did something no one else could do. He gave His life so that we could have a relationship with God forever. This is how we know what real love is. Jesus gave His all for you and for me to prove just how much He loves us.

And guess what? When God made you, He gave you the potential to show His love to others too. But in order to show this kind of love to others, we have to accept Jesus' love for us first.

Grab a piece of paper and draw a large heart on the page. Write out the words of today's verse in the center of your heart and cut it out. On the back, write out a prayer to God. Ask Him to help you understand His love for you so that you can love others.



DAY 3

Read Ephesians 5:1-2

Have you ever tried to build something without instructions? It's much easier to see an example or have step by step instructions, isn't it?

Guess what? When it comes to showing love to others, we have an awesome example to follow! **God made you and loves you.** He sent Jesus to give His life for you so that you could be forgiven. And when you begin to discover the unique way God made you, you can make a big difference in the world around you.

Grab your Bible and draw a box around the words "Follow His example" from today's verse. Remember these words this week. When you're tempted to say or do something unkind, repeat these three words and ask God to help you follow Jesus' example.

DAY 4

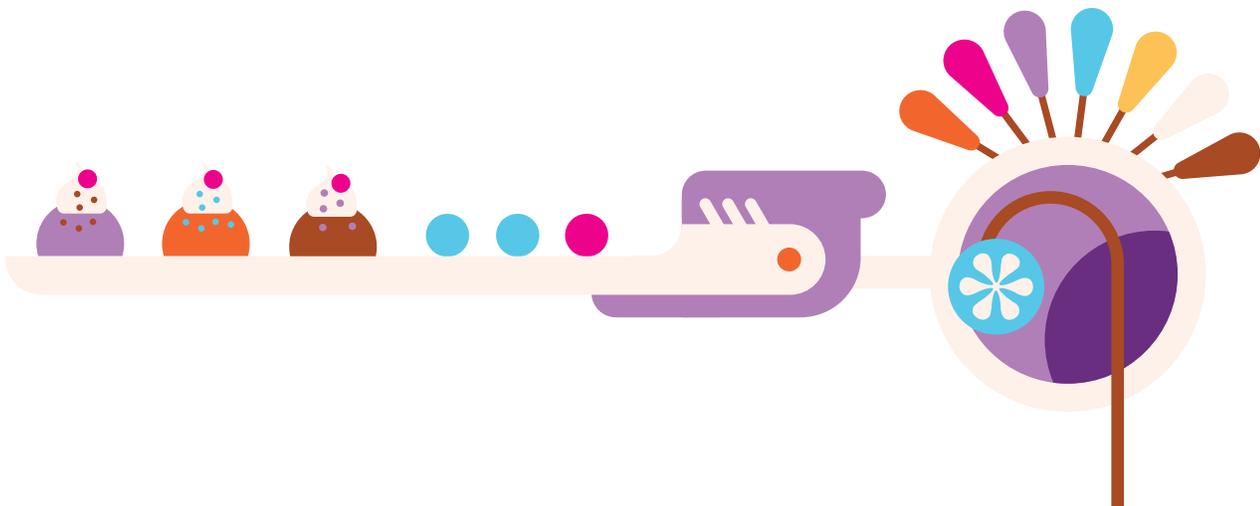
Read 1 Samuel 16:7

What are some things that make you smile? Puppies? Popsicles? Cool lizards in your backyard? Grab a piece of paper and draw or make a list of the things that bring you joy.

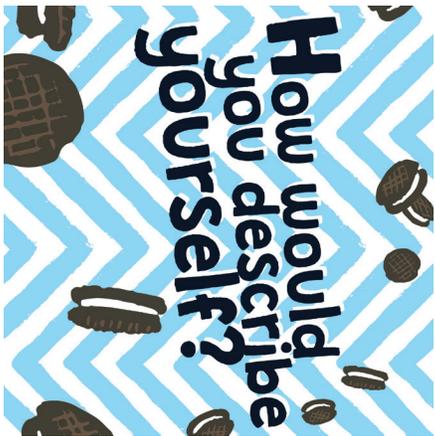
Do you realize that if Jesus had a list of things that make Him smile, your name would be on it? **You are deeply loved and valued because God made you.** Knowing Jesus changes the way you see yourself because you are one amazing creation.



Knowing Jesus changes
how you see yourself.



Spend some time thinking about the question below and journal your thoughts or share them with a parent.



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Day 1

After watching, write one thing that:

Go to bit.ly/SundaysAtHomePretteen and watch this week's episode of The So & So Show.
Even if you already saw it at church, feel free to check it out again!

- 1. You liked:
- 2. You learned:
- 3. You'd like to know:



Day 2

Read Matthew 9:9-13

As you read Matthew 9:9-13, underline the statements that are made, put a question mark above the questions, and put an exclamation point above the commands that Jesus gives.

The very first exclamation point you should have is above the words, "Follow me." How great it is that Jesus Himself, who is perfect and the Son of God, wants all of us to follow Him, to know Him! That's definitely worth an exclamation point (or several)!!!



Day 3

It's important to discover who you're meant to be so you can make a difference—and the best way to figure out who you are and are meant to be is by asking the One who made you!

After all, knowing Jesus changes how you see yourself! Jesus wants us to follow Him, so as you pray today, get up and move around the room. As you walk, personalize this prayer by filling in the blanks with the unique ways you know God has gifted you, and then pray it out loud:

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"Dear God, thank You for making me the way You did. Thank You for making me .....

and giving me the gifts of .....

.....  
I know there are even more cool things about me because I am made in Your image. Please help me to see those things and to become each day more and more the person You made me to be. And help me to see past all my mistakes and mess-ups to see myself the way that You see me. In Jesus' Name, I pray. Amen."

## Day 4

Today you're going to find out what it's like to be on the other side of you but through the lens of how Jesus sees you!

Write down the names of 2-3 people who you know follow Jesus closely: people who are able to see you the way He does.

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.....  
Now grab a notebook or sheet of paper and a pen and head off to interview those people with the following questions:

1. How do you think Jesus sees me?
2. What is one way that God created me uniquely?
3. What are some of my gifts and characteristics?

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Thank your friend or family member for helping you see yourself as Jesus does. (Be sure and save their answers because you'll use them again.)



Day 5

How would you describe yourself?

Grab a dry erase marker (if you don't have one, you can do this on a blank sheet of paper with regular markers) and hang it in your bathroom) and stand in front of your bathroom mirror. Trace your face as you look into the mirror.

Now, around your face outline, write the words that you heard others use to describe you yesterday. Write words of affirmation, positive words, that you know Jesus would use to describe you. Then above it all, write these words: "Knowing Jesus changes how you see yourself?"

Leave this up on the mirror for a few weeks to remind yourself every day that how God made you is amazing and wonderful!