

FAMILY DEVOTION

DEAL WITH IT! “Low Self-Image”



“I Am Special, And I Matter To God!”



“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

SAY:

Sometimes, we have a hard time seeing ourselves the way God sees us. When we look in the mirror, we might notice things we don’t like, feel like we’re not as good as others, or wish we were different.

It’s important to deal with these feelings and learn to see ourselves the right way, because it helps us know who we truly are so we can face the world.

READ:

1 Samuel 16

DISCUSS:

- Who was the prophet God sent to anoint the new king of Israel?
- How many of Jesse’s sons came to line up in front of Samuel?
- What was the last son doing when Samuel sent for him?
- Who did Samuel anoint as the next king of Israel?
- Have you ever felt like you didn’t like something about yourself?
- How do you think God sees you?
- Why is it important to see ourselves the way God sees us?

SAY:

God sees us differently than we see ourselves. God made each of us special, like a masterpiece, to bring Him glory!

PRAY:

Thank God for seeing your children, for valuing them, and for creating them uniquely. Pray they will see themselves and others with His eyes of love. Pray they will be guided to be kind, to appreciate one another, and to remember that we all have a special place in God’s amazing puzzle!