

Identity MS| YOU ARE WONDERFULLY MADE

The Originals

When God made you, He didn't mass-produce you. He formed you, fearfully and wonderfully, as His own masterpiece. The world will tell you that you've got to copy someone else to fit in—wear their armor, chase their standard, live their story. But God says you belong as you are, because He made you on purpose. And when you live as His original, you discover what His Word has always said: You are chosen, created, and never alone. Our prayer is that students will see it, feel it, and believe it—they are chosen, created, and never alone.

CORE THEOLOGICAL INSIGHTS

Identity, Purpose, Transformation

RESPONSE

Confidence, Truth

EMPHASIZED RELATIONSHIPS

God the Creator

MEMORY VERSE

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do" (Ephesians 2:10 NIV).



Bottom Line

YOU ARE WONDERFULLY MADE

Topic

Identity

Scripture

Psalm 139:13–14 (NIV):

*"For you created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and
wonderfully made;
your works are wonderful,
I know that full well."*

25 min

Teaching

5 min

Introduction (ME)

What You Need

No supplies needed

Say: "Have you ever scrolled and thought, 'I wish I looked like them'? Or you see somebody's highlight reel and it feels like your life is the blooper reel? That's what today is about. Not disappointment with stuff, but comparison. Phones, mirrors, and hallway drama can mess with how we see ourselves. Middle school's basically a competition for who can act the most confident while having no idea what's happening. If that's you, you're not broken; you're normal. Today is about seeing yourself the way God does in the middle of all that noise."

5 min

Tension (WE)

What You Need

No supplies needed

Say: "Comparison is sneaky. In the hallway, you decide who's in and who's invisible. In the mirror, you zoom in on what you'd change. On the team or in class, you measure your worth by who notices you. The more we compare, the less we see the truth. We start believing 'less than' when God is saying something very different."

5 min

Truth (GOD)

What You Need

No supplies needed

Read Psalm 139:13–14(NIV):

*"For you created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well."*

Say: "God formed every part of you on purpose. Fearfully and wonderfully made doesn't mean flawless or perfect. It means deliberately designed and deeply valued. Here's the truth that matters most today, and I'll say it once so it hits: YOU ARE WONDERFULLY MADE. God calls His work wonderful, and that includes you. When we start to see ourselves the way He does, we treat ourselves and other people like the masterpieces He made."

5 min

Application (YOU)

What You Need

No supplies needed

Say: "Let's practice seeing what God sees. Grab a card or open your Notes. Write three things you love about how God made you. These don't have to impress anyone. Make at least one of them not about your appearance. Try something like your kindness, your sense of humor, how hard you try, how you include people, or how you bounce back."

"Now pick one line from your list and say it out loud quietly to yourself: 'This is true about me.' That's not pretending; that's agreeing with what God already said.

"If you want to share one of your three with a trusted friend or leader, you can. If you're not ready, keep it personal. We honor privacy here."

5 min

Landing (ME)

What You Need

No supplies needed

Say: "The scroll will keep scrolling. The mirror will still be there tomorrow. The hallway will still have drama. But you don't have to live at the mercy of comparison. When that voice tells you you're less, answer with the truth from God's Word and from your list. Keep it where you'll see it. Ask God to help you believe it, not just read it."

"Let's pray. Jesus, thank You for making us with care and purpose. Help us see what You see. Teach us to answer comparison with truth. Amen."

30 min

Groups

The goal of this discussion is to help students replace comparison with truth. We want them to see that their identity is defined by how God sees them, not by likes, looks, or hallway status. The goal is growing real self-worth rooted in Psalm 139.

5 min

Think About This

What You Need

No supplies needed

Middle schoolers often chase approval and acceptance. That chase fuels comparison and self-doubt. Remind them that their worth isn't set by popularity, filters, or achievements but by the God who formed them on purpose and calls His work wonderful.

15 min

Discussion Questions

What You Need

No supplies needed

1. Warm-up: name one small win from this week or one thing you genuinely like about how God made you that isn't about appearance? *(Leader note: Easy on-ramp. Let everyone answer. Model non-appearance examples like kindness, humor, effort, or being a good friend. Keep tone light and affirming.)*
2. Where does comparison talk the loudest for you right now — on your phone, in the mirror, in the hallway, or on a team — and what does it usually say? *(Leader note: Normalize the experience. Watch for shame language and redirect to honesty without self-insults.)*
3. Read Psalm 139:13–14 together. Which words stand out, and how do they push back against comparison?

(Leader note: Help students connect specific words like formed, fearfully, wonderfully, and works to God's intentional design and value.)

4. When you feel that "less than" voice, what do you usually do next, and how do you feel afterward?
(Leader note: Draw out patterns like hiding, over-trying, or joking it away. Gently name the feelings and point to healthier responses.)
5. From today's teaching: Share one non-physical truth you wrote or said about yourself and why you chose it. Share only what you're comfortable sharing.
(Leader note: No pressure. Protect privacy. Affirm courage and keep the group from evaluating each other's answers.)
6. What short sentence of truth will you tell yourself this week when comparison starts talking, and where will you say it — mirror, phone camera, bus stop, or before practice?
(Leader note: Coach them to be specific and short. Example: "I am intentionally made," "God's work in me is good," "I include others.")
7. How can we support each other in this: listening, privacy, check-ins, prayer? Anything you don't want from this group?
(Leader note: Build simple group agreements. Emphasize consent, confidentiality, and follow-up.)

10 min

Try This

What You Need

No supplies needed

Challenge Statement: "Each day this week, look at a mirror or your phone camera and say one truth from your list out loud, then choose to believe it. Write it somewhere you'll see it. Add one new non-physical appearance-related truth if you notice it. Share one line with a trusted friend or leader and tell them how it helped you answer comparison."