



Our relationship with God directly affects our relationships with others. The more we get to know God, the more we get to know his story and better understand our own.

Week 3: Inside Out

Big Idea: God knows who we really are and wants us to know too.

Key Verse: "So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image." (2 Corinthians 3:18, NLT)

Supplies: Bibles, Psalm 139 prayer handouts

HANGOUT

1. DISCUSS:
 - a. What's 1 word your mom or dad would use to describe you?
 - b. What's 1 word your best friend would use to describe you?
 - c. What's 1 word your teacher would use to describe you?
 - d. What's 1 word you would use to describe yourself?
 - e. What's 1 word you think God would use to describe you?

HEAR

2. Look up and read Genesis 35:9-13.
3. DISCUSS: What does this passage say about who God is? What does it say about who Jacob is?
4. Look up and read Colossians 2:9-10.
5. DISCUSS: What does this passage say about who Jesus is? What does it say about who you are?
6. With emphasis, SAY: You are completed in Christ! In other words, you are enough, you are made whole, you are the perfect version of yourself in Christ. That's awesome!
7. DISCUSS: Culture often tries to tell us that we are not enough. What are some ways that our culture makes us feel "not enough"? Are there any areas in which you personally feel like you're "not enough"?

HUDDLE

8. Explain that you're going to go through the Psalm 139 prayer handout together. The students just need to listen and be willing to have a conversation with God inside their heads. If they wish, after the prayer time they can share with the small group or with you as a leader.

Leader Tip: Encourage the students to sit or recline in a way that is comfortable for them. They could close their eyes to help them focus.