



Value: Reflecting on Our Image

Outline Plan



Aim

To build the right kind of self-image, focusing on what it means to be made in the image of God, showing the balance between our worth and our worthlessness

Key Verse

So all of us... can see and reflect the glory of the Lord. And... he makes us more and more like him as we are changed into his glorious image. 2 Corinthians 3:18 NLT

Bible references: see leaders notes/PowerPoint for details <http://www.biblegateway.com>

Genesis 1:26-31; Genesis 2:7; in God's image; breath of life

James 1:18 most prized possession; Ephesians 2:10 God's masterpiece

Genesis 6:5 humans so wicked, it caused God much pain

Romans 3:12 & 23; Galatians 5:19-21 humans wicked & worthless

Isaiah 43:4 you are precious...; John 3:16 God' so passionate about the planet

Romans 5: 7-8 while we were still sinners, Christ died...

1 Peter 1:18-19 bought with the precious blood of Jesus

Ephesians 1:4-5 God decided ... adopt us into his own family

Philippians 2:5-11 be as humble as Jesus – special but not big-headed

Resources – select and prepare beforehand

Find a few items that show a reflection such as mirrors, tin foil, shiny paper etc

Collect some pictures which show reflections, or use our PowerPoint on this.

Collect some shopping items or pictures, or use our PowerPoint on this.

Pre-view <http://www.youtube.com/watch?v=wARB2COiwZc> - Near Perfect Reflection, 27 secs.

Pre-view <http://www.youtube.com/embed/pfxB5ut-KTs?rel=0> - a funny advert

Take some photos and distort them e.g. use 'artistic effects' within PowerPoint

Find a Video clip e.g. Ice Age 2: The Meltdown; or Dr Who: The Empty Child/Doctor Dances

Write Bible verses relating to image and value on card, or use the PowerPoint or use Bibles

Find some music such as 'Before the Throne of God I Stand' or 'Turn Your Eyes upon Jesus' as per the CD Newsboys: Shine: track 13 Where You Belong / Turn Your Eyes upon Jesus

Starters

Game (10 min)

What's it worth? 2-3 teams – show shopping items or pictures of items; ask them to guess the price and give points to the team with the nearest guess.

Discuss:

How do we decide what something is worth?

How do we decide what someone is worth?

How do you value yourself?

Reflections activities: choose from –

- Find a mirror and other reflective surfaces such as tin foil, shiny paper etc.
- Collect some pictures which show reflections, or use our PowerPoint on this.
- Show some distorted images of people and let them guess who they are.
- <http://www.youtube.com/embed/pfxB5ut-KTs?rel=0> people looking at their reflection

Discuss reflections

- Discuss which surfaces show an image the clearest.
- What differences are there between the real you and your reflection?
- What is an image?

Something which gives an accurate picture of the original but is not quite the same as the original.

It doesn't have the same depth but it can be lovely in its' own right.

Sometimes an image can become so distorted it is hard to recognise. In trying to see what we do or think we should look like, we use a number of different mirrors.

Food link: Shaped biscuits (5 mins)

Give out some biscuits you have made in the shape/image of something. We used Dalek shapes but any recognisable shape will do. In the image of ... but not a ...

Activity sheets/discussion on Self-image**Which mirrors do we use?**

There are different versions of this activity sheet for different types of group. Groups may fill these in privately or have an open discussion. The other outline on this theme unpacks this in detail.

- The Mirror of Personal Appearance
- The Mirror of Abilities and skills
- The Mirror of Popularity and status
- The Mirror of Possessions

What is the problem with believing that our **value** as a person depends on such things?

To find a reliable way to assess what we are worth, we need to first ask '**Who** has the right to decide this? Is it our friends, our teachers, our parents or someone even more important?

Well Christians would look to the Bible to answer that but first...

DVD clip of Ellie the Possum-Mammoth 08 0:22:15 – 10 0:26:00 (5 mins)**Have we forgotten?**

- So Ellie grew up with possums and so therefore is quite convinced that she is a possum, she has completely lost sight of what she really is! This is the same with us.

We are going to look at a quick look at a verse from Genesis (Genesis 1:26-27)

At creation Adam and Eve were amazing - brilliant, beautiful people. Adam was much like Jesus, but without the supernatural qualities. In the Bible it says "Adam was like the One who was coming in the future." Romans 5:12. This was before evil entered the world.

Many people, even Christians, have lost sight of what it means to be made in the image of God. So what do we think it means? In what ways are we made in the image and likeness of God? We know that we inherited some of God's characteristics but which ones?

Comparison activity

Image of God comparison chart: Put this up on a flip chart and get them to decide together and fill it in, (or do it on sheets in teams)

Discuss: So looking at this, how does being made in the image of God affects our value?

**What are we worth? Let's just look at some Bible verses**

Look at some Bible verses on the PowerPoint – or use Bibles or verses written on cards

Or select just a few of the Positive verses such as

Genesis 1:27 + Genesis 2: 7b + Romans 5: 7-8 + 1 Peter 1:18-19 = totally priceless

With a few of the Negative verses such as

Genesis 2: 7a + Genesis 6: 5 + Romans 3:12 + Romans 3:23 = completely worthless



What can happen when our self-esteem is too high?

- We become arrogant, conceited and self-righteous.
- We may also treat others with contempt, forgetting that their value before God is the same as ours.
(Proverbs 27:21)



What can happen when our self-esteem is too low?

- We may feel inferior to others, inadequate, insignificant, useless, or even depressed.
- We may find it hard to believe the promises of God or to develop the gifts he has given us.

Life Application

So - we are made in the image of God but we don't live up to that. We are both worthless and priceless.

We need to keep these 2 facts in balance as far as possible.

Like Ellie, we need to look in the right mirror – Jesus - in order to discover our true value

If we stay focused on Jesus rather than ourselves, our self-image should be nice and balanced.

(Philippians 2:5-11).

We are valuable because God has valued us and he does not change his mind.

If we allow God to work in our lives we will become more and more like the beautiful people we were created to be.

Near Perfect Reflection: <http://www.youtube.com/watch?v=wARB2COiwZc> (27 seconds)

Spiritual reflection and Prayer (5-10 min)

Quieten the atmosphere for prayer & reflection, maybe using dimmed lighting or a candle.

Choose a reflective song to play such as 'Before the Throne of God I Stand'

<https://www.youtube.com/watch?v=yoPyLcY6Zv4>

Or 'Turn your eyes upon Jesus'. Newsboys have done a lovely modern arrangement of this in the album 'Shine' (Where you belong).

Turn your eyes upon Jesus
Look full in his wonderful face
And the things of earth will grow strangely dim
In the light of his glory and grace

Words & music: H.H. Lemmel 1922

My youth group used to add this as a 2nd verse

Keep your eyes upon Jesus
Let nobody else take his place
So that hour by hour you may know his power
'Til at last you have run the great race

Writer: © Brenda Lord

Image: Rainbow © Stephen Coburn - Fotolia.com