

# I AM A CHILD OF GOD



## WORD OF THE WEEK

1 John 3: 1-2

**See how much the Father has loved us! His love is so great that we are called God's children—and so, in fact, we are. This is why the world does not know us: it has not known God. My dear friends, we are now God's children, but it is not yet clear what we shall become. But we know that when Christ appears, we shall be like him, because we shall see him as he really is.**



## PRAYER FOR THE WEEK

*Dear God, when my mind is full of negative thoughts about myself help me to remember I am Your child. Help me to remember that you have created me for a purpose and a reason and that I have so much to offer this world. Help me to accept who I am, who you created me to be, and not compare myself to others. Lord I want to see myself as you see me. Amen.*

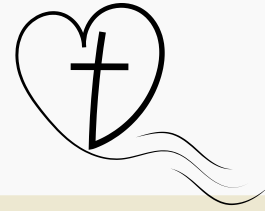
Do you have days where you doubt your worth? Maybe you wonder why you are the way you are, or why you can't say the right thing at the right time. Perhaps you don't look the way you wished you did. All this self-doubt can start to weigh on you, and make you feel like you're not important. This week's Word of the Week gives us a picture of our worth to God. In it, we see that God has adopted us into His family. Because of this, we have value and purpose. That means superficial things, like how you look and what you do are not the most important things. What matters is what God says about you. Your true value is based on what God thinks of you.

We are constantly bombarded with what different people think about us. We often hear negative things about ourselves.

It's pretty much impossible to live life without hearing what other people think about us.

However the most important opinion is God's.

What does God think about you?



**"For we are God's masterpiece, created in Christ Jesus to do good works, which God prepared in advance for us to do."**

**Ephesians 2:10**

Take a second to think about how amazing it is that the Bible says we are God's masterpiece. When a famous artist creates a new painting, fans from all over the world will fly in to see it. The artist who made you is so much better than any of those artists.

Next time you don't like the way you look, or the next time someone tells you what they think of your looks and it's something less than amazing, just remember:  
**You are God's masterpiece.**

**"I have loved you with an everlasting love; I have drawn you with unfailing kindness." - Jeremiah 31:3**

I think we can all agree that there are times where we don't feel very loved, or times where we don't feel like we deserve to be loved.

But God loves you all of the time, just the way you are. When you mess up, he loves you. When you're doing life your way, he loves you. He loves the way you are right now, in this moment, as-is.



**"The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing."**

**Zephaniah 3:17**

God, The Mighty Warrior who saves, takes great delight in you.

We often allow what others think of us to shape how we think of ourselves.

But that needs to stop.

From now on, you need to think about yourself the way that God thinks about you. When you have the creator of the universe saying these things about you, does it really matter what anyone else thinks about you? No, it doesn't. Once you've heard these things, it just seems silly to worry about what anyone else says.



## BE PROUD OF WHO YOU ARE!

This might feel a little awkward at first but give it a go.

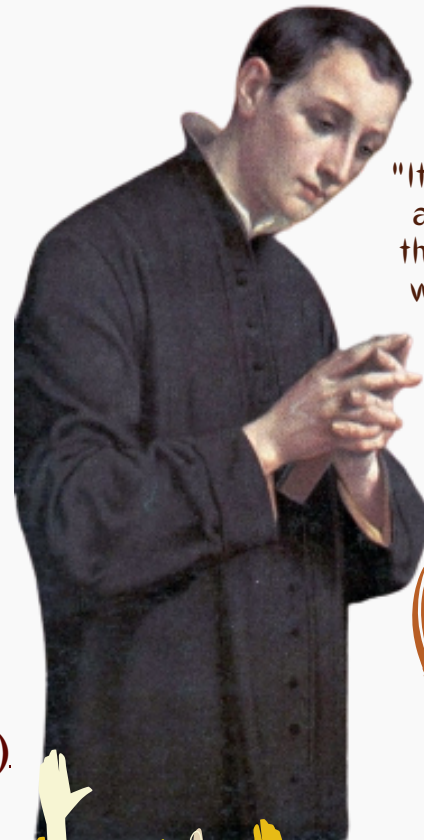
Take a few minutes now on a notes page in your planner to write down at least 5 things you like about yourself. Write down any 5 things that make you who you are that you are proud of.

God created you with these positive attributes. He didn't create you with them so you could hide them away.

How could you use these attributes to make a positive difference to the world around you? How could others benefit from the things you were lovingly created with?



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"It is better to be a child of God than king of the whole world."

ST ALOYSIUS GONZAGA

