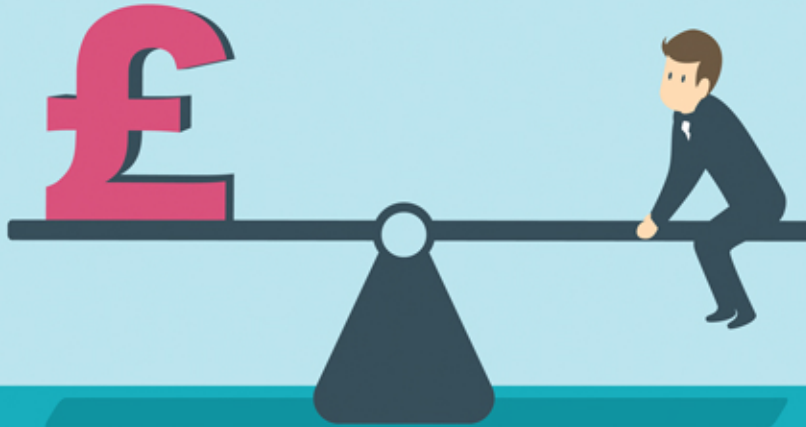




WHAT ARE YOU WORTH?



➤ GETTING INTO THE ACTIVITY

Some people think they are God's gift to the world, whilst other people suffer from low self-esteem and think they are worthless. Have you ever thought about how much you are 'worth'?

Start by using the 'What Are You Worth?' PowerPoint and activity sheet. The sheet will give you 6 job roles to look at and decide how people are valued differently.

The activity should have got you thinking about how different people are valued and how much they are 'worth'. However all of what has been discussed isn't important. The only 'value' we should care about is the value that God gives us. God doesn't care about how much we are paid, what grades we get at school, what job we end up doing or how many friends we have. None of that stuff is truly important to God. To God we are priceless and precious. There is no one more special to God than you... not even Lionel Messi!

Read **Matthew 10:29-31**. What do you think this verse is saying? How should we use this to guide the way we think about ourselves and others? Do we always treat ourselves as precious, or do we sometimes put ourselves down and think we aren't good enough?



WHAT YOU'LL NEED

- 'What Are You Worth?' PowerPoint



KEEPING EVERYONE SAFE

Discussions around self-esteem may be sensitive for some. Please be considerate with the discussions and be prepared to adjust the activity should a young person struggle.

WHAT ARE YOU WORTH?

Opening Question: How would you judge how much a person is worth? What makes one person more valuable than another? Is one person more valuable than another in the first place? Is it their possessions, job, contribution to society, the number of friends they have, followers on Instagram or something else?

(This should be quite an open discussion and so it should just go wherever the debate take it)

Value Based on Chemicals

Is our value based on the physical chemicals we are made up of? If so, then the chemical and mineral composition of the human body breaks down as follows:

65% Oxygen	1.5% Calcium	0.15% Sodium
18% Carbon	1% Phosphorous	0.15% Chlorine
10% Hydrogen	0.35% Potassium	0.05% Magnesium
3% Nitrogen	0.25% Sulphur	0.0004% Iron
		0.00004% Iodine

The value of these materials changes daily on the stock market but the average value of the human body is about £3. I would imagine nobody would sell a body for just £3, so there must be something else that value is based on?

Value Based on Salary

Use the 'What Are You Worth?' PowerPoint. On there are 6 different roles. Get the group to rank these roles based on what they think each one earns. The answers can be found on the next slide.

Does the order of salary surprise anyone or is it what was expected?

Lionel Messi reportedly earns £26 million a year (£500,000 per week). Is he 'worth' that much?

For the other roles it would take the following number of years to earn the same salary. As a group, discuss if that seems fair. Is Lionel Messi 1066 times more valuable than a teacher or a nurse or 179 times more valuable than a Prime Minister?

Newly qualified teacher = 1066 years

Newly qualified nurse = 1066 years

Army Corporal = 776 years

Member of Parliament = 317 years

Prime Minister = 179 years

Does a person's salary tell us how they are valued? If not, then what does determine value? Go back to the PowerPoint and rank the roles in order of the contribution they make to society. Does this ranking seem fairer and closer to how 'valuable' each person is?

Return back to the activity card to find out how God values us all.