

Seniors

MY SELF-WORTH



GET INTO
THE BIBLE



20 MINUTES



READY
TO GO

AIM

Are we addicted to chasing likes and follows on social media, so much so that our self-worth is negatively impacted? If God judges us based on our hearts, rather than our Insta grid, why should we judge others differently?

WHAT YOU'LL NEED

> Smartphones

GET INTO THE BIBLE: MY SELF-WORTH

THEME: UNDERSTANDING CHRISTIAN VALUES



LEADER PREPARATION

No leader preparation is required for this activity.

GETTING INTO THE ACTIVITY

- 1 Start by completing the below challenges using your phones. For this challenge you'll need access to a social media account such as Instagram or TikTok. Work individually or in pairs to try and win the following challenges.
 - Who can find the celebrity with the highest number of followers on Instagram/TikTok etc?
 - Who can find a post with the highest number of likes?
 - Who can find a dog or cat photo/video on social media with the highest number of likes?
 - 2 Discuss your use of social media. How many social media accounts do you have? In what ways do you use social media in your everyday life? How important are likes and follows to you? Who do you follow and why?
 - 3 Now discuss the following questions – Does social media make us more judgemental of others? Does social media impact how we judge ourselves? Share some of the stats from the 'Did You Know?' box.
 - 4 Judging others based on their looks isn't anything new. Take a look at the story of Samuel, as he goes to anoint David.  **1 Samuel 16:1-13**
 - 5 Why did Samuel think Eliab would be the Lord's anointed? What was God's response? Why do you think David was chosen, over his brothers? What does it mean that God "looks at the heart" of the individual?
 - 6 If God looks at the heart, rather than our outward appearance, why do we spend so much time judging others and ourselves in a way that God doesn't want us to? Is our 'addiction' to social media impacting the way we value and love ourselves? Are we often found chasing likes and follows, rather than remembering that our loving God adores us for who we are, rather than how our Insta grid looks? Is it about time we loved ourselves through God's eyes and not through a distorted beauty filter or a fake social media view?
-  **"Stop judging by surface appearances, and judge the right way!" John 7:24**



DID YOU KNOW?

- **80%** of people said they **judge others** based on their looks.
- **41%** **felt better** about themselves because someone else looked bad.
- However **84%** of people said they are **trying to judge others less**.
- **87%** of teens regularly **use filters**, with **20%** using a **beauty filter** on every photo they post.



IDEAS TO TAKE THIS FURTHER...

Further explore our self-worth in God's eyes, by taking a look at **Romans 5:8**, **Ephesians 1:3-10** and **John 1:12**.