



[13-18s]
experience the challenge



Valued by God

13-18s can work through the activities alone or with support from an adult.

Engage

Psalm 139 in *The Message* says 'Body and soul, I am marvelously made!'. What a declaration! How often do we believe that? Do you feel marvelously made – body and soul?

Explore

Read Psalm 139, in the Bible or on www.biblegateway.com, and how it describes God knowing us better than anyone else.

Take some of the verses from this Psalm and other promises in the Bible (such as Genesis Ch.1:26; Isaiah Ch.43:1-4 and I John Ch.3:1-3) and put them on a sheet of paper, creating a graffiti wall of what God says about you.

We're all equally valued by God, and everyone has the same self-worth. It's not dependent on how we're feeling and it never changes.



Pray for people struggling with low self-esteem but also for the members of your GB group/other club – that they may understand that God loves them and that, body and soul, they're marvellously made.



Empower

Nobody is happy all the time! Having a healthy self-esteem means that you're generally happy with yourself. But it also means that when you feel low or overwhelmed, you know where to turn for positive support and care.

Why not share with your GB group/friends or keep a diary over the next week and focus on the positive things in your life by writing down a response to one or two of these statements each day:

- Anything that was fun today
- Today was lovely because
- Something that made me feel good
- One thing that was great today
- I helped someone by
- Something kind I did for someone

Connect

Why not read Ruth Ayre's blog written for koko for some practical ways to help your self-esteem soar?
<https://www.girlsbrigadeministries.org.uk/koko/help-your-self-esteem-to-soar/>