



# **SELF IMAGE**

**Curriculum March 15 - 29, 2026**



# SELF IMAGE

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# SELF IMAGE

## Memory Verses

### Week 1

#### EPHESIANS 1:4

For he chose us in him before the creation of the world to be holy and blameless in his sight.

### Week 2

#### EPHESIANS 2:10

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

### Week 3

#### ROMANS 8:1

Therefore, there is now no condemnation for those who are in Christ Jesus



# SELF IMAGE

## Lesson 1: Accepted

### Passage

### EPHESIANS 1:4-6

### Main Point

We are accepted by God!

### Intro

Sometimes we think that God can't possibly love us because of our problems. But the Bible tells us that God accepts us exactly how we are!

### Supporting Points

### WHAT IS ACCEPTANCE?

Acceptance means that someone chooses to love us even though we have problems. We want friends who accept us. In other words, we want friends who:

- Still like us no matter how we treat them
- Know everything about us (even the things we try to hide) and still like us
- Know exactly what we need all the time and give it to us
- Be waiting for us even if we ignore them for a while
- Include us, show us that we belong, and make us feel less lonely

God is this kind of friend to everyone who asks for a relationship with Him!

### GOD CHOSE YOU!

The Bible says that God decided to choose you "before the creation of the world to be holy and blameless in his sight." (Ephesians 1:4)

While the acceptance of other people isn't certain, God's will always accept us.

We never need to worry about if God loves us. He loves you and always will!

### Antithesis

Trying to be perfect so God will accept you even though you're already accepted, thinking that God doesn't love you because of your problems

### Application

When you are scared other people don't like you because of your problems, remember that God completely accepts you. We should accept others because God accepted us first!

### Discussion

- How could you tell that someone was worried about what other people think about them? What might that person do/say?
- Have you ever wondered if God accepts you?
- Have you ever had a friend who accepted you exactly as you are? What was that like? How did that make you feel?
- How could you show a friend that you accept them just as they are?



# SELF IMAGE

## Lesson 1: Accepted

**Craft**

**Meaning**

**Supplies**

**Instructions**

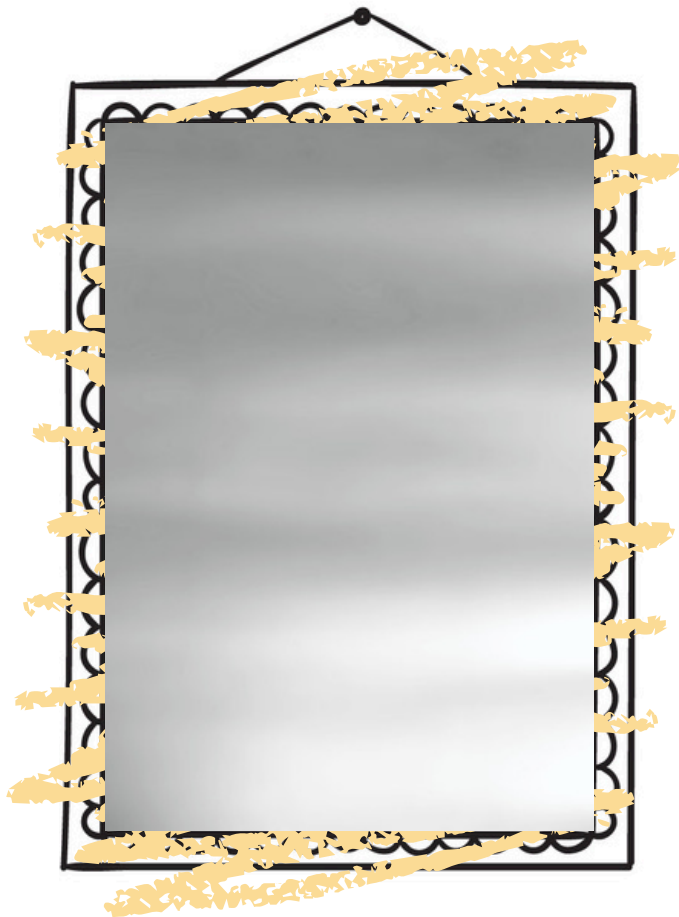
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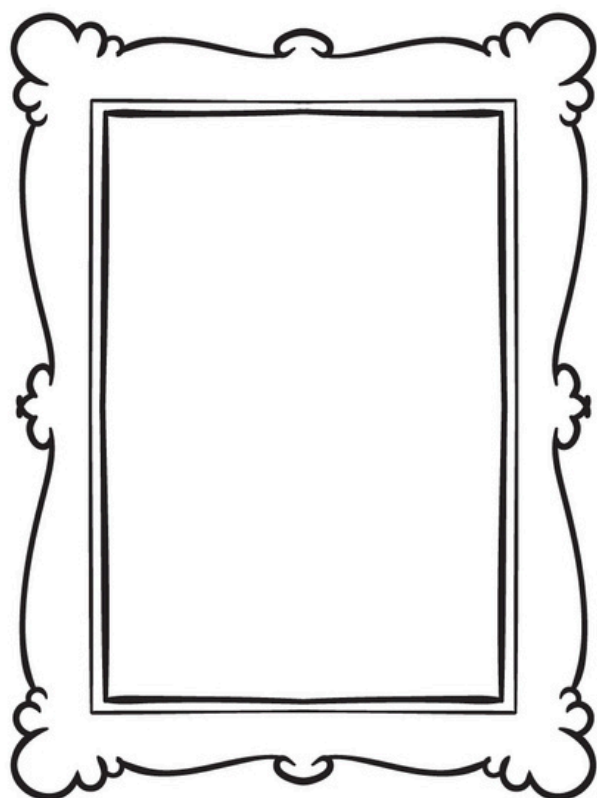
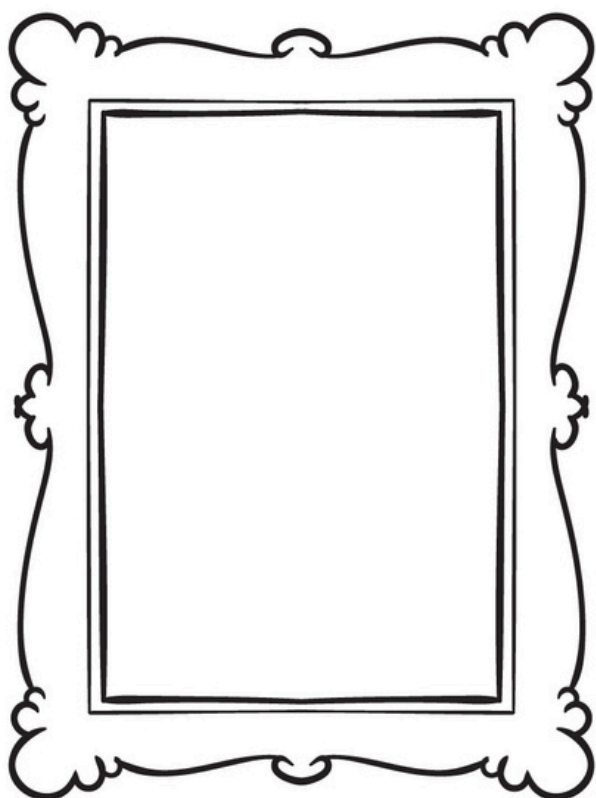
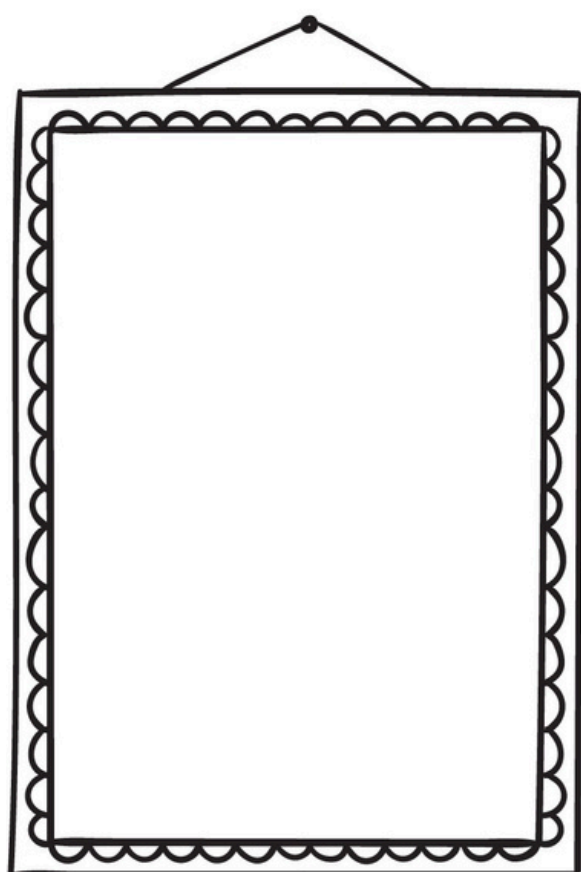
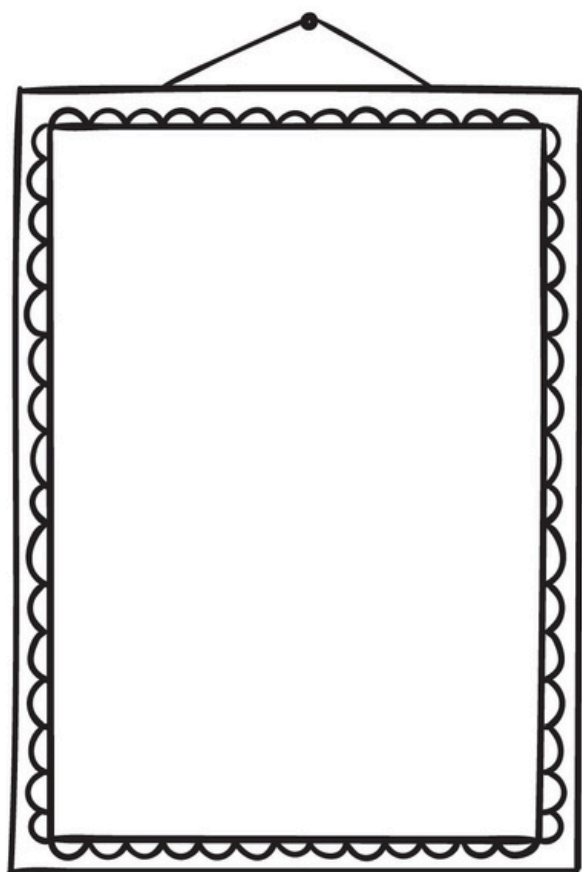
### GOD'S MASTERPIECE

We are accepted by God and called His masterpiece! When you see your reflection in the frame, remember that you are the best piece of art that God has ever created.

Frame printouts on cardstock, scissors, glue, markers, shiny foil

1. Choose the frame that you want to decorate
2. Cut out a piece of shiny foil to fit inside the frame
3. Glue the foil to the frame
4. Cut out and decorate the frame







# SELF IMAGE

## Lesson 2: Important

Passage

Main Point

Intro

Supporting  
Points

Antithesis

Application

Discussion

### EPHESIANS 2:10

God says we are important and He gives each of us an important role to play in his plan.

Have you ever felt bored before? Sometimes we feel bored when we aren't doing anything important. But God says that we are important and we have important work to do!

### WHY AM I IMPORTANT TO GOD?

Everyone wants to feel important

- Ex: make the game-winning touchdown, play the lead role in the school play, get perfect grades, etc.
- Although these things are great, they don't make us important to God.

God says that we are important because we are his masterpiece! (Ephesians 2:10)

- We are the BEST THING God has ever made! Better than the mountains, animals, galaxies, etc.

As God's masterpieces, we are created to do "good works" that God has prepared for us.

- Imagine that you are an Avenger and you receive a mission from S.H.I.E.L.D. It would be pretty important to complete that mission and save the world!
- Imagine that you had the lead role in the school play. What if you never went out on stage? An important role would be missing!

### WHAT IMPORTANT THINGS DOES GOD GIVE ME TO DO?

There are a lot of "good works" that we can do to serve God and his people!

- Being a good friend, explaining the Bible or the message of Jesus to someone, sharing/being generous, being kind to our parents and siblings, etc.

God has given each of us "spiritual gifts," or special abilities or talents, that we can use for the "good works" he has prepared for us.

Trying to make yourself important by excelling in school/sports/etc. instead of believing that God makes us important, not playing the role that God has for you to play

Figure out the role that God has for you! When you feel unimportant, remember that God says that you are his masterpiece!

- Are there things that you do that make you feel important? (*Note: remind them that these things aren't bad, but they aren't as important as what God says about them.*)
- What might happen if someone thought that they weren't important to God?
- What talents do you have? How could you use those to do that work that God has planned for you?
- How could you show someone else that they are important to God?



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## Lesson 2: Important

Craft

Meaning

Supplies

Instructions

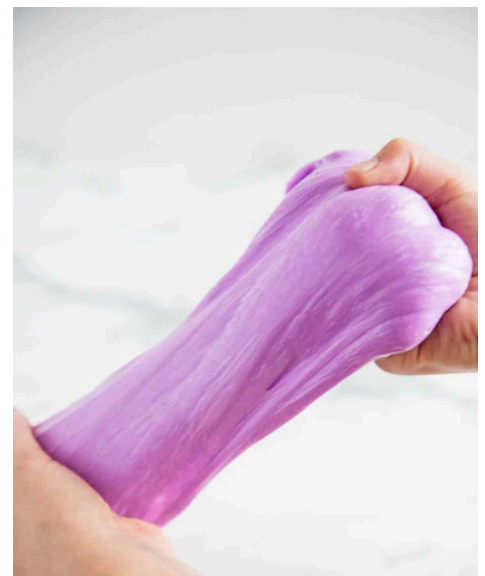
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### SLIME

When making slime, each ingredient is important. In the same way, you are an important ingredient in God's plan!

8-ounce bottle of Elmers glue, 1.5-2 tablespoons of contact/saline solution, 1 tablespoon baking soda, food coloring, plastic bowl and spoon, tablecloth

1. Place down the tablecloth
2. Empty the Elmers glue into a bowl
3. Add food coloring until desired color is reached (**Add food coloring to glue FIRST or else the slime will become too thick to mix!**)
4. Mix in baking soda
5. Add 1.5 tablespoons saline solution and mix until combined. Add 1/2 tablespoon more at a time if it is too sticky. More you add, the thicker it will be. The less you add, the slimier it will be.
6. Stir until you can no longer stir and then kneed with your hands. It will be sticky at first, but keep moving it with your hands until it is no longer sticky and desired consistency is reached.
7. Pull apart and have fun playing!







# SELF IMAGE

## Lesson 3: Safe

### Passage

### Main Point

### Intro

### Supporting Points

### ROMANS 8:1

We are safe, or secure, in our friendship with God. This means he will never remove his love from us!

Have you ever felt insecure, or like someone might not want to be your friend anymore? Today we're talking about how our friendship with God is safe and secure!

### WHAT IS SAFETY/SECURITY?

Everyone wants to have safe friendships, or the kind of friendships that aren't going to end because of a fight or something bad that we've done.

When we know a relationship is safe, then we don't have to worry that the relationship will end! We can be ourselves without fear.

- Ex: Family relationships. No matter what, your parents and siblings will always be your parents and siblings.

### A SAFE FRIENDSHIP WITH GOD

Romans 8:1 says "there is no condemnation for those who belong to Christ Jesus."

- "belong to Jesus" = asking for Jesus' death on the cross to pay for your sins
- "no condemnation" = once we belong to Jesus we will *always* belong to Him

Because we will always belong to Jesus, this means that we have a *secure* relationship.

In Hebrews 13:5b God says, "Never will I leave you; never will I forsake you."

- Ex: We change our minds all the time (Ex: *Wendy's Frosty's - deciding you like vanilla instead of chocolate now*)
- God isn't going to change His mind about choosing you to be his son or daughter!

Fearing that God will leave you if you do something bad, thinking God changes his mind

Thank God for the safety you have in your friendship with Him, remember this when you feel insecure, remind others of the safety they have in their friendship with God

- Have you ever felt scared that a friendship would end? How did that make you feel?
- What is a friendship in your life that is safe? How does that friendship make you feel?
- In Hebrews 13:5b God says, "Never will I leave you; never will I forsake you." Do you find this hard to believe at times? Why?
- How could you show a friend that they have a safe/secure friendship with you?
- What has God done to show us that we have a safe/secure friendship with Him?

### Antithesis

### Application

### Discussion



# SELF IMAGE

## Lesson 3: Safe

Craft

Meaning

Supplies

Instructions

Image

### BOTTLE CAP MAGNETS

Magnets stick securely to some things and not others. In the same way, we are safe and secure in God's love, not other things!

Hot glue (**adults only**), bottle caps, round magnets, acrylic paint, paint brushes, cup, wiggle eyes

1. Ask an **adult** to glue the magnet onto the back of the bottle cap
2. Paint your bottle cap as desired. If you want to use wiggle eyes, ask an **adult** to use hot glue to adhere them to the bottle cap.
3. Take your magnet home and stick it on your fridge!

