

Born to Be Me

Teenagers today deal with a lot of tough stuff, things that even ten years ago we could not imagine facing. From self mutilation and cutting to eating disorders to sexual promiscuity to the proliferation of pornography, many teens are coping with intense issues on a personal level or in their relationships with their friends. For this reason, we planned to write a series that dealt with “the issues”. We hoped to create a series that allow teenagers to explore these issues in a healthy church environment so they would feel safe talking about them and see how God could help them in these scenarios.

As I began to write however, I found myself coming back to the basics. While writing a lesson dealing with cutting and self mutilation, I realized the greatest need for teens with this struggle was for them to see their true identity in Christ. From this came Born to Be Me. The goal of this series is for teenagers to remember that they are a loved creation of God, made to be exactly who they are by God who has a perfect plan for them. The first two lessons deal with the basics of this message. In Wonderfully Made students consider again the profound truth that they were made wonderfully in God’s image. In Image is Everything they explore the idea that they are made in the image of God. The goal of these lessons is tackle the root attitudes that often lead to negative self image and self harm behaviours: feelings of inadequacy, worthlessness, or the need to fit in.

The last two lessons are meant to be taught at the same time, with girls and boys breaking in different groups. In these lessons we move to more specific issues that each gender faces. In Inside-Out Beauty girls discuss the importance of focussing on inner instead of outer beauty when it comes to self-worth. In My Deep Dark Secret guys have the chance to consider the dangers of pornography and to discuss how they can support each other to avoid this temptation.

I hope your students will realize that, truly, they were born to be exactly who they are and to rejoice in who that is.