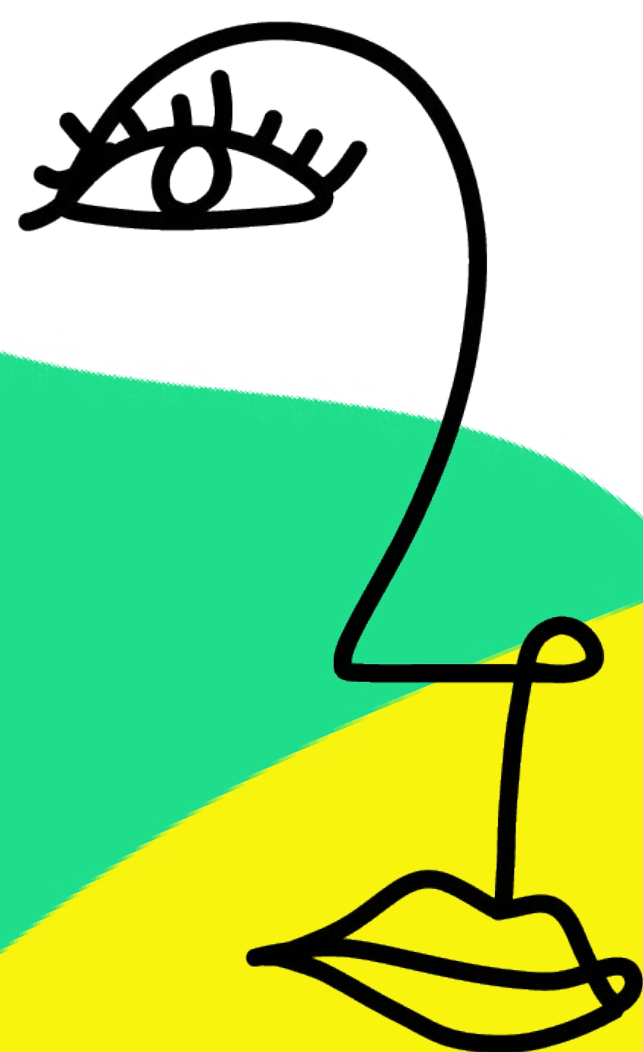


Feed

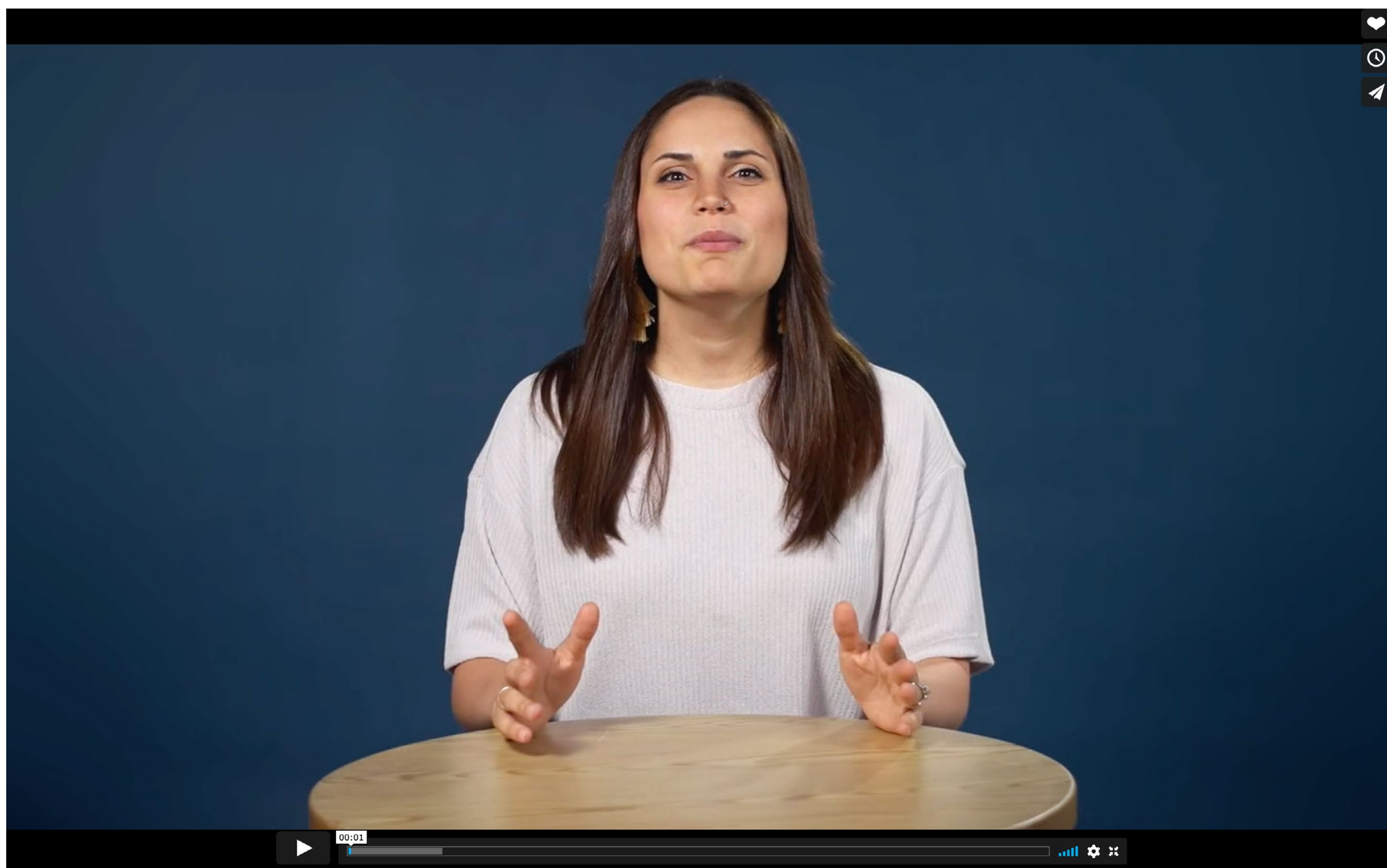
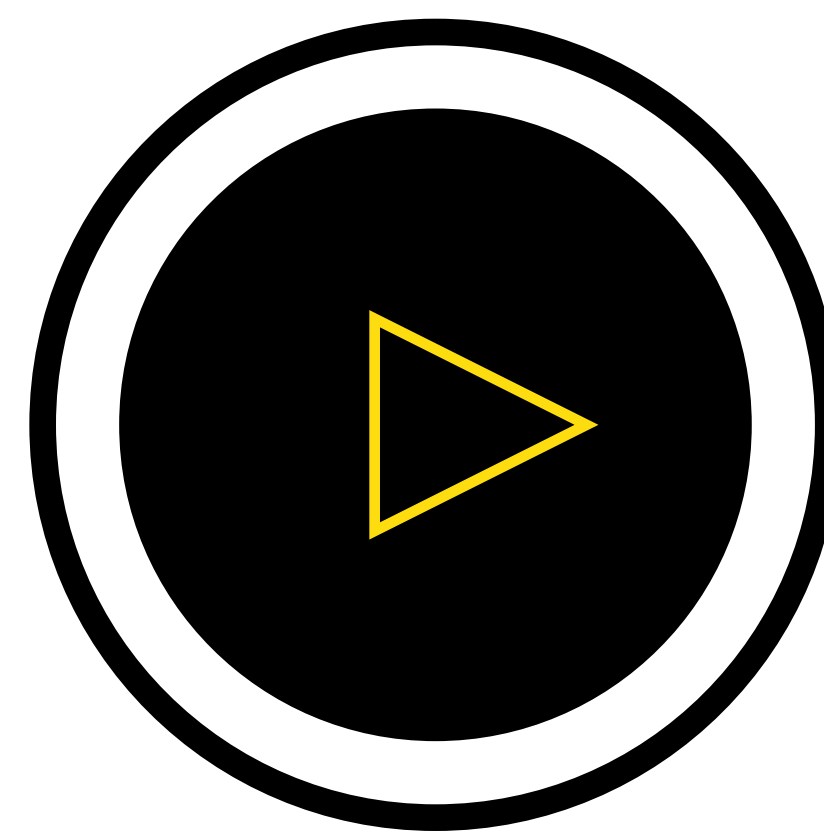


What are we?

LESSON 1



VIDEO



PLAY VIDEO

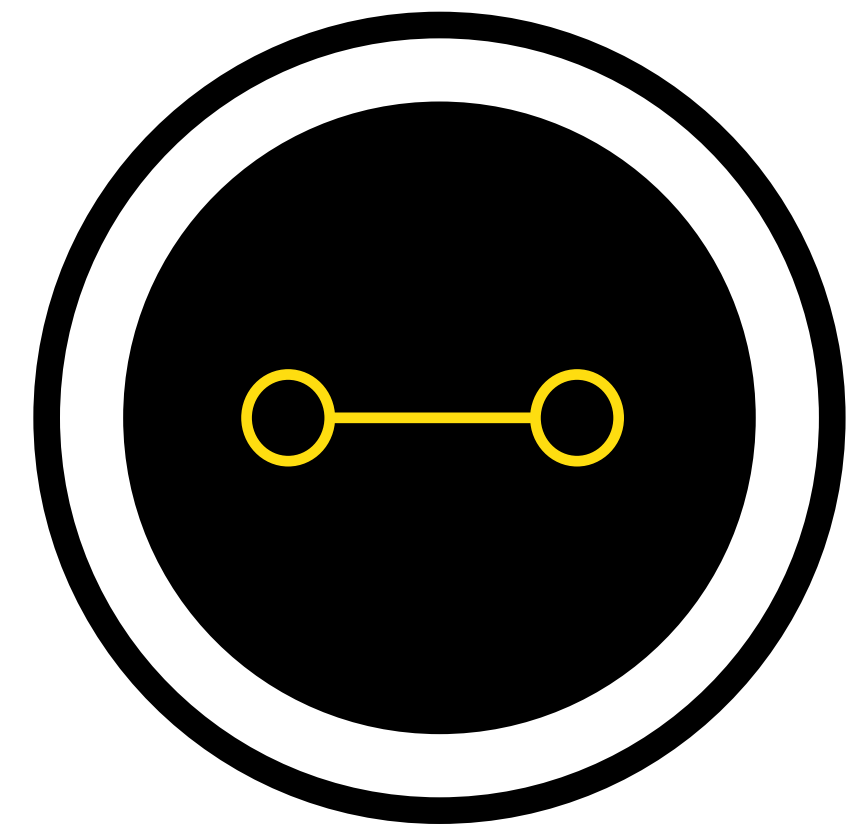


01 As you were thinking about the questions asked before the video, what stood out to you?

02 What did God make us to be? How is this different from what you've believed before?

03 What messages are you and your friends hearing from our society about their bodies, appearance, and self-worth?





When the LORD God made the earth and the heavens, neither wild plants nor grains were growing on the earth. For the LORD God had not yet sent rain to water the earth, and there were no people to cultivate the soil. Instead, springs came up from the ground and watered all the land. Then **the LORD God formed the human from the dust of the ground.** He breathed the breath of life into the human's nostrils, and the human became a living person.

Genesis 2:4-7

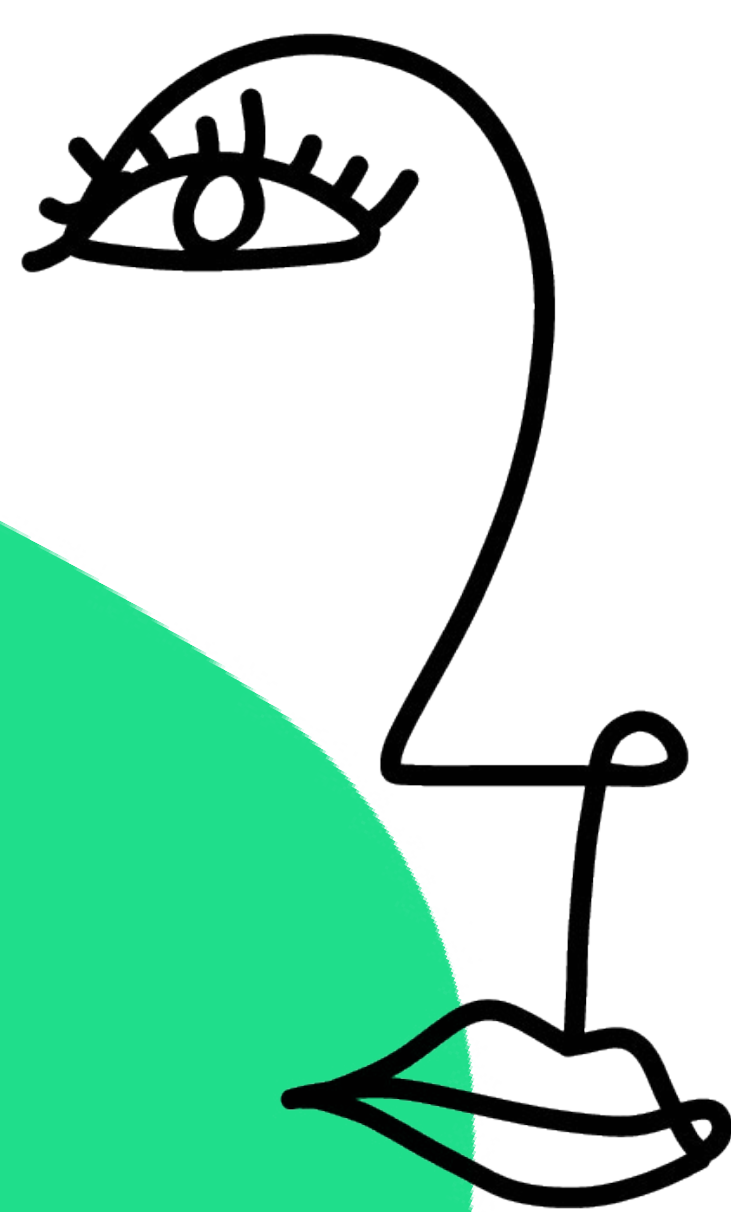
OPEN IN BIBLE APP



Then God said, “**Let us make human beings in our image, to be like us. They will reign** over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground.”

Genesis 1:26

OPEN IN BIBLE APP





You made all the delicate, inner parts of my body
and knit me together in my mother's womb.

**Thank you for making me so wonderfully
complex!**

**Your workmanship is marvelous—how well I
know it.**

You watched me as I was being formed in utter
seclusion,
as I was woven together in the dark of the womb.

You saw me before I was born.

**Every day of my life was recorded in your
book.**

Every moment was laid out
before a single day had passed.

**How precious are your thoughts about me, O
God.**

They cannot be numbered!



I can't even count them;
they outnumber the grains of sand!
And when I wake up,
you are still with me!

Psalms 139:13-18

OPEN IN BIBLE APP

For **we are God's masterpiece**. He has **created us anew** in Christ Jesus, so we can do **the good things he planned for us** long ago.

Ephesians 2:10

OPEN IN BIBLE APP



01

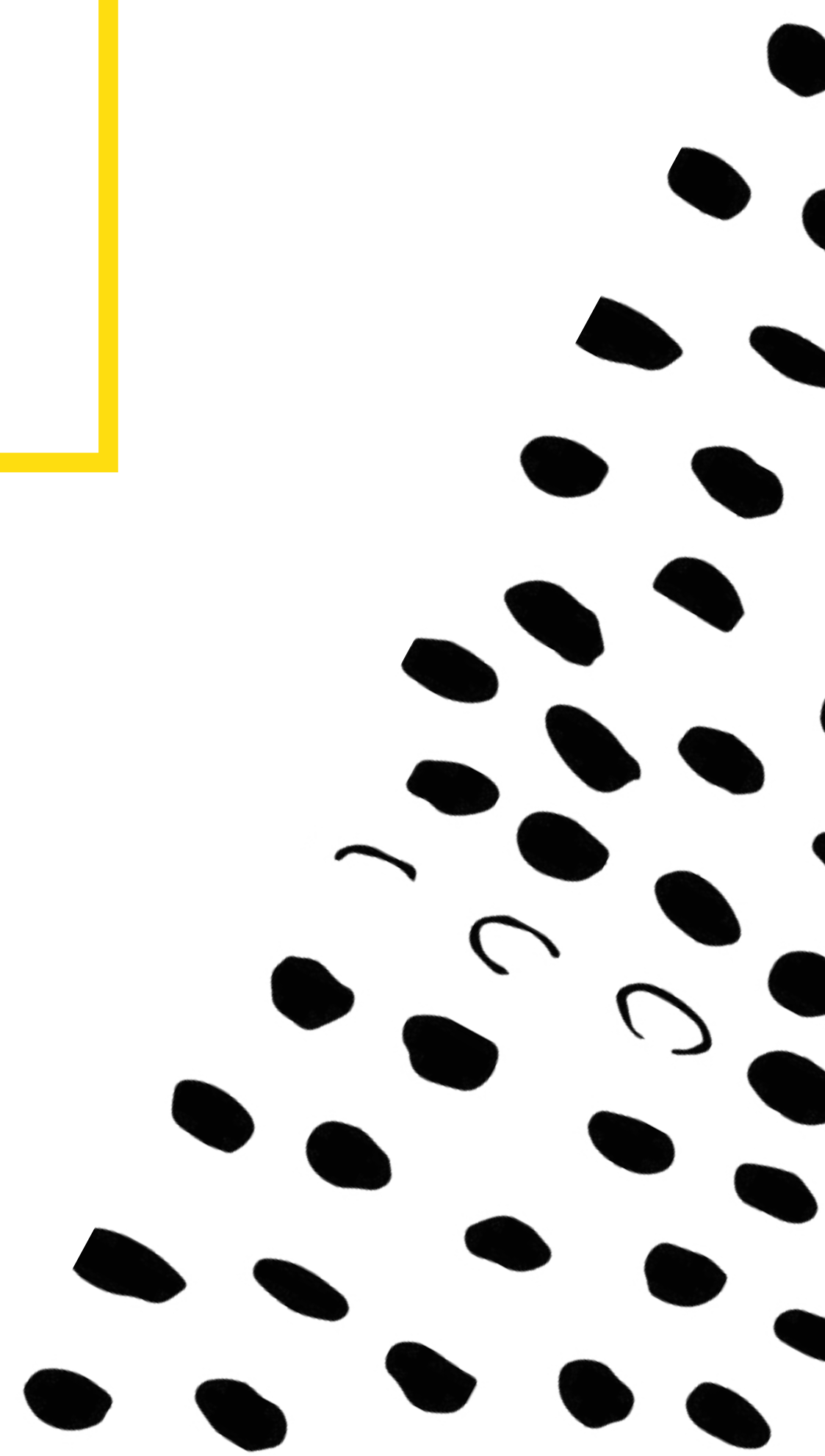
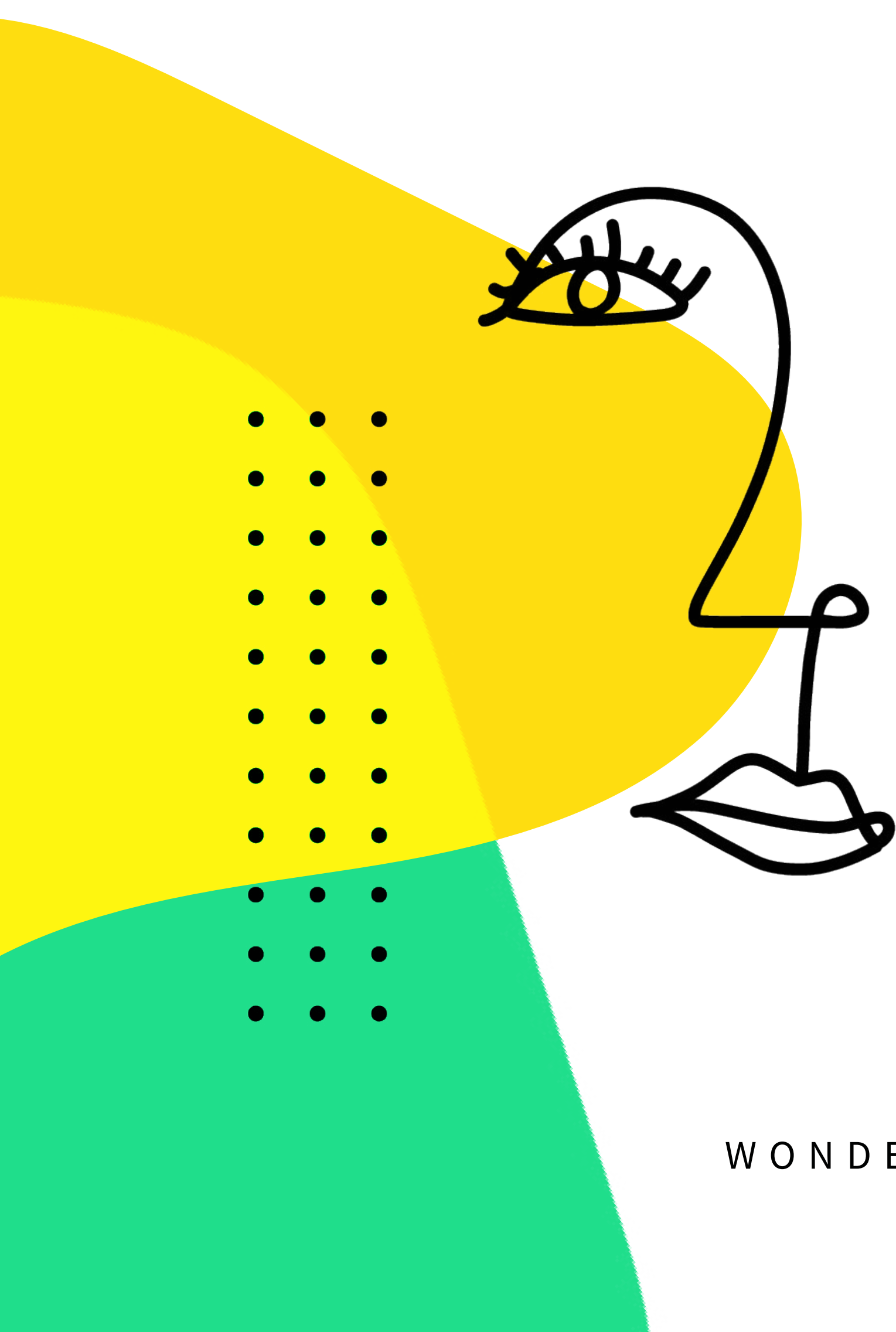
Thinking about God's design of our bodies in Genesis, how are our bodies part of God's purpose for us?

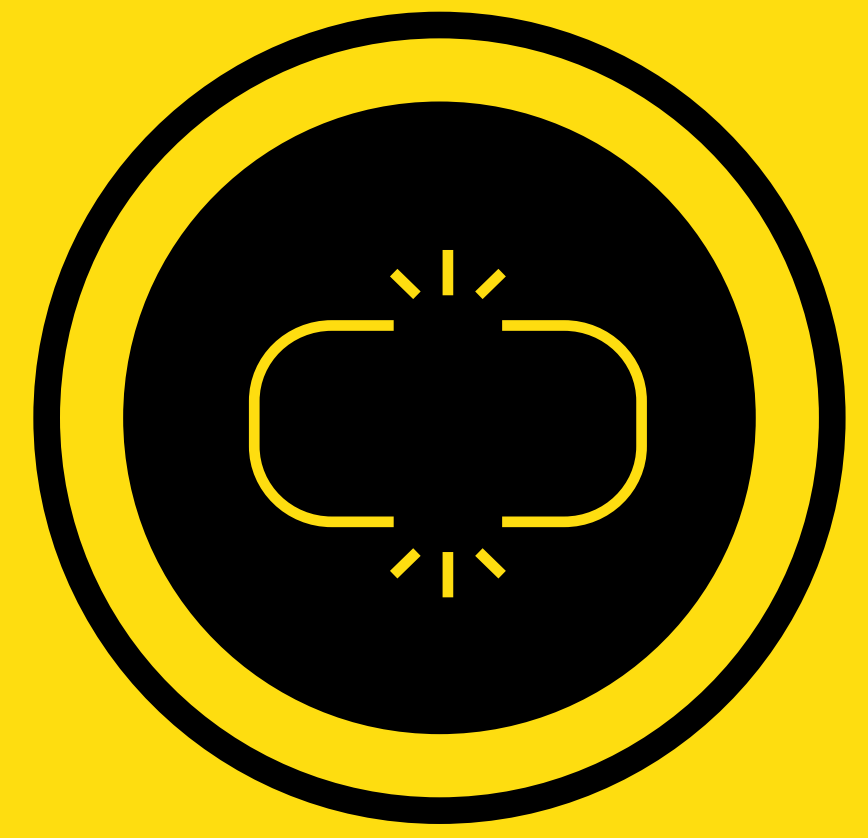
02

What do you think "wonderfully complex" means in Psalm 139?

03

In Ephesians, we see that we are called God's masterpieces. What do you think this means?





01

If you really believe what these verses say about your body and its purpose, how might that change the way you saw yourself and what you were capable of?

02

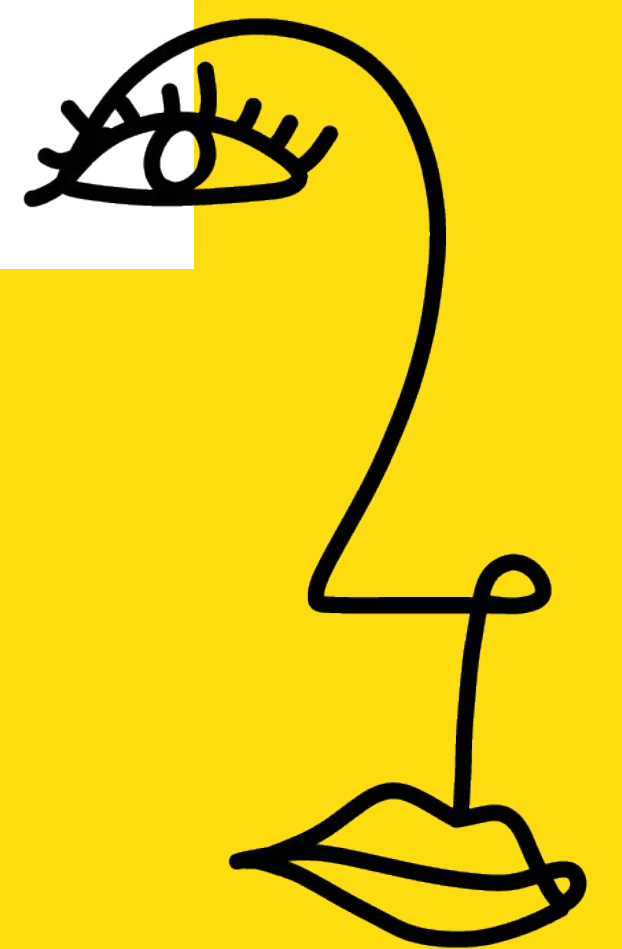
How does recognizing God's design and purpose impact the way you view yourself and others?

03

How does knowing that God designed our bodies for a purpose change the way you think about or treat your body?

04

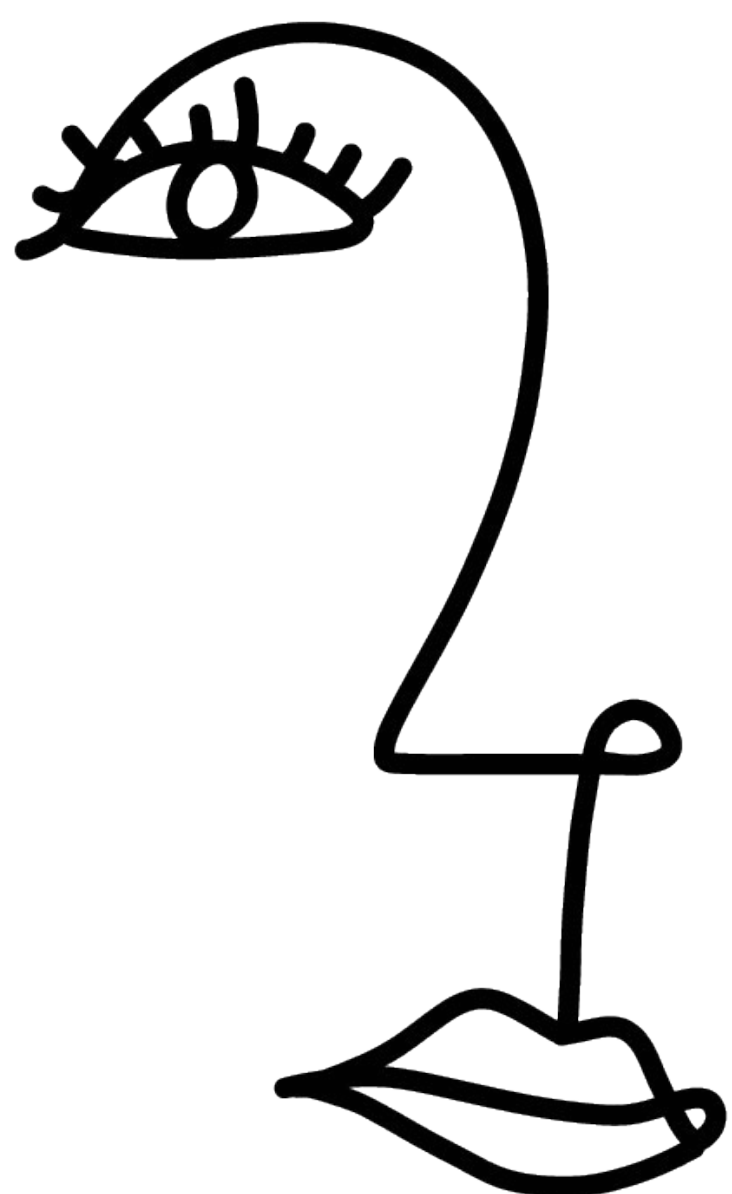
How can we recognize God's design in difficult circumstances, like a disability? How can God use every body to fulfill a purpose?

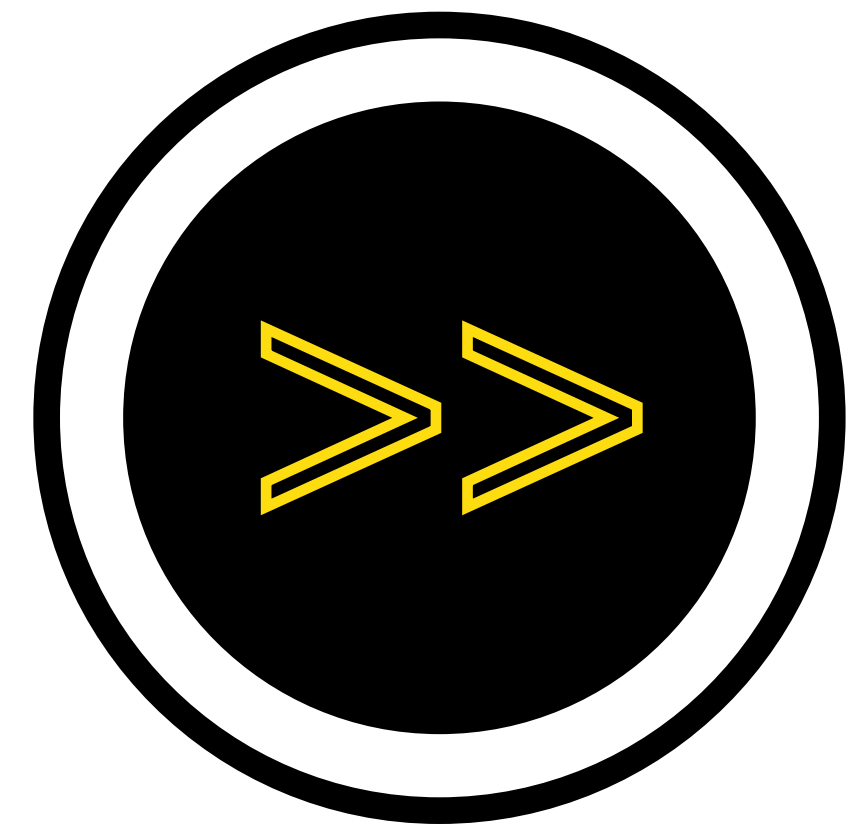




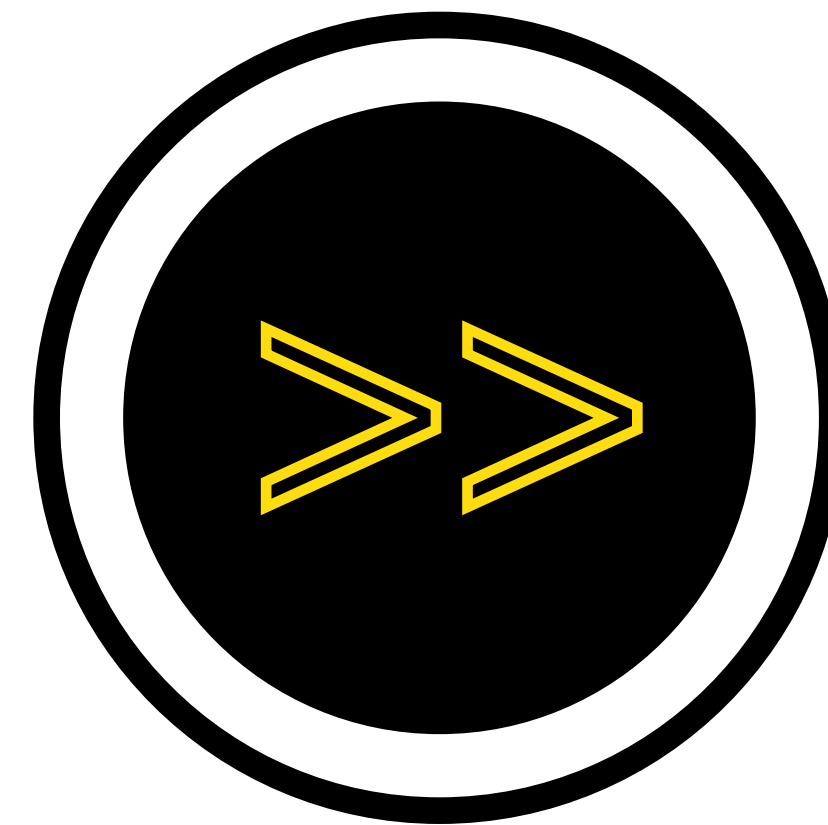
Q: WHY DID GOD CREATE HUMANS?

A: God created humans to know and worship him. We do this by reflecting his image to the world around us.



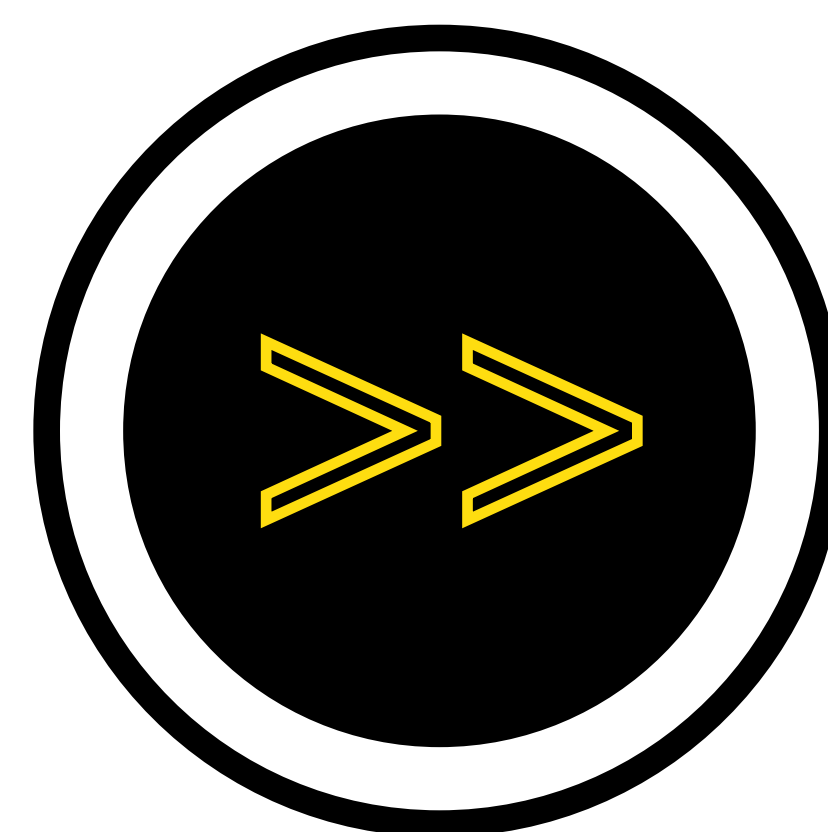


- Take a moment to reflect on the way Psalm 139 and Ephesians 2 describe you. As you read through these verses, replace every “I,” “me,” and “we” with your name. How does it feel to think of yourself as a wonderfully complex masterpiece, known and loved by God? When you reflect on God’s intentional design and purpose for your life and body, how does that lead you to respond to him?
- What’s your motivation for self-care? Are you seeking to punish your body or nourish it? God designed our bodies for a purpose and wants us to care for ourselves so we can function and fulfill that purpose. God doesn’t want us to be caught up in constant striving for self-improvement; he invites us to care for the body he created in a way that nourishes and strengthens us! Take some time to confess wrong motivations for self-care and ask God for his help in adopting a God-honoring mindset toward caring for your body.



God made our minds, souls, and bodies to be connected. But many of us feel disconnected from our bodies. If you feel this way, you can try *Progressive Muscle Relaxation* at home. It's a practical way to help us become more aware of our physical bodies and how they are connected to our emotions and thoughts. Begin with these basic steps, starting with your toes and working your way up your muscle groups:

1. Clinch or tighten up your toes while taking a slow, deep breath in. Hold it for a few seconds; then slowly release the tension while breathing out.
2. Then do the same thing with your legs, torso, arms, and hands.



YOUVERSION READING PLAN



**What
are we?**

LESSON 1

LESSON 1

**What
are we?**





Copyright ©2021 by OneHope www.onehope.net

Scripture is taken from the Holy Bible, New Living Translation, copyright © 1996, 2004, 2007 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc. All rights reserved.