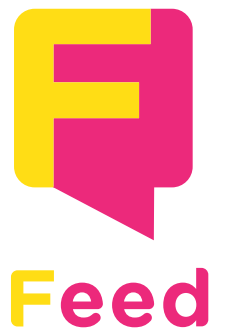


Wonderfully Made

What are we?

Lesson 1 Sermon Outline



Overview

Summary

The Wonderfully Made Catechism series addresses the issues of insecurity and body shame which are common among adolescents. Through the small group and sermon content, you'll help your students to rethink the ways they value and judge themselves and others, ultimately inviting them to embrace God's design of them for the purpose of loving and serving others. Today, you'll lay the foundation by preaching about how wonderfully and intentionally God created each person in his image.

Key Takeaways

1. God designed each of us, and we are all examples of his marvelous workmanship.
2. Our bodies are a part of our God-given identity and purpose.

Scriptures

Genesis 1:26 / Genesis 2:7 / Psalm 139:13-18 / Ephesians 2:10



Sermon Outline

Introduction

Have you ever looked in the mirror before and wished you saw something different?

Social media, friends, relationships, music, and pop culture all flood us with messages about what is beautiful and what is not. Male and female alike, we have all had our moments of comparison.

Our culture floods us with messages about body image. Even without using words, the perfect pictures we see online and on TV persuade us that our bodies are our personal projects, our source of self-worth or shame, and a way to earn the love and approval of others.

While society teaches us to view and value ourselves from unhealthy standards, perfection and filtering, God invites us to view and value ourselves according to who he says we are.

We are invited to walk in freedom when we grab hold of our identity in Christ and find honor and dignity in being made in God's image.

Point #1: We are all created in the image of God.

When we know we are created in the image of God, we come to understand that every part of who we are holds purpose and meaning.

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

God created us to be like him! He made us to rule over his creation in such a way that all life would thrive

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 2:7

Our "earthiness" -- our physical bodies -- are essential to who we are as God's creatures. We aren't just souls inside the shell of a body. Our body, mind, and spirit are



intertwined to make us the creatures that we are, and we couldn't accomplish our purpose of caring for God's creation if we didn't have bodies.

In a world filled with comparison, filters, and a need for perfection, what would it look like for us to walk in peace and confidence knowing that we bear God's image?

Point #2: Every part of who we are holds value, and you are created for a purpose.

Our body isn't something in the way of our purpose; it's part of it!

We are God's image in creation, tasked with taking care of the world on God's behalf. We have a unique role as mediators between God and the rest of the creation, and we could not fulfill this purpose if we didn't have bodies.

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!
Psalm 139:13-18

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

There is no one else in all of creation that is like you. God made you specifically to be
yourself, and you're the only one.



Point #3: We are wonderful because God made us!

Looking around to the world for answers won't lead to lasting satisfaction. We can only break free from self-consciousness when we look to God.

He made our bodies, and he calls them good because we bear his image. When we embrace the fullness of who God made us to be, we are free to truly love ourselves and extend that love to others.

When you reflect on God's intentional design and purpose for your life and body, how does that lead you to respond to him?

Discussion Questions

- If you really believe what these verses say about your intentional design, how might that change the way you saw yourself and your purpose?
- How might knowing that God designed our bodies for a purpose change the way you think about or treat your body?

