

Activity Name: What sticks?

Objective: What the rest of the world thinks about you does not matter in comparison to what God thinks about you.

Scriptural Foundation: “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” – Ephesians 2:10

Warm Up: Supplies

- Four white t-shirts
- Vaseline
- Two different colors of pompoms (little cotton balls). Feel free to substitute anything else here.

Game:

Split the group into two teams and choose two volunteers from each team to be “it.” Have each team cover the entire outside of the two t-shirts with Vaseline. (Boys against girls is best for this game)

Once the shirts are covered in Vaseline, have the two volunteers from each team put them on.

Put one team on each side of the room and give them each a color of pompoms.

Each volunteer must run across the room twice—once while the other team is throwing their colored pompoms and trying to get them to stick to their shirt, and once while the other team does the same.

Volunteers cannot block their t-shirts with their arms or hands.

(Note: If the volunteers are running too fast and no pompoms are sticking, then change it up. Have the volunteers stand still 10-12 feet away from the other team while they’re throwing the pompoms.)

The objective is to avoid the opposing team’s pompoms and to try to get as many of their own team’s pompoms to stick to their shirt as possible.

Once all four volunteers run through, count up what’s on their shirts.

For every pompom that is their team’s color, they get a point. For every pompom that is the opposing team’s color, they lose a point. The team with the most points wins.

Lesson:

In this world, you are going to constantly be bombarded with what different people think about you. It’s impossible to live life without hearing what other people think about you, whether it be your family or friends, strangers. Companies also tell you what you want to hear to sell you something.

You’re going to constantly to hear negative things about yourself—that you’re too big, too small, too shy, too outgoing.

It seems that everyone has an opinion. However, just like in that game, you need to be careful about what you let stick to you and what you don’t.

How often do you worry about what other people think about you? What negative things they have heard about yourself? Do you believe these things are true? How does this change how you see yourself? How do you choose what opinions you let stick to you and which ones you let slide off?

It’s important that youth know that they don’t have to listen to what the world tells them but only God.

Before giving the teens scripture ask them what they think God says about them. After each one ask them what that means to them. Will it change the way they live their lives?

God says: God thinks that you are worth fighting for. “The Lord will fight for you; you need only to be still.” – Exodus 14:14

God thinks that you are His masterpiece. “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” – Ephesians 2:10

God thinks that you are more than a conqueror. “No, in all these things we are more than conquerors through him who loved us.” – Romans 8:37

You are loved and accepted as-is by God. “I have loved you with an everlasting love; I have drawn you with unfailing kindness.” – Jeremiah 31:3

God thinks you are delightful. The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.” – Zephaniah 3:17

Other choices:

You are fearfully and wonderfully made in God’s eyes. (Psalm 139:14)

You are the salt and light of the world in God’s eyes. (Matthew 5:13-14)

You are complete in God’s eyes. (Colossians 2:10)

You are forgiven and redeemed in God’s eyes. (Ephesians 1:7)

You are anointed and have a purpose in God’s eyes. (Isaiah 61:1)

You are beautiful in God’s eyes. (Psalm 45:11)

You are chosen, holy, and dearly loved in God’s eyes. (Colossians 3:12)

You are God’s handiwork. (Ephesians 2:10)

You are set free in God’s eyes. (Galatians 5:1)

You are a new creation in God’s eyes. (2 Corinthians 5:17)

Wrap-Up:

Think about how you feel when you know that someone thinks or says something bad about you.

Now, think about how you felt just now hearing those things that God thinks and says about you.

Not only should we remind ourselves about what God says about us. But we should also remind ourselves what God says these same things about other people. That means that when you talk and think about others, we should do so with how they feel in mind.