

Truth or Dare – Lesson 5 Workbook

The Truth About Me

Verses to Remember

"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own;" 1 Corinthians 6: 19 (NIV)

1. Why do you think people are so self-centered?

2. Why do you think it's particularly easy to be selfish as a teenager?

3. Do you think most people are arrogant or self-conscious? Why/why not?

4. Can you see how having a low self image can be just as prideful as being cocky? Why/why not?

POINT ONE: You have value because you were created by God.

Genesis 2: 7

1. What does it mean to you that you were created by God?

2. How might an alternate theory of our origins affect how we view ourselves? Ex., How would evolution affect how we view our purpose in life and our value?

3. What did God say after He saw all the things He had created (see Genesis 1:31). How does that affect how you view yourself?

POINT TWO: You are not your own.

1. What do you want to be when you grow up? Why?

2. What college would you like to attend? Why?

3. What do you see your life being like when you're 25 or 30?

4. How could this be a bad thing?

5. If you live selfishly, how might that come back to haunt you later?

6. If you try to be the boss of your life, what difficulties might you find.

Homework

- Memorize 1 Corinthians 6: 19.
- Reconsider who you are. Where does self-esteem come from, what gives value to your life.
- In view of this week's lesson, make a new list of what really matters in your life.
- Pray that God will help you see yourself the way He does, and to be content in knowing that you belong to Him.