Truth or Dare – Lesson 5 Workbook
The Truth About Me

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

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________________________________________________________________________________________

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

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________________________________________________________________________________________

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

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________________________________________________________________________________________

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

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________________________________________________________________________________________

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?

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________________________________________________________________________________________

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?

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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?

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POINT TWO: You are not your own.

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

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________________________________________________________________________________________

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

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________________________________________________________________________________________

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

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4. How can the attitude “It’s my life...I’ll do what I want” be a bad thing?

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

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

________________________________________________________________________________________

Homework
• Memorize 1 Corinthians 6:19-20.
• 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.