

**LESSON 2: LIE #1—OTHER PEOPLE DEFINE YOUR VALUE**

This includes:

- 1. LEADER PREPARATION**
- 2. LESSON GUIDE**

**1. LEADER PREPARATION****LESSON OVERVIEW**

Many of us are trapped by other people's lies about our identity—we are unable to continue on our journey to freedom because of what others say or think of us. The good news is that amid all these voices, it is possible to hear the clear truth about who we are and how God defines us. This lesson will help your students discover how Jesus wants to free them from the trap of letting other people define their value.

**LESSON OBJECTIVES**

- 1. WHAT:** Other people can negatively influence our view of ourselves and of God—but Jesus offers freedom from those traps.
- 2. WHY:** Teenagers may struggle to experience true freedom when they rely too heavily on others to give them value.
- 3. HOW:** Your students will be encouraged to recognize the ways in which other people can attempt to define them and their value.

**PRIMARY SCRIPTURE**

Galatians 1:6-10

**SECONDARY SCRIPTURES**

Galatians 3:26-29; 5:7-10

**TEACHING PREP**

**LEADER  
TIP**

**Use this short overview to prepare for your lesson. While you may not want to convey this information word-for-word with your group, you'll want to absorb it as you prepare to lead.**

**Read Galatians 1:6-10.**

As Paul wrote to Christians in Galatia—part of modern-day Turkey—he expressed frustration because of people who were trying to change Jesus' message of grace and faith. These other messengers tried to convince these Christians that in order for Gentiles to experience forgiveness, they had to become "Jewish" through the practice of circumcision. In essence, they were saying that to receive God's favor or grace, people needed to become someone else—they had to change or conform their identity. This "gospel" wasn't about freedom.

It is apparent how angry Paul had become—not only because of those preaching this other gospel but also by how quickly Christians in Galatia had believed it. He was even quick to curse those lying to the church. He wanted the church to know that the only gospel is the one from Christ alone and that our true identity is found in Jesus.

Paul spends part of Galatians making it clear that we become children of God not by being someone else but by understanding who we are in Jesus, and that relationship is made possible through faith and faith alone. This is a powerful message that today's teenagers need to hear—just as much as the Christians in Galatia needed to hear it.

## **THE BEFORE & AFTER [OPTIONAL]**

### **TEXTS OR TWEETS**

**Send one or both of these messages to your students prior to your meeting. As with the rest of the curriculum, edit these questions to fit the needs of your ministry.**

- Does it really matter what other people say about you? Share your answer when we get together this week.
- How much do you care what other people think of you? Tonight we'll talk about the trap of being defined by others.

### **PARENT EMAIL**

**Send this email to parents following the lesson to encourage them to continue the conversation at home. Feel free to edit and customize the email to fit your ministry needs.**

Dear parents,

We're continuing our series on identity and how students can respond to the lies of the world. Our goal is to help students listen to the right voices and ignore the ones that may be keeping them from freedom in Christ.

Our second lesson focused on the lie that other people define our value. Through our study of Galatians 1:6-10, students discussed how other people may unintentionally or intentionally define us in ways that are harmful and ways that can keep us from experiencing the freedom and grace that Jesus offers us.

As you go throughout the week, keep the conversation going with these kinds of questions:

- What are some ways other people can “deliberately twist the truth” about your identity and your value?
- When have you felt like you were trying to run the race of faith but people's view of you slowed you down or discouraged you?
- How can we remind you of the truth of who you are to God and to our family?

Have a blessed week!



**LESSON 2: LIE #1—OTHER PEOPLE DEFINE YOUR VALUE****2. LESSON GUIDE****GETTING THINGS STARTED [OPTIONAL]****LEADER  
TIP**

For the opening activity, you'll need adhesive notes or slips of scrap paper—enough so each student can have at least 10 to 15 notes or slips of paper—plus pens or pencils.

You'll also need a trash can or shredder for a tie-in at the end of the lesson.

Welcome your students and invite them into your meeting area. Open in prayer, and then give each student a stack of adhesive notes or scrap paper, plus a pen or pencil. Then **SAY SOMETHING LIKE:**

*On each adhesive note (or scrap paper), write a name or label that someone else has called you. Write a mix of words that are positive or negative, encouraging or discouraging. But don't worry: You won't be asked to read these names and labels to the rest of the group or to even show them to anyone. This is just a moment for you to reflect and think about what other people have said to you or about you.*

Encourage students to find an isolated spot in your meeting area, and give them time to write their names and labels. You may want some upbeat or mid-tempo music in the background, as a subtle reminder that they don't have to write down only negative or discouraging things. After a few minutes, bring everyone back together for discussion.

**ASK:**

- *Was that activity emotionally easier or harder than you expected? Why?*
- *How do these names or words affect your feelings about the people who called you these names or gave you these labels?*
- *Why is it often hard to ignore these words and not let them affect you?*
- *How have these words shaped the way you see yourself? the way you see Jesus?*

**SAY SOMETHING LIKE:** *Those papers represent some of the words that shape how you see yourself. Some of those names and labels were good and encouraging—they can point you in a healthy direction. Some were bad and discouraging—they can make you feel trapped or ashamed or unloved. It can become easy to define yourself based on what others say, and you may start to see your value—whether high or low—based on other people's perspective of you. But Jesus wants you to experience freedom from the trap of letting other people define your value.*



## TEACHING POINTS



Use the Teaching Points to help students capture the essence of each lesson with more discussion and less lecture-style teaching. Remember: All throughout these lessons, it's up to you to choose (1) how many questions you use and (2) the wording of the main points—keep ours, or change the wording to make it clearer for your audience.

Read Galatians 1:6-10 together as a group. Because this passage is so brief, consider having students read the verses several times, from different translations of the Bible.

**SAY SOMETHING LIKE:** *This is the second conversation in our series about identity and the lies that the world tells about our true value and who we are. Today's verses come from the book of Galatians, which was written by the Apostle Paul to Christians in Galatia, part of modern-day Turkey. He was dealing with a group of Christ-followers who had been deceived. Many of them had believed the lie that to be a follower of Jesus, they had to change their identity and follow certain practices from Judaism. Let's jump in and see what we can learn from this Scripture about how others attempt to define us.*

### 1. OTHER PEOPLE CAN SHAPE HOW WE SEE OURSELVES

**SAY SOMETHING LIKE:** *Christians in Galatia were letting other people influence their view of themselves. Paul was frustrated that they had been so easily deceived to think that they need to first practice Judaism before they could experience the message of Jesus—that's the confusion that had entered this group of Christians. They were being trapped by a lie, and they were letting other people define them and their value.*

#### ASK:

- Tell us one positive way another person has influenced how you see yourself.
- What are some negative ways other people influence how you see yourself?
- What are some ways other people can “deliberately twist the truth” about your identity and your value?
- How can verse 10 give you freedom as a follower of Jesus?
- What's the difference between “pleasing people” or winning people's approval, and being kind and considerate toward other people?

### 2. OTHER PEOPLE CAN SHAPE HOW WE SEE GOD

#### ASK:

- Tell us one positive way another person has influenced how you see God.
- If the Christians in Galatia had needed to change their identity before they could experience the message of Jesus, what would that have said about God?
- How can a message pretend or appear to be good news but not be the true message of Jesus?
- What are some ways other people can “deliberately twist the truth” about who God is?
- Even if you're surrounded by people with deep faith and amazing trust in Jesus, what are the risks of letting other people's voices be the only things that shape how you view God?



**SAY SOMETHING LIKE:** *Paul knew that these Christians were doubting themselves and doubting God. Paul clearly states that the only way to become children of God is through faith. Once we accept God's grace through Jesus, our whole identity changes. We are no longer anything other than children of God clothed in Christ. We can reject the lies that keep us down and entangled, and we can find freedom in being a son or daughter of God.*

### 3. WE CAN CHOOSE TO LET GOD'S GIFT OF GRACE DEFINE US

**ASK:**

- Read Galatians 3:26-29, and summarize the main message of that passage.
- Look at verse 28—what other “old” labels could you add to this list?
- What is significant about the promise of being one of God's heirs?

**SAY SOMETHING LIKE:** *Our value does not come from people who can mess up the simple truth of Jesus. Our value does not come from broken or hurting people. Our value is not defined by what other people may think or say. Our true value, worth, and identity come from God—the one who wants to call all of us his children through Jesus.*

### EXTRA DISCUSSION [OPTIONAL]

Ask students to form groups of two or three to discuss these questions.



**ASK:**

- Read Galatians 5:7-10. These verses talk about how others can negatively impact our faith. How does Paul compare these negative influences?
- When have you felt like you were trying to run the race of faith but people's view of you slowed you down or discouraged you?
- Paul says God has called us to freedom. Describe what it's like to experience the kind of freedom God offers through Jesus—or what you think it's like to experience that kind of freedom.

Bring everyone back together, and ask for volunteers to share answers to the previous questions, as time permits.

### LIVING IT OUT

**ASK:**

- What is a good, healthy response to the outside voices and the negative things they say about your value?
- Is that easy or hard to do? Why?
- When you start to hear lies about your identity, what can help you remember the truth of who you are in Jesus?
- How can you embrace your true value and identity this week? What kind of freedom can you find in the security of being a son or daughter of God?

**Direct students' attention to the trash can (or shredder).**

**SAY SOMETHING LIKE:** *Through the freedom Jesus offers, you can reject the negative words that people have used to define you—and you can choose to embrace the good, encouraging words that people have spoken. To symbolize this decision, throw away (or shred) the paper with those negative words or statements—and then take home the paper with the encouraging words, as a reminder of the identity you experience through Jesus.*

### **SUMMARY**



Provide a quick summary or take-home challenge based on (1) this lesson's content, (2) the dialogue that took place today, (3) your understanding of the issues and struggles your teenagers are facing, and (4) the big picture of your youth ministry and what your leadership team wants accomplished with the teaching and discussion time.

### **FOR KEEPS [MEMORY VERSE]**

**Encourage and/or challenge your teenagers to memorize the Scripture below.**

*"You were running the race so well. Who has held you back from following the truth? It certainly isn't God, for he is the one who called you to freedom" (Galatians 5:7-8).*