

Priceless



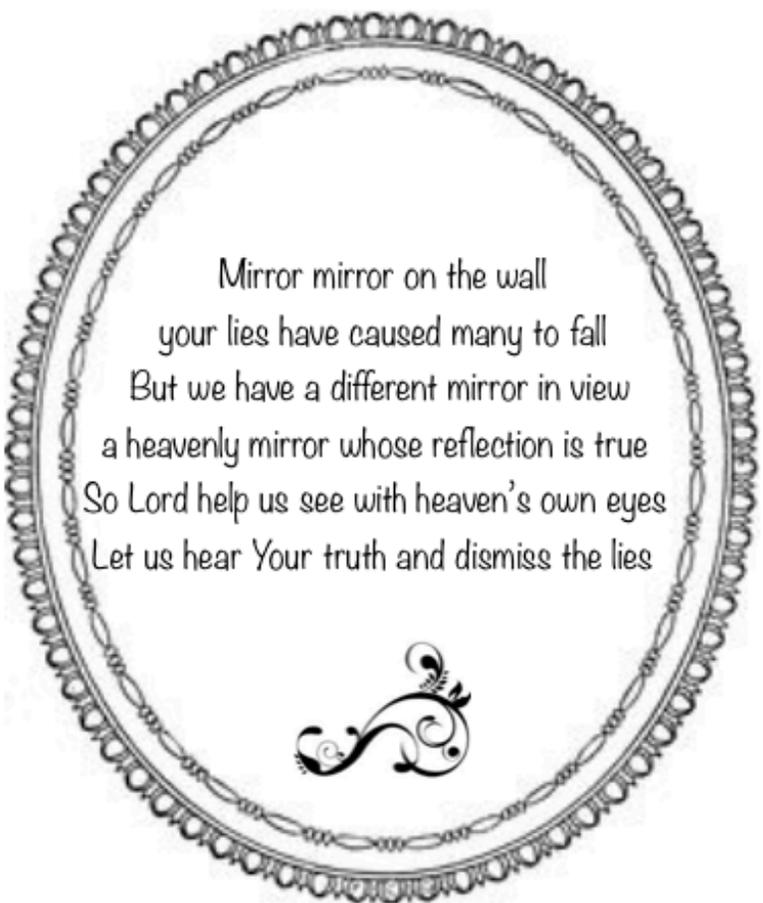
A Four Week Bible Study
for tween-teen girls

*or for any girl (young or old)
who needs to know just how
precious and priceless
she really is...*

*Based on lyrics to the song "Priceless" by For King and Country

Priceless: Week One

Mirror Mirror On the Wall

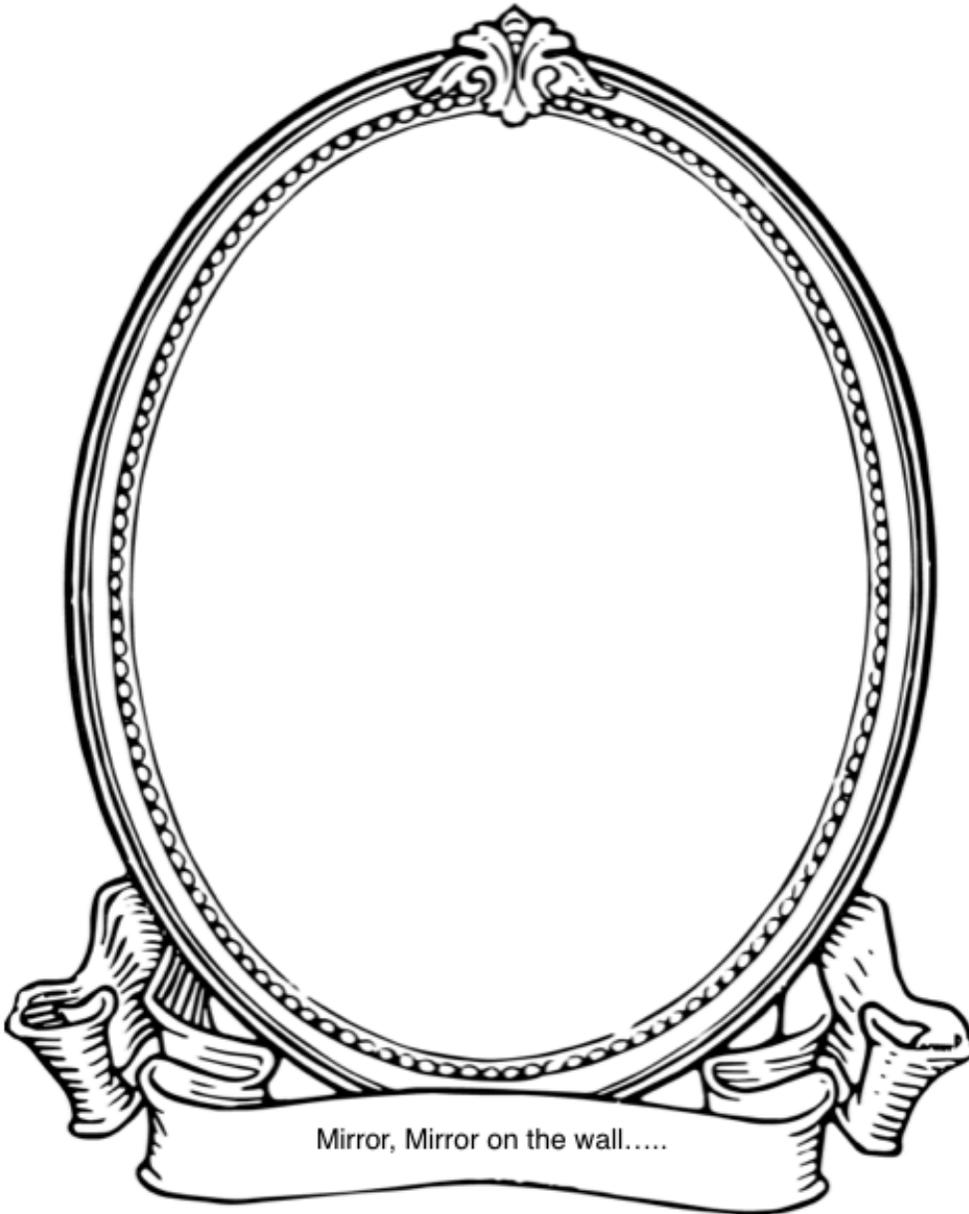


Mirror mirror on the wall
your lies have caused many to fall
But we have a different mirror in view
a heavenly mirror whose reflection is true
So Lord help us see with heaven's own eyes
Let us hear Your truth and dismiss the lies



What do you see when you look in the mirror?

- ♦ *Use the space inside the mirror to describe yourself. What do you see and think when you see your reflection? (This is just between you and God.)*



What are three things you like about yourself?

-
-
-

What are three things you wish you could change about yourself?

-
-
-

What do you think other people see when they look at you?

{Mirror, mirror, mirror on the wall, tellin' those lies, pointing out your flaws. That isn't who you are}

Have you ever thought about how God sees you???

What does God think about you?

What does God see when He looks at you?

God tells us in His Word exactly what He sees when He looks at us. Use your Bible to fill in the blanks below:

John 1:12 - "But to all who did receive him, who believed in his name, he gave the right to become _____ of God,"

Zephaniah 3:17 - "The LORD your God is with you, the Mighty Warrior who saves. He will take great _____ in you; in his love he will no longer rebuke you, but will rejoice over you with _____."

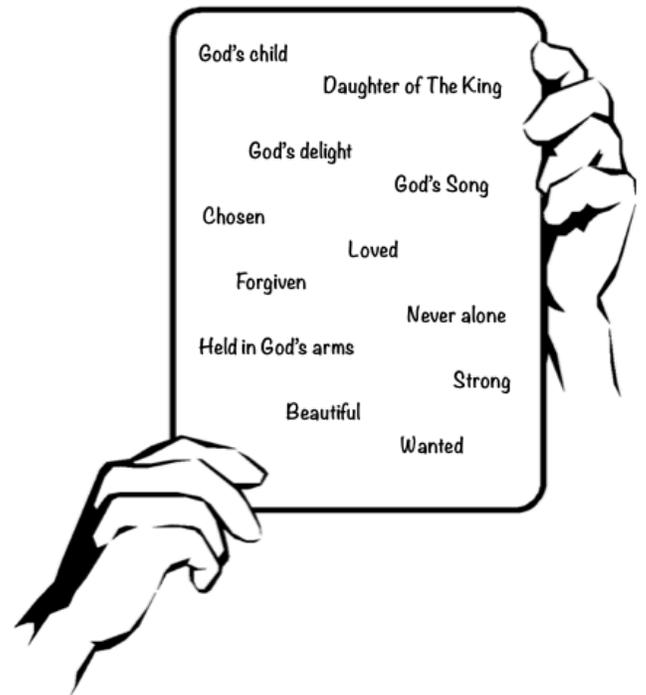
1 Peter 2:9 - "But you are a _____ people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light."

Romans 8:39 - "[nothing] will be able to separate us from the _____ of God that is in Christ Jesus our Lord."

Isaiah 43:25 - "I, even I, am he who _____ out your transgressions, for my own sake, and remembers your _____ no more."

Isaiah 41:10 - "So do not fear, for I am _____ you; do not be dismayed, for I am your God. I will _____ you and _____ you; I will _____ you with my righteous right hand."

Song of Solomon 4:7 - "You are altogether _____, my love; there is no flaw in you."



{It might be hard to hear, but let me tell you, dear; if you could see what I can see,}

You are God's treasured masterpiece. You are beautifully made by the Creator of the universe who loves you more than you could ever imagine! You are not a mistake. You are here on this earth, at this moment in history, for a reason. God has a plan for your life—a purpose for you.

But here's a sad truth: Somedays you are not going to feel very lovable. Somedays you are not going to feel beautiful. And someday you are going to wonder if your life even matters.

Those are lies from the BIG FAT LIAR!!! Satan, God's enemy loves telling lies to God's girls.



Satan doesn't want you to see yourself as God sees you. Why??? Because Satan knows that if you can see yourself how God sees you then you will become a **strong** and **mighty** woman of God. Satan knows that if you really believe God's words about you then God can **change the world through you;** you will **shine the light of Jesus into the darkness** that Satan loves. Satan hates light and love and everything about God. And Satan hates it when God's girls see themselves as the **beautiful, loved, chosen girls** they are!

So on the days when you look in the mirror and see a face you don't like, or pimples that popped up overnight; on the days when you think mean thoughts about yourself, you need to stare into that mirror and say, "**Liar, liar I won't believe you. I believe God and choose to see myself in His mirror.**" And then you need to remind yourself of who God is and how He sees you.

Write four things you know about God

-
-
-
-

Write four things you've learned about how God sees you

-
-
-
-

God loves you and thinks you're beautiful and smart and funny and special (even when you don't).

{I know you would believe that isn't who you are.}

So when all you can see is the bad, ask God to help you see Him, and ask Him to help you see your reflection as He sees your reflection.

You are going to mess up, **but you are not a mistake.**

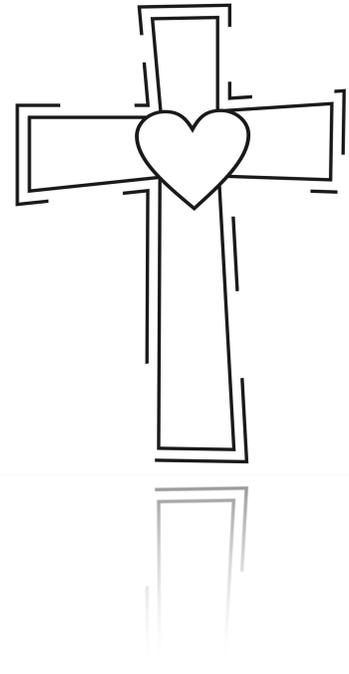
You are going to get embarrassed, **but you are not an embarrassment.**

You are going to feel unlovable, **but you are deeply loved.**

You are going to fall, **but Jesus will help you stand.**

You are going to hear lies, **but God will always whisper truth.**

You are going to have days when you feel worthless, **but you are PRICELESS.**



Read this out Loud!

**I AM LOVED, CHOSEN, BEAUTIFUL,
AND TREASURED BY GOD. I AM ADORED
BY THE ONE WHO KNOWS ME BETTER
THAN I KNOW MYSELF. AND I AM LOVED
BY THE ONE WHO LOVES ME MORE THAN I CAN IMAGINE!**

You are so much more than your physical body. You have been created for eternity. The skin we wear comes in all shapes and sizes and colors. God has made beautiful shades of brown, tan, pink, white and black. *He delights in our differences because it reflects His creativeness.* Don't let Satan make you feel bad for being different. Thank God for your differences, because it shows how purposeful He is. He chose to make you! He didn't want to make a copy of someone else. He wanted to make YOU! And God—the God of the universe, the King of all kings, Love Himself—loves YOU!

What is something that makes you different? Something that makes you stand out as uniquely designed and created? _____

Write your name in each of the blanks:

God Loves _____

And God made _____ special because He delights in _____.

{There's more to who you are}

CRAFT TIME

Mirror Mirror in my hand.....

- 1) Go buy an inexpensive mirror from a craft store. Try to find one with some kind of frame so that you can decorate it.
- 2) Paint the frame, add jewels, write your name on it; however you want to bedazzle it and give it some sparkle.
- 3) Once it is decorated how you like, grab a permanent marker and write all over that mirror!



What should you write???

You are going to cover that mirror with the words that remind you of what God sees when He looks at you!

- Look back at the verses you found on page 2. Use that to help you find words to write on your mirror.

Then when you are done, hold the mirror up to your beautiful face and read those words out loud. (It might feel weird for a second, but keep reading.)

And as you read listen carefully, for you are reading God's own words, and you might just hear Him singing His delight and love over you!!!!

Sweet one, you are loved. Truly, deeply, fiercely loved....just as you are.

And when those Liar, Liar days come, just pick up that mirror and let God remind you of the truth—of how He sees you.

Prayer:

Lord, I choose to believe You. I choose to believe what You think about me. I choose to see myself as You see me. I know days will come when believing you will be hard, but on those days (and all days) I choose to ask You to help me. I want to trust you more than I trust my own eyes or feelings. I want to be defined only by You and what You think about me.

Thank you for making me the way you did. I know that you do not make mistakes and I believe that I am not a mistake. Others may not always treat me the way I should be treated, and sometimes my heart is going to hurt, but Jesus, help me to remember to always run to You when that happens, so that You can remind me of how much You love me. You will never leave me and I believe that. Lord, help me to believe Your Word more and more each day, and help me to share Your Word with others. I am Your girl and I love You. Thank You for loving me. In Jesus' Name, amen.

Priceless: Week Two

BRAVE



Do you ever have trouble sleeping?

Do you ever worry about things at night? (List some of those worries)

- *
- *
- *
- *
- *

Why do you think people might worry more at night when they are in bed?

Satan loves to whisper lies to God's girls at night. When we lie in bed in the dark, it's sometimes easy to feel scared about things. We might worry about getting a bad grade on a test, or being made fun of at school, or not having any friends. We might worry about people we love getting sick or leaving us. Or about people hurting us. Or we might worry that we just aren't good enough for anyone to love.

Worry is one of Satan's favorite weapons.

He loves it when we worry, because when we worry we aren't trusting God. And when we worry, it makes it easier for Satan to trick us with his lies.

- But how do we stop it?!?! How do we tell Satan to shut up and not listen to him anymore???



**“Get out of here, Satan,” Jesus told him.”
(Matthew 4:10)**

Satan can't stand against God's Word. When we say—and believe—God's words, Satan lies fade away.

Discover it for yourself:

Once Satan tried to use lies to trick Jesus. Read what happened in Matthew 4:1-11.
What phrase did Jesus say three times to Satan?
Why do you think Jesus said that over and over?

So what was Jesus using to fight Satan? _____

God's Word is Powerful!

{So when it's late, you're wide awake. Too much to take}

We've all felt pain before.

We can have physical pain. (Circle the things that have caused you physical pain)

A broken bone	A sprained ankle	The flu
A bad cut	Stitches	An animal bite
A shot	Braces	A pulled tooth
A bee sting	Cat scratch	Falling off your bike

We can have emotional pain. (Circle the things that have hurt your heart/feelings)

A friend being mean to you	Being made fun of	A friend moving away
Getting a bad grade	A loved one dying	Losing a pet
Parent's divorce	Moving	Parent losing a job
Scared in a storm	Not being listened to	Loved one getting sick

- What do we do with all that pain? How can we be brave when we're hurt and scared?

One word - JESUS

Run to Jesus with your pain. Tell Him all about it. Tell Him what hurts and why. Cry to Him. Yell at Him if you need to (He is big enough and strong enough to take it!) Jesus wants to help you. He wants you to come to Him and let Him make you BRAVE.

Discover it for yourself (use your Bible to fill in the blanks)

Jeremiah 33:3, "Call to me and I will _____ and tell you great and unsearchable things you do not know."

Psalms 34:17, "The righteous cry out, and the LORD _____ them; he delivers them from all their _____."

Psalms 18:6, "In my distress I called to the LORD; I _____ to my God for help. From his temple he _____ my voice; my cry came before him, into his ears."

Acts 2:21, "And everyone who _____ on the name of the Lord will be _____."

The secret to being brave when life hurts is to cry to Jesus and let Him give you strength. It is Jesus in us that makes us brave. It is Jesus in us that fights Satan's lies. And it is Jesus in us that heals our hurts and helps us see ourselves as He sees us. So run to Jesus. Read your Bible and pray to Him. Call out His Name and trust that He will save you.

{Don't you dare forget that in the pain you can be brave.}

psst!

Want to know one of the enemy's secrets?

- Satan doesn't want you reading your Bible!

Why do you think Satan hates for God's girls to read their Bibles?

Look up Ephesians 6:17. What is the Sword of the Spirit? _____

The Bible is the weapon God has given to defeat Satan!

Of course, big fat liar Satan doesn't want us to read, learn and obey God's Word—because if we do then we can defeat him!

But how do we read our Bibles? Do we read them like we read our science books? Do we study them like we study math? NO! God's book is special and needs to be treated as special.

Why is it so special? What makes it so great?

Discover for yourself. Look up the following verses and write down what you learn about God's Word.

- 2 Timothy 3:16-17
- Hebrews 4:12
- Psalm 119:105
- Isaiah 40:8
- John 1:1

When we read the Bible it is like God's own breath is breathing onto us and into us! God's Word makes us strong and brave and fearless and kind.

There are many different ways to study the Bible. And the main goal is simply to read it. But one way that might help is to **RAP - Read, Ask, Practice.**

- Read a passage.
- Ask: *What does this teach me about God? What does God want me to do now?*
- Practice what you've learned. Don't just read it; do what it says!

Got it? Not yet? It's ok, let's explore it more in our craft time!

{Hear me say....}

CRAFT TIME

BRAVE Journals

- 1) Go buy a journal from the store (or use one you already have laying around)
- 2) Put the word BRAVE on the cover of your journal. You can write it in pen, use stickers, paint it on; however you want to do it—just get the word BRAVE on your journal
- 3) On the inside cover write: God's Word makes me BRAVE
- 4) On the first page (in big letters) write:

READ
ASK
PRACTICE

Once your journal is bedazzled and sparkly, let's practice the RAP method.

Read

- Read Matthew 6:5-13 in your Bible. Read it two times.

Ask

- What is this passage about? What do you learn about God in these verses? Is there a lesson to learn? What should you do now? (Write your answers in your journal)

Practice

- Now that you have learned a little more about God and how to love and obey Him, what do you need to do or change? We don't want to just learn truth, we want to *put it into practice and live truth!* So what can you do with what you've learned? Can you change something you are doing or not doing? How can you use what you have learned about God? Write your PRACTICE as a prayer, or a challenge or a question to ask yourself.

This method gets easier the more you practice. And this is a great thing to do with your parents or friends. God speaks to each of us differently and it is fun to learn from others. But the main thing is: **READ GOD'S WORD!**

And remember **God's Word is the weapon He's given us to defeat Satan!**

Prayer:

Jesus, help me love your Word. I want to read it, learn from it and obey it. Your Word is powerful and I choose to trust Your Word, for Your Word is what makes me brave. Help me to see You in every page. I want to read Your Word so that I can get to know you more. I love you Lord, amen.

Priceless: Week Three

A Rose in Bloom



Have you ever felt unnoticed or invisible? *(put a check by any you've experienced)*

- *You were the only kid in a room full of adults and felt like you weren't that important.*
- *You've been in a group where everyone seemed to have a friend, except you.*
- *You've been left out of a game or told to go away.*

If you circled any statements above, how did that situation make you feel?

Let's Discover - Once in Bible times there was a woman named Hagar who knew all about being unseen and unknown. Hagar was a servant. She hadn't been treated very nicely by her master, Sarah, and ran away. Hagar was pregnant and didn't know how she was going to take care of her baby or what was going to happen then. She was so sad and scared and angry that she ran away. "No one cares about me," she cried out from the wilderness. But God cared about Hagar (just like He cares about you). And God sent an angel (which many Bible scholars believe was actually Jesus!) to speak to Hagar. He knew Hagar's name and everything about her. After Hagar heard Him speak she said, "I have seen the One who sees me." Hagar was able to go back to Sarah because she knew that God saw her and loved her.

{You can read the story for yourself in Genesis 16.}

Never forget that God Almighty sees you! **You are never ever unnoticed by the One who made you and loves you.** God is **OMNISCIENT** which means *He knows everything*, and He is **OMNIPRESENT** which means *He is everywhere*. You are noticed by God. Even when you feel like no one else sees you, God does and He delights in you!

People will not always treat you right, but God will!

So, run to Him, talk to Him, write to Him, read His Word.

He is always with you and wants to remind you how much He loves you.

Want to know something even more amazing???

The moment we trust in Jesus, God sees us as forgiven. He doesn't see our sin because it's already been paid for at the cross! That doesn't mean that we won't still sin—because we will—but it means that our sin no longer separates us from God.

Find Isaiah 1:18 and Isaiah 61:10 in your Bibles. Write down two things God sees when He looks at you—His child:

-
-

{I see you dressed in white,}

God sees His children as forgiven. He sees us as we truly are: clothed in Jesus' robes of righteousness. However, we are still living in this fallen sinful world.

What does Jesus tell us that we will have in this world? (Find the answer in John 16:33?)

- We will have _____.

But why do we not have to be afraid?

- Take heart, I [Jesus] have _____ the _____.

So what kind of troubles do we have in this world? (List some troubles you have or will face in this world?)

We have all experienced different kinds of troubles all ready. Some might be minor everyday troubles like stubbing a toe, catching a cold, or having a friend cut you in line. Some might be bigger troubles like having a friend betray you, having to give a speech you are terrified of giving, or a loved one getting really sick. And some might be really scary troubles like terrorism, abuse, a strong hurricane or tornado, or a family member dying.

Look back at your list of troubles. Circle the ones that feel really big and scary.

While we wish that Jesus would make all our troubles go away, He doesn't always do that. Why do you think that He doesn't?

DID YOU KNOW THAT WE OFTEN GET CLOSER TO GOD IN TIMES OF TROUBLE THAN IN GOOD TIMES? THINK ABOUT A TIME OF TROUBLE IN YOUR OWN LIFE OR YOUR FAMILY'S LIFE. HAVE YOU EVER SEEN THAT TO BE TRUE?

Did you know that we can also give glory to God in our troubles? When we chose to trust God and believe in Him in the midst of our trouble, we can point others to the hope we have in Jesus! God is so powerful and good that He can bring good things from bad things.

*When Jesus died on the cross and then rose from the dead, He defeated sin and death once and for all. Jesus proved stronger than sin, death, and all the problems of this world. And one day, he is going to make right every wrong. **One day, Jesus will erase all the pain and sadness and troubles from our memories. Because when we stand before Him, nothing else will matter!***

Fill in the blanks from Revelation 21:3b-4, "...God himself will be with them and be their God. He will wipe every _____ from their eyes. There will be no more _____ or _____ or _____ or _____, for the old order of things has passed away."

{every wrong made right}

While we wait for Jesus to make all things new, we have an important job to do!

Did you know that God has you here at this time in history, in this city, at your school, in your church, and in your family, for a reason?

Think about it: He could have had you born anytime, anywhere. But He chose this time and this place. Why?

Because God has a purpose and plan for your life!

Fill in the missing words from Ephesians 2:10, “For we are God’s handiwork, created in Christ Jesus to do _____, which God _____ in advance for us to do.”

What does that verse mean to you?

Right now your main job is school (or in the summer maybe it’s swimming and playing with your friends!) But no matter where you are or what you are doing, you can be doing it for God and to help point other people to Him.

Let’s Discover - Do you remember the story in the Bible of Joseph? Write down 4 things you know about Joseph (hint: his dad gave him a colorful coat) *see verses below if you need a review

-
-
-
-

(Challenge: For your Bible RAP time later go back and read a portion of Joseph’s story in Genesis 39:1-6 and 20-23)

Joseph could have gotten mad about the way he was treated by his brothers and become very grumpy and mean. But he didn’t. Instead, Joseph chose to trust God’s plan and do the best job he could, no matter what it was. Joseph worked hard as a servant, he worked hard as a prisoner and he worked hard as second in command over Egypt.

Joseph bloomed where he was planted.

What does that saying mean????? (write down your thoughts and then discuss with your group)

God has a plan for each one of us and He wants us to serve Him and bloom wherever we are. You are like a beautiful rose to the LORD—a rose which He sees as blooming with the beauty of Jesus righteousness.

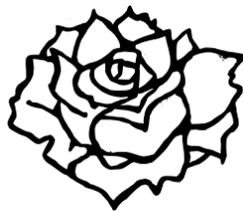
How can you bloom where you are planted? (Discuss ideas with your group)

{I see a rose in bloom, at the sight of you}

CRAFT TIME

Rosettes

- 1) Choose your favorite colored fabric
- 2) Make a slit with a pair of scissors at the long end of the fabric so the strip will be about 2 inches wide. Tear the fabric the whole length into a long strip.
- 3) If you want to, use a permanent marker to write words on the fabric to remind you of how God sees you. Some words might include: Chosen, Loved, Treasured, Wanted, God's child, Strong, Held, Forgiven, Priceless
- 4) Hot glue the strip in half so it is only 1 inch wide - do the entire strip.
- 5) Start rolling the strip, hot gluing as you go, gently turning the strip around itself until all of the fabric has been wound around like a flower.
- 6) Cut a circle of felt to fit the back of the rosette and glue it on
- 7) Now use your rosette as a pin or a piece of pretty jewelry by adding a ribbon as a bracelet. You could also put it on a pony tail holder and put it in your hair.

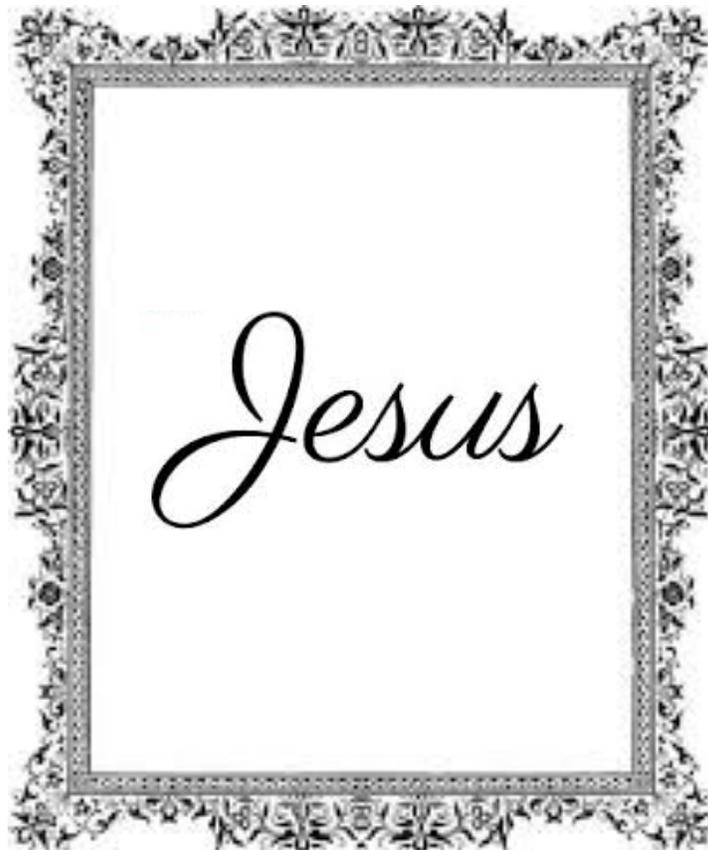


I see a rose in bloom at the sight of you....

Just as each of your rosettes are unique—just as every flower is unique—so are you! Never be afraid to be you! Thank God for the way He made you. He designed you and formed you and adores you. Don't waste your time trying to be someone else. God made YOU and He wants YOU. Celebrate what makes you unique and special. This world needs what God wants to do through you. You are God's rose. So let Him cause you to bloom and grow in Him.

Priceless: Week Four

Oh, So Priceless!



Price·less

adjective

- So precious that it's value cannot be determined
- Impossible to replace

Circle the synonyms for Priceless:

cherished precious special

treasured valuable me

Did you circle all the word? Even ME? I hope so because sweet one, **YOU ARE PRICELESS TO GOD!**

Write your name in each of the blanks below:

_____ *is cherished by God.*

_____ *is treasured by God.*

_____ *is precious to God.*

_____ *is valuable to God.*

_____ *is special to God.*

_____ *is PRICELESS to God.*

Try to match the word to it's definition:

Irreplaceable

Without equal

Unmistakeable

Impossible to replace

Incomparable

Unique; one of a kind

Now that you know a lot about the word Priceless, go ahead and write the definition in your own words. If someone asked you what it means to be priceless, what would you say (share your definitions with your group).

Nothing—no amount of money, no other person, no other thing—can compare with you. You are precious to God and He adores you. You are so much more than skin, bones, hair, talent, intelligence, and any other thing the world might say that you are. You are God's priceless girl!

{Oh, so priceless. Irreplaceable, Unmistakable, Incomparable....no matter what you've heard, this is what you're worth, more than all the money or the diamonds or pearls}

God's girl

OK, so we have seen how God sees us, but sometimes it is going to be hard to see ourselves that way.

So what can we do on those days?

On days when we've been treated badly by a friend, on the days we feel invisible and unimportant, on the days we feel ugly and stupid, what can we do on those days to remind ourselves of the truth??? (Write down your ideas. Share them with your group if you want to)

On the days when you just can't see anything good in yourself, you need to look in a different mirror.

*Sweet one, on days when you just can't see what God sees (and even on the days when you can!) you need to run to God's Word. **The Bible is better than any mirror this earth could offer, because it is where we see God's reflection!***



What does that mean? How is the Bible God's reflection? (write what you think)

The secret to seeing ourselves as priceless is to first see God as priceless. For it is God in us that makes us priceless. It is God in us that makes us beautiful. It is God in us that makes us special!

Read Galatians 2:20. If we have trusted Jesus to forgive us of our sins, where does Jesus live?

Only by knowing who God is—and learning who Jesus is—will we ever be able to see ourselves as we truly are.

HOW DO WE GET TO KNOW GOD AND JESUS? BY READING OUR BIBLES!!!!

But don't just read it like a textbook. Read it like you are searching for buried treasure! Read it like it's the most important and beautiful book in the universe. Because it is!!!

{Darling, it's beautiful. I see it all in you}

Buried treasure

So what's the treasure that we should be seeking in God's Word?

We should be seeking God Himself!

Every time you open your Bible to read, first ask God to show you something about Himself. The Bible is a book about God. Yes, it teaches us much about ourselves and this world. But first and foremost it is a book about God, and His Son Jesus. The more that you learn about God, the more you will start to see Him as He truly is, and the more you will be able to see yourself as you truly are.

So let's practice. Let's read a familiar passage. As you read, ask God to show you something about Himself. (What do you learn about God—or Jesus? What is He like? What is He not like? Is the passage describing Him?) We also need to think about which book we are reading within the Bible. Who was the human author? Who was that person writing to? All of that matters as we discover more about God.

So go ahead and read Matthew 14:13-21 (read the whole passage first) and then answer the questions below (share your answers and discoveries with your group)

What do you learn about Jesus from verses 13 and 14?

What did the disciples want Jesus to do in verse 15?

How does what you learned about Jesus in verses 13 and 14 help you understand why Jesus told the disciples not to send the people away in verse 16?

What can you learn about Jesus in verses 17-21?

So if this passage were a mirror, we would see Jesus' **compassion, love, kindness,** and **power** reflected. We would also see His **provision** (He provided for the people) and His **strength** (he made much out of their little).

As you go from here, remember the secret to seeing clearly is to search the Bible for the beautiful reflection of Jesus. So spend time in God's Word. And always remember -

We are priceless, because God is PRICELESS!!!!

{Oh, so priceless}

CRAFT TIME

#priceless t-shirts

What do I need?

- A clean t-shirt (any color or style is fine, but it needs to be plain and ready for some iron-ons or fabric paint)
- Fabric paint, iron-on letters, stencils, or anything else you want to use to design and decorate your shirt.

What do I do?

- Design a Priceless t-shirt. Decide how you want your shirt to look and get to work making your priceless shirt. This shirt will always remind you of who God is and who you are to Him.

What's next?

- Now you are ready to share this awesome news with others! Go ahead and wear your shirt and if someone asks you what it means tell them that it means you are priceless to God and so are they!
- Read your Bible! Study it. Search for Jesus. Ask God to show you who He is. Read it with someone.
- Pray. Every day ask God to remind you of truth. Talk to Him about your feelings, your fears, your dreams. Ask Him to reveal Himself to you. Ask Him for help. Praise Him. Worship Him. Sing to Him.
- Maybe share this study with others. Maybe you could even lead your own Priceless group

Priceless

*Mirror, mirror, mirror on the wall
Tellin' those lies, pointing out your flaws
That isn't who you are
It might be hard to hear
But let me tell you, dear
If you could see what I can see, I know you would believe
That isn't who you are
There's more to who you are
So when it's late
You're wide awake
Too much to take
Don't you dare forget that in the pain
You can be brave
Hear me say
I see you dressed in white
Every wrong made right
I see a rose in bloom
At the sight of you
Oh, so priceless
Irreplaceable, unmistakable, incomparable
Darling, it's beautiful
I see it all in you
Oh, so priceless*

