



Next Gen Small Groups

September WK. 1 You're Loved For You, Not What You Do.

Key Verse: “1 Samuel 16:7 – *“People judge by outward appearance, but the LORD looks at the heart.”*”

SUMMARY

It's easy to think we must keep performing, achieving, or proving ourselves so people will like us. But the truth is—you are loved for who you are, not for what you do. God doesn't base your value on your grades, talents, or popularity. He looks at your heart and loves you unconditionally. **You're Loved for You, Not What You Do**

ICEBREAKER

What's something you've worked hard at—not because you had to, but because you enjoyed it?

DISCUSSION STARTER

Why do you think so many people feel like they must prove themselves to be accepted?

DISCUSSION QUESTIONS

1. What are some examples of how students today “perform” to gain approval?
2. Have you ever felt like Bri in the story—overwhelmed because you thought you had to keep doing more?
3. Why do you think God looks at the heart instead of what we accomplish?
4. How might life feel different if you really believed your worth wasn't tied to what you do?
5. What's one step you can take this week to rest in God's love instead of trying to earn it?

ACTIVITY:

“Heart Check” – Give each person a notecard or small paper. On one side, have them write something they feel pressured to do or perform in (grades, sports, social media, etc.). On the other side, write: *“I'm loved for me, not what I do.”* Encourage them to keep it as a reminder this week.

WRAP-UP

Your accomplishments, skills, or image don't define your worth. God's love for you is steady, no matter what. This week, when you feel pressure to prove yourself, remember: ***You're loved for you—not for what you do.***