

### **Look Back**

- How did you devote daily prayer and thanksgiving towards your anxieties over the last week? How did it go?

### **Connect:**

- What is the most valuable thing you have ever “done”? Why do you see it this way?

### **Look Up:**

#### **Read : Psalms 139:1-15**

- How do these verses make you feel about your creation? What aspects are most meaningful to you right now?
- What do these verses reflect about God’s role vs. our role in our creation? Why is this important for us to understand and accept?
- If you could change one thing about how you were created, what would it be? In what ways has this impacted your view of your worth or value?

#### **Read : Psalms 139:16-24**

- What do these verses say about God’s presence and involvement in our daily lives? How can recognizing this truth influence our daily lives, as well as any lies we are tempted to believe?
- What do verses 17 & 18 say about our value to God? How easy is it for you to view God this way? What impacts your ability to see God this way?
- What can this group do to help you wake each day with a greater appreciation of the value you have to God and others?

### **Overall (Discovery Bible Study)**

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

### **Look Ahead**

Is there an area where you have believed a lie? Are there areas in your life that you wrestle with seeing your value the way God sees your value? What impact has this had on your life? Prayerful take this to the Lord, invite Him to reveal His truth in a way you can see and believe it.

### **Leader Notes**

**Ephesians 2:10-** For we are God's masterpiece..... That's what God says about us. He's crazy about us , He created us, and loves us regardless of how we feel. When we can fully grasp our value in Christ , it's amazing how God can use that in our lives to help others. People are beat down, discouraged, and struggling with the person they see in the mirror. We get to be the ones to show them how valued and amazing God created them to be. The world is never short of encouraging people.

### **Leadership tip**