



# Fearfully and Wonderfully Made



Struggling with how you look? This 3-day study helps young men battling body image find self-worth, identity, and confidence through God's truth.

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## Introduction: You Are More Than What You See

In a world obsessed with appearances, it's easy to feel like you're not enough.

Maybe you've looked in the mirror and felt disappointment. Maybe you've overheard comments about your weight, your face, or your build that stung deeper than you let on. Maybe you've tried to laugh it off when someone called you "too skinny," or "not manly enough," or joked that you look "awkward." Or maybe the voice criticizing you isn't someone else's—but your own.

This battle is real, and you're not alone.

Young men wrestle with body image more than people talk about. While society often focuses on women's struggles with self-image, millions of guys suffer in silence—ashamed to admit they hate what they see or feel like they're not attractive, confident, or worthy of love. The pain of being overlooked, rejected, or compared can do serious damage to your confidence and identity.

But God has something powerful to say to you.

He wants to speak into the parts of you that feel insecure, rejected, or ugly. He wants to rewire the way you see yourself—not with fake confidence, but with **truth** rooted in who He is and who you are in Him. You weren't created by accident. You're not a mistake. You're not flawed beyond repair. You are *fearfully and wonderfully made*.



This 3-day Bible Study is an invitation to shift your perspective. You'll dive into what God says about your identity, how to fight shame, and how to start seeing yourself with the dignity and confidence that comes from being made in His image.

You may feel broken, but God sees beauty.

You may feel insecure, but God sees strength.

You may feel invisible, but God sees **you**—and He calls you His masterpiece.

Let's journey together, one day at a time, and let God's truth rewrite the story you've been telling yourself.





## Day 1: When You Don't Like What You See



Day 1: When You Don't Like What You See

## Your Verse

### *Psalm 139:13–14 (NIV)*

*“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”*

## Supporting Scriptures

- *Genesis 1:27 (NIV)*

*“So God created mankind in his own image, in the image of God he created them; male and female he created them.”*



## Day 1: When You Don't Like What You See

# Devotional: The Mirror and the Lie

When you look in the mirror, what do you see?

Too skinny? Too fat? Not tall enough? Not attractive enough to catch anyone's attention?

It's easy to let culture and comparison define our worth. Social media feeds us filtered faces, sculpted bodies, and fake perfection. And after a while, it messes with your head.

But God tells a different story.

The Bible says you were *fearfully and wonderfully made*—not by accident, but with intention. That your frame was handcrafted by the same God who shaped mountains and galaxies. He saw you in the secret place before anyone else ever did.

Genesis says you were created in God's image. That means His fingerprints are all over you.

You don't have to *earn* value—you already *have* it.

The world may praise physical strength, jawlines, or six-pack abs—but God looks at the *heart*.

What He calls wonderful isn't based on appearance—it's based on design.

The mirror may lie to you.

Culture may reject you.



But God calls you *His masterpiece*.

Let that truth speak louder than your insecurities.





Day 1: When You Don't Like What You See

# Journaling Prompts

1. What thoughts do I usually have when I look at myself in the mirror?

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2. How have comparison or social media affected how I see myself?

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3. What would change if I fully believed I was wonderfully made by God?

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## Day 1: When You Don't Like What You See

## Prayer for Today

God, I confess that sometimes I don't like what I see. I compare myself to others and feel like I don't measure up. I wonder if I'll ever be "enough." But Your Word says I'm fearfully and wonderfully made. Help me to see myself through Your eyes—not the world's. Remind me that my value doesn't come from my size, my shape, or my skin, but from Your love and design. Speak louder than my shame. Heal my view of myself. In Jesus' name, amen.





## Day 2: Trapped in Comparison



## Your Verse

### *Galatians 1:10 (NIV)*

*“Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.”*

## Supporting Scriptures

- *2 Corinthians 10:12 (NIV)*

*“We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise.”*



## Devotional: The Poison of Comparison

You scroll through Instagram or TikTok and suddenly feel like you don't measure up.

The guys with chiseled abs, designer clothes, and perfect skin seem to have it all—looks, confidence, even attention from girls. Meanwhile, you feel stuck—judging yourself by standards you didn't create but still try to live up to.

Comparison is a poison.

And it doesn't just damage your confidence—it kills your peace.

The Bible tells us that seeking human approval will always steer us away from our true identity.

You weren't made to live for likes, compliments, or validation from the crowd. You were made to reflect Christ—to live free, not chained to someone else's image or body type.

Paul says comparison isn't wise. Why?

Because it blinds you to the truth about yourself. It makes you see life as a competition instead of a calling. It keeps you chasing a version of yourself that God never asked you to become.

The truth is—someone will always have more muscles, better skin, a stronger jawline, or a more photogenic life. But no one else can carry your calling. No one else can be **you**.



Your worth isn't based on how you stack up.  
It's based on **who made you—and why He did.**

God didn't call you to be a clone. He called you to be His.

So drop the comparisons. Trade performance for peace.  
And remember: your identity is not found in how you look—it's found in  
**Whose** you are.



Day 2: Trapped in Comparison

# Journaling Prompts

1. Who do I often compare myself to, and how does it affect me emotionally and spiritually?

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2. Have I been seeking approval from others more than from God?

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3. What would change if I stopped comparing and started believing that God's design for me is good?

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## Day 2: Trapped in Comparison

## Prayer for Today

Father, I confess that I've been comparing myself to others—wishing I looked different, acted cooler, or fit in better. I've craved approval more than Your presence. But today, I want to let that go. Teach me to find my worth in You—not in likes, muscles, height, or jawlines. Help me remember that I am uniquely made, and I don't have to compete with anyone to be valuable. Free me from the trap of comparison. Help me walk confidently in my true identity as Your son. In Jesus' name, amen.







## Day 3: Confidence from the Inside Out



## Day 3: Confidence from the Inside Out

## Your Verse

*1 Samuel 16:7 (NIV) “But the Lord said to Samuel, ‘Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.’”*

## Supporting Scriptures

- *Proverbs 31:30 (NIV)*
- *“Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised.”*  
*(While written about a woman, this verse reveals a principle that applies to all: lasting worth is about character, not looks.)*



## Day 3: Confidence from the Inside Out

## Devotional: Confidence God Can See

We spend so much time trying to build confidence through external changes—new clothes, new haircut, more muscle, fewer blemishes. And while there's nothing wrong with wanting to look your best, true confidence doesn't start on the outside. It starts in your soul.

God reminded Samuel that He sees differently than we do. While people judge based on appearances, God looks at the heart. And what He values most is your **character**, not your contour. He's not impressed by biceps or cheekbones—He's drawn to humility, strength of spirit, and faith.

If your confidence is only skin-deep, it will fade the moment someone criticizes you.

But when your confidence is rooted in Christ—who never changes—it becomes a fortress no insult can shake.

You don't need to be the best-looking guy in the room to be used by God. You don't need to have six-pack abs to attract real, godly relationships. And you don't need approval from the crowd to be full of purpose and strength.

When you start building your identity on the things God sees—honesty, courage, faithfulness, love—you'll radiate a confidence that isn't loud but **powerful**.

And the right people will notice—not just your face, but your faith.



Day 3: Confidence from the Inside Out

# Journaling Prompts

1. What have I been relying on to feel confident—appearance, approval, or something else?

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2. What are some traits God sees in me that I've overlooked?

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3. How can I start building inner confidence based on my identity in Christ?

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## Day 3: Confidence from the Inside Out

## Prayer for Today

God, I want confidence that doesn't crumble under pressure. I want to build my identity on something stronger than looks or popularity. Thank You for seeing past my appearance and looking at my heart. Help me grow into a young man who reflects Your strength, love, and purpose. Heal the parts of me that still seek external validation. Fill me with the kind of confidence that only comes from knowing I'm Yours. In Jesus' name, amen.





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