# Rooted in Christ: Finding True Worth Beyond Social Media



Discover how to anchor your self-worth in Christ instead of social media, overcoming comparison and embracing your God-given identity.





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#### Introduction

In today's digital world, social media is a constant presence in the lives of teenagers. With every scroll, swipe, and like, it becomes easy to fall into the trap of comparing ourselves with others, measuring our worth by followers, likes, or comments. Yet, this constant comparison often leaves us feeling "less than"—unseen, unvalued, and insecure. This 3-day Bible study plan explores how to break free from the lie that social media defines our worth and instead root our identity firmly in Christ.

Social media may highlight trends, popularity, and perfection, but God's Word shows that true worth is not about human approval but about being fearfully and wonderfully made by our Creator (Psalm 139:14). Through Scripture, we learn to embrace our unique identity and live confidently in God's love.

Over the next three days, we'll reflect on the dangers of finding validation in social media, the freedom Christ offers us from comparison, and practical ways to build a healthy, God-centered self-image. Whether you feel overwhelmed by the pressures of online popularity or just want to deepen your understanding of your identity in Christ, this study seeks to empower you with biblical truth and encouragement.

Remember, your worth isn't counted in likes or followers — it's counted in the eyes of the God who made you and calls you His own. Let's dive into His Word and discover the freedom that comes from rooting our self-worth in Him.

















#### Your Verse

Galatians 1:10 – "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**

- Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
- Psalm 139:14 "I praise you because I am fearfully and wonderfully made."







#### Devotional: Breaking Free from People-Pleasing on Social Media

As a teen navigating social media, it's all too easy to get caught up in wanting the approval of others. We may catch ourselves thinking, "If only I had more likes or followers, I'd feel better about myself." **Galatians 1:10** challenges this mindset by reminding us that our priority should not be pleasing people but serving and honoring God. When we focus on pleasing others, especially via social media, we lose sight of God's perspective on our worth.

It's important to remember that the online world often highlights only the best moments and edited images, creating an unrealistic standard. **Romans**12:2 calls us to renew our minds instead of conforming to these patterns. This means refusing to accept the world's definitions of worth and instead embracing our true identity in God.

Psalm 139:14 beautifully declares that we are "fearfully and wonderfully made." This truth is foundational. Your value isn't based on viral moments or follower counts — it's based on the fact that God created you in His image, uniquely and lovingly. When you remember this, you can resist comparison and appreciate the beautiful person God made you to be.







### Reflect and Apply

|    | How often do you find yourself seeking approval through social media likes or comments?   |
|----|---|
|    |   |
| 2. | In what ways has comparison affected your self-esteem or emotions?                        |
|    |   |
|    | What might change in your life if you focused more on God's approval than human approval? |
|    |   |
|    |   |







### **Journaling Prompts**

|    | Write about a recent time when you compared yourself to someone else on social media. How did it make you feel? |
|----|---|
|    |   |
| 2. | List three qualities God has given you that no social media metric can measure.                                 |
|    |   |
|    |   |
| 3. | Reflect on Galatians 1:10. How can you apply this verse to your daily social media use?                         |
|    |   |
|    |   |
|    |   |







### Prayer for Today

**Dear God,** thank You for creating me with intention and love. Help me to stop seeking approval from people and to focus on pleasing You instead. Teach me to see myself through Your eyes, not the world's or social media's. Renew my mind, give me strength to resist comparison, and remind me daily that I am fearfully and wonderfully made. May my worth be rooted in Your love alone. In Jesus' name, *Amen.*















#### Your Verse

2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

#### **Supporting Scriptures**

- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."
- John 1:12 "Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God."







#### Devotional: Embracing Your New Identity in Christ

When social media whispers lies about inadequacy, reminding you of things you "lack," Scripture reminds you of your true identity in Christ. **2 Corinthians 5:17** declares that when you follow Jesus, you are a new creation — your past doubts, fears, and feelings of "less than" are gone, replaced with new life and purpose.

Being a new creation means your identity is not built on social media statistics or external validation but on being God's handiwork (Ephesians 2:10). He created you intentionally with gifts, passions, and a unique plan. This truth is powerful; you don't have to compete or fit into the world's standards to be valuable.

Moreover, John 1:12 reminds us that believing in Jesus grants us the privilege of being children of God. This status isn't earned by popularity but given freely by grace. As God's child, you belong — fully and unconditionally.

So instead of looking to social media to define who you are, spend time embracing and living out this new identity. Ground yourself in God's truth, and let His love shape your confidence and self-worth. This is freedom!







### Reflect and Apply

| 1. | What does being a "new creation" mean to you personally?  |
|----|---|
|    |   |
|    | How does knowing you are God's handiwork change the way you see yourself compared to social media images? |
|    |   |
|    | In what ways can you remind yourself daily that you are a beloved child of God?                           |
|    |   |
|    |   |







### **Journaling Prompts**

|    | Describe your life before knowing you were a new creation in Christ and how you want it to look now. |
|----|--|
| 2. | Write a letter to yourself from God's perspective, affirming your worth                              |
|    | and identity.  |
|    |  |
|    | Identify three practical ways you can reject unhealthy comparisons and affirm your God-given value.  |
|    |  |
|    |  |
|    |  |







### Prayer for Today

**Lord Jesus,** thank You for making me new and giving me a fresh start. Help me to remember that my identity is found in You, not in what social media says about me. Teach me to live confidently as Your child and to see myself as Your masterpiece. When feelings of inadequacy arise, remind me of Your love and truth. May I walk empowered each day, rooted in the freedom You give. In Your precious name, *Amen.* 















#### Your Verse

Philippians 4:8 – "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

#### Supporting Scriptures

- Colossians 3:2 "Set your minds on things above, not on earthly things."
- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."







#### Devotional: Building a God-Focused Mindset Daily

It's one thing to know your worth in Christ; it's another to live it out daily, especially when social media constantly tempts you to compare or doubt. **Philippians 4:8** offers wisdom: focus your thoughts on what is true, noble, right, pure, lovely, and admirable. By intentionally filling your mind with God's truth and positive things, you protect your heart from lies that social media may try to plant.

**Colossians 3:2** encourages setting your mind on things above rather than earthly distractions. This may include limiting your time on social media, unfollowing accounts that fuel insecurity, or surrounding yourself with friends who affirm your identity in Christ.

Also, **Proverbs 3:5-6** reminds us to trust God wholeheartedly and seek His guidance each day. When feelings of self-doubt arise, submit those to God and let Him direct your thoughts and decisions.

Try practical steps like daily Scripture reading, memorizing verses that affirm your worth, and journaling your blessings and God's faithfulness. These habits will build a strong foundation of self-worth rooted in God's love, helping you navigate the challenges of social media with confidence and joy.







### Reflect and Apply

| 1. | What kinds of content on social media tend to make you feel less worthy or insecure?        |
|----|---|
|    |   |
| 2. | How can focusing on God's truths help you overcome these feelings?                          |
|    |   |
|    | What practical step can you take this week to protect your heart from negative comparisons? |
|    |   |
|    |   |







### **Journaling Prompts**

| Make a list of Scriptures or positive truths to meditate on when you feel insecure.             |
|---|
| Write about a time when changing your social media habits improved how you felt about yourself. |
|   |
| Plan and describe a daily routine that includes moments to reconnect with God and His truth.    |
|   |
|   |
|   |







### Prayer for Today

Heavenly Father, thank You for providing Your Word as a guide to help me set my mind on what is true and pure. Give me wisdom to choose carefully what I allow into my mind and heart. Help me to trust You fully and lean on Your understanding when I feel tempted to compare myself to others. Strengthen my faith so I can live confidently in the identity You have given me. May Your peace guard my heart today and always. In Jesus' graceful name, *Amen.* 







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