



Seeing Yourself Through God's Eyes



A 7-day journey for teens to discover self-worth,
identity, and God's love through Scripture and
reflection.



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Introduction

Being a teenager can be an exciting but challenging time. You're discovering who you are, your purpose, and how you fit into the world. Sometimes, this journey is filled with doubts, comparisons, and questions about your value. **What if you could learn to see yourself exactly as God sees you?** This Bible study plan invites you into that transformational experience.

Through the next seven days, we'll explore Scripture that reveals God's heart for you. Each day will shine a light on important truths: your unique identity in Christ, His amazing love, and the purpose He has for your life. You'll be encouraged to embrace yourself—not through the world's standards, but through God's perfect lens.

Learning to see yourself through God's eyes means discovering your worth isn't based on achievements, appearance, or opinions of others. It's grounded in *who God says you are*. This journey will help you lean into His promises, renew your mind, and grow in confidence and peace.

Ready? Let's walk this path together and see the beautiful, beloved person God created you to be. You are valued. You are loved. And your story is just beginning. Let these seven days transform your heart and perspective forever.





Day 1: ✨ Finding Your Worth in God



Day 1: ✨ Finding Your Worth in God

Your Verse

Psalms 139:14 – I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

Supporting Scriptures

- *Jeremiah 1:5 – Before I formed you in the womb I knew you, before you were born I set you apart.*
- *Ephesians 2:10 – For we are God's handiwork, created in Christ Jesus to do good works.*



Day 1: ✨ Finding Your Worth in God

Devotional: You Are Wonderfully Made by God

Have you ever looked in the mirror and felt unsure about yourself? Maybe you've thought about ways you want to change or wished you were different. Psalm 139:14 reminds us that we are **fearfully and wonderfully made**. This means God put intentional care into creating you. You aren't a mistake or an accident; you are His masterpiece!

Jeremiah 1:5 tells us that God has known you even before you were born. This shows an intimate, personal love and plan for your life. When we realize this, our worth isn't dependent on what others say or how we feel. Instead, it's anchored in being God's creation, made with purpose and love.

Think of God like an artist who crafted every part of you: your talents, your heart, and your story. Being His handiwork (Ephesians 2:10) means you have value just as you are. Today, let God speak over your heart: you are valued, you are loved, and you are wonderfully made.



Reflect and Apply

1. How do you usually see yourself? What influences that view?

2. What does it mean to you that God created you with purpose before you were born?

3. Can you think of ways to remind yourself daily of your worth in God's eyes?



Journaling Prompts

1. Write about three things God created about you that you're thankful for.

2. Describe a time when you felt most loved or valued by God or others.

3. List any negative thoughts you have about yourself and how you might replace them with God's truth.



Day 1: ✨ Finding Your Worth in God

Prayer for Today

Dear God, thank You for creating me wonderfully and with great care. Help me to believe and accept that I am Your masterpiece, loved exactly as I am. When I struggle with self-doubt, remind me of Your truth and strengthen my heart. Teach me to see myself through Your loving eyes every day. *In Jesus' name, Amen.* ✨ ❤️ 🙏 🌿





Day 2: Embracing God's Love for You



Your Verse

Romans 8:38-39 - Nothing can separate us from the love of God that is in Christ Jesus our Lord.

Supporting Scriptures

- *1 John 3:1 - See what great love the Father has lavished on us, that we should be called children of God!*
- *John 15:9 - As the Father has loved me, so have I loved you.*



Devotional: You Are Deeply Loved by God

It's easy to feel unloved when facing challenges or loneliness, but God's love is unlike any other. Romans 8:38–39 promises that nothing can separate us from His love—no fear, failure, or feeling unworthy. That love is steady and unchanging.

1 John 3:1 shows us how amazing God's love is; He calls us His children! Imagine being welcomed into God's family with open arms, cherished and valued beyond measure. That's exactly how He sees you.

Jesus declared His love in *John 15:9*, comparing it to the love He shares with the Father—perfect, unconditional, and full of grace. When you feel unlovable, remember God's boundless love for you. Let His love fill you, heal you, and empower you to love yourself and others.



Reflect and Apply

1. What does it mean to you that nothing can separate you from God's love?

2. How can embracing God's love change the way you see yourself?

3. When in your life have you most felt God's love? How did it impact you?



Journaling Prompts

1. Write a letter to yourself reminding you of God's love during hard times.

2. List ways you can show God's love to yourself and others this week.

3. Reflect on moments when you doubted God's love and how you can trust Him more.



Day 2: ❤️ Embracing God's Love for You

Prayer for Today

Lord, thank You for Your unfailing, unconditional love. Help me to rest in the truth that nothing can separate me from Your love. When I feel alone or unworthy, remind me that I am Your beloved child. Teach me to love myself well by leaning on You. *In Jesus' name, Amen.* ❤️ 🙏 🌈 ✨





Day 3: 🛡️ Overcoming Insecurities with Truth



Your Verse

2 Corinthians 10:5 – We take captive every thought to make it obedient to Christ.

Supporting Scriptures

- *Philippians 4:8 – Think about whatever is true, noble, right, pure, lovely, and admirable.*
- *Romans 12:2 – Do not conform to the pattern of this world but be transformed by renewing your mind.*



Devotional: Replacing Lies with God's Truth

Insecurity whispers lies that can shape how you view yourself. But as followers of Christ, we have the power to **take every thought captive** and make it obedient to Him (2 Corinthians 10:5). That means challenging negative beliefs and replacing them with God's truth.

Philippians 4:8 urges us to focus on whatever is true and pure, helping us to filter out harmful self-talk and lies the world tries to tell us. Instead of conforming to negative patterns, Romans 12:2 encourages us to be transformed through a renewed mind – a mind shaped by God's promises and love.

Today, consider the lies you believe about yourself. What are the truths from Scripture that can replace those lies? This is an ongoing process but a powerful step towards seeing yourself as God sees you.



Reflect and Apply

1. What are some common negative thoughts you have about yourself?

2. How can you practically 'take captive' those thoughts daily?

3. Which truths from God's Word can you use to replace lies you believe?



Journaling Prompts

1. Write down three lies you commonly believe and find Scripture verses to counter each.

2. Describe a recent time when changing your thoughts helped you feel better about yourself.

3. Plan small habits you can use to renew your mind and focus on truth.



Day 3: 🛡️ Overcoming Insecurities with Truth

Prayer for Today

God, help me to recognize the lies I believe about myself and give me strength to replace them with Your truth. Renew my mind, so I can see myself as You see me—fearfully and wonderfully made. Teach me to focus on what is true and lovely. *In Jesus' name, Amen.* 🧠 🙏 💡 📖





Day 4: 🌱 Growing in Identity as God's Child



Your Verse

1 John 3:2 – We know that when Christ appears, we shall be like Him, for we shall see Him as He is.

Supporting Scriptures

- *Galatians 3:26 – You are all children of God through faith in Christ Jesus.*
- *Ephesians 1:5 – God predestined us to be adopted as His children through Jesus Christ.*



Devotional: Living Confidently as God's Child

Your identity as a child of God is a powerful foundation. 1 John 3:2 reminds us that one day we will be like Christ because we will see Him as He truly is. This future promise points to how deeply connected you are with Jesus, not just now but forever.

Galatians 3:26 makes it clear: you belong to God's family through faith in Jesus. You are no longer defined by your past or by the opinions of others but by your adoption into God's eternal family. Ephesians 1:5 emphasizes that God chose you—He *predestined* you—to be His child.

Understanding and accepting this identity gives you confidence. You can face the world with boldness knowing you have a loving Father who calls you His own and desires the best for you.



Reflect and Apply

1. What does it mean for you to be called a child of God?

2. How does knowing God chose you affect your sense of identity?

3. In what ways can you remind yourself daily of your belonging in God's family?



Journaling Prompts

1. Write about how your identity in Christ changes how you see yourself.

2. List ways you can live confidently as God's child this week.

3. Reflect on any fears or doubts about belonging and how God addresses these.



Day 4: 🌱 Growing in Identity as God's Child

Prayer for Today

Father, thank You for making me Your child through faith in Jesus. Help me to live boldly and confidently in that identity. When I feel uncertain, remind me You have chosen me and love me deeply. May I always walk as a beloved member of Your family. *Amen.* 🌿 🏰 ❤️ 🙏





Day 5: 🕊️ Peace in Your God-Given Purpose



Your Verse

Jeremiah 29:11 – For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.

Supporting Scriptures

- *Proverbs 3:5-6 – Trust in the Lord with all your heart and lean not on your own understanding.*
- *Ephesians 2:10 – We are His handiwork, created for good works.*



Devotional: Trusting God's Plans for Your Life

It's natural to wonder, "What is my purpose?" Jeremiah 29:11 offers comfort and assurance that God has good plans for you—plans filled with hope and a future.

Trusting in God's plan can be hard because sometimes our own understanding is limited or confusing (Proverbs 3:5–6). But when you lean on Him, He guides your steps and helps you discover His purpose for your life.

Remember, Ephesians 2:10 tells us we were created for good works, which God prepared in advance. Your uniqueness, gifts, and passions are part of His plan. Embrace this truth with peace today, knowing your life's not random but designed by a loving God.



Reflect and Apply

1. How do you feel about the idea that God has a plan specifically for you?

2. What areas of your life do you need to trust God more?

3. How can you seek guidance from God when you feel uncertain about your path?



Journaling Prompts

1. Write about your hopes and dreams and how they relate to God's plan.

2. Describe a time when you sensed God's guidance or direction in your life.

3. Make a list of qualities or passions God has given you that could be used for good works.



Day 5: 🕊️ Peace in Your God-Given Purpose

Prayer for Today

God, thank You for the plans You have for me—plans filled with hope and a bright future. Help me to trust You fully, especially when I'm unsure about what lies ahead. Guide me to live out the purpose You created me for, and fill me with peace. *Amen.* 🌈 🙏 📖 ✨





Day 6: 🔥 Walking Boldly in Faith



Day 6: 🔥 Walking Boldly in Faith

Your Verse

Joshua 1:9 – Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

Supporting Scriptures

- *2 Timothy 1:7 – God gave us a spirit not of fear but power, love and self-discipline.*
- *Hebrews 11:1 – Faith is confidence in what we hope for and assurance about what we do not see.*



Day 6: 🔥 Walking Boldly in Faith

Devotional: Courage to Live Out God's Love

Living as a teen who sees themselves through God's eyes means often going against the crowd. Joshua 1:9 encourages us to be strong and courageous, reminding us that God is always with us. Fear and discouragement don't come from God, because He gave us a spirit of power, love, and self-discipline (2 Timothy 1:7).

Faith is the key to walking boldly. Hebrews 11:1 says faith gives us confidence—knowing God's promises are true even when we can't see the full picture.

Today, remember that courage isn't the absence of fear, but trusting God so deeply that fear loses its power. Let that confidence empower you to be yourself, stand up for what is right, and shine God's light in your world with boldness.



Day 6: 🔥 Walking Boldly in Faith

Reflect and Apply

1. What fears hold you back from living fully as God's child?

2. How can you cultivate courage and faith in everyday situations?

3. Who in your life models bold faith that inspires you?



Journaling Prompts

1. Write about a situation where you want to be more courageous.

2. List ways you can remind yourself daily of God's presence and power.

3. Reflect on your faith journey and moments of growth in trusting God.



Day 6: 🔥 Walking Boldly in Faith

Prayer for Today

Lord, thank You for giving me strength and courage. Help me overcome fear by trusting in Your presence and power. Teach me to walk boldly in faith, showing Your love through my words and actions. Empower me to be a light in this world. *Amen.* 💪 🙏 🔥 ❤️





Day 7: 🌈 Celebrating Your God-Given Identity



Your Verse

Galatians 2:20 – The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

Supporting Scriptures

- *Colossians 3:12 – You are God's chosen people, holy and dearly loved.*
- *Romans 8:1 – There is now no condemnation for those who are in Christ Jesus.*



Devotional: Living Joyfully as God's Beloved

As you finish this 7-day journey, celebrate the truth that your identity is secure in Christ. Galatians 2:20 reminds us that through faith in Jesus, who loved us and gave Himself for us, our lives are transformed.

Colossians 3:12 calls you God's chosen, holy, and dearly loved—something to rejoice in every day. When the world challenges your worth, remember there is no condemnation for those in Christ Jesus (Romans 8:1). You are forgiven, embraced, and free.

Take this day to reflect on the incredible person God has created and redeemed. Live with joy, peace, and confidence, knowing your story is in His hands and your value never fades.



Reflect and Apply

1. How has your understanding of your identity in God changed over these days?

2. What joy or peace do you feel knowing you are God's chosen and loved?

3. How can you continue to live in confidence and freedom in Christ?



Journaling Prompts

1. Write a personal celebration of who you are in God's eyes.

2. List ways you want to grow in faith and confidence going forward.

3. Reflect on how you can encourage others to see themselves through God's eyes.



Day 7: 🌈 Celebrating Your God-Given Identity

Prayer for Today

God, thank You for the incredible gift of my identity in Christ. I rejoice in being Your chosen and dearly loved child. Help me live each day with joy, confidence, and freedom from condemnation. May my life reflect Your love and grace always. *Amen.* 🎉 🙏 ❤️ ✨





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