



Wonderfully Made: Embracing Your God- Given Identity



Discover your true worth as a teen by embracing that you are fearfully and wonderfully made by God, empowering your self-esteem and body image.



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Introduction

Being a teen today comes with many challenges, especially when it comes to how we see ourselves. Society, media, and peers often tell us what beauty and worth should look like, causing many to struggle with body image and self-esteem. But the Bible offers a powerful, liberating truth: you are **fearfully and wonderfully made** by God (Psalm 139:14). This means your value is not determined by fleeting trends or outside opinions, but by the Creator who knit you together with care and purpose.

In this 3-day study, we will explore what it truly means to embrace your God-given identity. You'll learn how to see yourself through God's eyes, celebrate the unique design He's given you, and build a strong foundation for confidence rooted in His unwavering love. Each day includes Scripture, reflections, and prayers to help you walk boldly into your teen years knowing you are deeply valued and wonderfully made.

As you journey through these days, remember: your worth isn't about perfection or comparison, but about the incredible masterpiece God created you to be. Let His truth reshape how you feel about yourself and give you peace in a world full of pressure.  





Day 1: ✨ Created With Purpose



Day 1: ✨ Created With Purpose

Your Verse

Psalm 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: ✨ Created With Purpose

Devotional: God's Masterpiece: Embracing Your Unique Design

Understanding Our Divine Design

From the very beginning, God knew you intimately—even before you were born! Psalm 139:14 reminds us of the incredible truth that we are *fearfully and wonderfully made*. It means you are crafted with intention, care, and purpose. You aren't a mistake or an accident; you are the masterpiece of God's creation.

In a world that often tells teens they need to change to fit in or be accepted, it's essential to remember that your value comes from your Creator, not your appearance or popularity. Jeremiah 1:5 affirms that God's plan for you started long before you came into existence, which means you have a meaningful purpose.

Embracing this truth sets a foundation for healthy self-esteem. Take a moment today to thank God for creating you uniquely and purposefully.



Day 1: ✨ Created With Purpose

Reflect and Apply

1. What does it mean to you personally that you are 'fearfully and wonderfully made'?

2. How might your perspective on your body change when you see yourself as God's handiwork?

3. In what ways can remembering God's knowledge of you before birth help with self-esteem?



Day 1: ✨ Created With Purpose

Journaling Prompts

1. Write down three unique qualities God has given you that you appreciate.

2. Reflect on any negative thoughts you have about your body and rewrite them from God's perspective.

3. List ways you can celebrate your God-given identity daily.



Day 1: ✨ Created With Purpose

Prayer for Today

Dear God, thank You for creating me with purpose and love. Help me to see myself as You see me—wonderfully made and deeply valued. When I struggle with self-doubt or negative thoughts about my body, remind me of Your truth and fill me with peace. Teach me to embrace my identity in You, trusting Your perfect plan for my life. Thank You for knowing me fully and loving me completely. In Jesus' name, Amen. 🙏❤️✨🌈





Day 2: ❤️ Choosing Confidence in God



Day 2: ❤️ Choosing Confidence in God

Your Verse

1 Samuel 16:7 - "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 - "Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised."*
- *Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind,"*



Day 2: ❤️ Choosing Confidence in God

Devotional: Confidence from the Heart, Not Appearance

Beyond Appearance: Finding Confidence in God

Our culture often emphasizes physical appearance as the key to confidence, but God reminds us through 1 Samuel 16:7 that He values the heart over outward looks. This is incredibly freeing because it means your worth isn't tied to how you look but to what's inside you—the qualities God nurtures in your heart.

Proverbs encourages young women and men alike that true beauty is found in revering God, not in fleeting outward charm. When you align your identity with God's values rather than the world's standards, you develop a confidence that doesn't fade.

Choosing to renew your mind daily (Romans 12:2) helps shift your focus from societal pressures to God's perspective. Today, make a conscious effort to value your inner qualities and trust God's affirmation over any temporary judgment.



Day 2: ❤️ Choosing Confidence in God

Reflect and Apply

1. How does it feel to know God looks at your heart rather than your outward appearance?

2. What pressures from the world do you find hardest to resist when it comes to body image?

3. How can renewing your mind help you develop lasting confidence?



Day 2: ❤️ Choosing Confidence in God

Journaling Prompts

1. List traits or qualities you believe God values in you more than physical appearance.

2. Write about a time you felt confident because of who you are on the inside.

3. Think of ways you can remind yourself daily to see your worth through God's eyes.



Day 2: ❤️ Choosing Confidence in God

Prayer for Today

Lord, help me to focus on what truly matters—my heart and character, not my outward appearance. Teach me to reject the world’s fleeting standards and embrace the confidence that comes from You. Renew my mind so I can live according to Your truth every day. Thank You for loving me for who I am inside. Please fill me with courage to walk boldly in Your grace. In Jesus’ name, Amen. 🌿💪❤️🙏





Day 3: ✨ Living Out God's Design



Day 3: ✨ Living Out God's Design

Your Verse

Romans 8:38-39 - "For I am convinced that neither death nor life... nor anything else in all creation will be able to separate us from the love of God that is in Christ Jesus our Lord."

Supporting Scriptures

- *2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."*
- *Philippians 4:13 - "I can do all this through him who gives me strength."*



Day 3: ✨ Living Out God's Design

Devotional: Empowered by God's Unchanging Love

Walking Boldly in God's Love

As teens face ups and downs, it's important to remember that God's love for you is unshakable and unconditional. Romans 8:38-39 powerfully assures us that nothing can separate us from God's love—not our fears, mistakes, or insecurities.

The journey of accepting your God-given identity may bring challenges, but God's grace sustains you. 2 Corinthians 12:9 reminds us that God's strength shines brightest in our weaknesses. This means you don't have to be perfect to live confidently; God's power fills in the gaps.

Philippians 4:13 encourages us that through Christ's strength, you can accomplish God's plans for your life. Embrace today the truth that you are loved, capable, and wonderfully created to make a difference.



Reflect and Apply

1. How does knowing God's love can never be separated from you impact your self-view?

2. What weaknesses or insecurities can you give to God to receive His strength?

3. In what ways can you live out your God-given design with confidence?



Journaling Prompts

1. Write about a fear or insecurity you want to surrender to God.

2. Describe how God's love has helped you feel accepted and valued.

3. Make a plan for one way to live boldly as God's wonderfully made creation.



Day 3: ✨ Living Out God's Design

Prayer for Today

Gracious God, thank You for loving me so deeply that nothing can separate me from You. Help me to live boldly, confident in Your strength and grace. When I feel weak or unsure, remind me that Your power is made perfect in my weakness. Teach me to embrace my identity as Your wonderful creation and to step forward courageously into the plans You have for me. Amen. ❤️





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