

Christian Union Planning Sheet

Theme / Topic

Accepted not Rejected – *Part 3 of the 'Christian Values' 5-part series*

Bible Passage

Psalm 139:14 'I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well.' (New International Version)

Time Allocation

30 minutes

Aim

The young people will learn that they are accepted by God.

Introduction

Group discussion

Have you ever felt rejected? Been in a situation where you felt someone has not accepted you? It can make you feel worthless. Today's session is about being accepted by God and we are valuable to him.

Visual illustration

Take a £5 note - clean and crisp and ask them how much it is worth? Who wants it? Then crumple it up, stamp on it, spill something on it to make it dirty. Ask who wants it now? (Hopefully someone will!)

Explain that the value of the £5 note doesn't change no matter where it's been or what it looks like and in the same way our value to God doesn't change. We are still accepted by him in the same way we still accept the crumpled £5 note.

Leader to read Psalm 139 to the group – it is an amazing Psalm in the Bible, where King David is proclaiming how much he is accepted by God. God knows every little thing about him and God feels the same way about you and me.

Teaching

The feeling of being rejected by other people is very real to all of us, in the vitalise devotional today Darren shares how he felt rejected when he was at school but when he became a Christian, he began the journey to realising that he was accepted by God.

Watch the video 'Vitalise Devotional - Accepted not rejected (pt `1/3)` together.

You can find the video here: <https://youtu.be/Okk7laAqBqI>

Application, Reflection and/or Activity

What verses amaze you from Psalm 139? What jumps out at you?

Write down or draw a picture to show you that you are accepted by God.

You are not a nobody. These verses tell us that we are accepted as a friend and as a child of God. That means we are somebody. We are worth something because God accepts us. We have seen in this blog that he knows us better than we know ourselves; that God accepts us as his friend and child and that, even when we get it wrong, we continue to be accepted by Him. You are accepted not rejected. Maybe say it to yourself in the mirror – you are accepted, not rejected. If God accepts us, we need to learn to accept ourselves too. God doesn't get it wrong – ever! You are fearfully and wonderfully made. You are amazing! Accept it!

Memory Verse

'Yet to all who did receive him, to those who believed in His name. He gave the right to become children of God' – John 1:12; NIV

Resources

Vitalise Video

Bibles available in case young people would like to look up Bible references

Resources for object lesson: £5 note and something to spill on it to make it dirty (EG. a drink)