



1-3-9: The Perfect Combination

VIEWING GUIDE

1. God is _____.
2. God is _____ the time.
3. We spend more _____ on the _____ than we do on the _____.
4. God says, He has _____ my _____.
5. In our lives, _____ is in control. Before we were a thought in our parents minds, _____ possessed our reigns.
6. Fearfully means with _____.
7. We are _____ and _____ by God.
8. At that very moment God knew you and said, _____.
9. You were _____ for a _____ with _____.
10. When we have a relationship with Christ, Philippians 4:13 becomes a reality in our lives.
“I can do _____ things through _____ which _____ me.”
11. Get _____ doing what God has called you to do _____ and quit _____ about what you'll do _____.
12. You are _____ in Him. You are _____ nothing with God.
13. Can you say, “God _____ for making me the way you did
and _____ me to focus on what I need to be in _____ to you.”
14. You have _____ you what God knew you needed to get through it!
15. Don't _____! God hasn't left you _____.
16. “Through the knowledge of Him”...that's a _____!
17. The _____ combination to you is _____ through knowing _____.

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Digging Deeper

In the world we live in it's easy to feel like we are not good enough or that we do not fit in. These feelings can cause us to try to become someone that we are not. When we struggle with these things, it helps to go back and remember who we are. This study is going to help you find the truth regarding who you are and what God made you to do.

Read Galatians 4:5-7

Vs. 5 *To redeem them that were under the law, that we might receive the adoption of sons.*

Vs. 6 *And because ye are sons, God hath sent forth the Spirit of his Son into your hearts, crying, Abba, Father.*

Vs. 7 *Wherefore thou art no more a servant, but a son; and if a son, then an heir of God through Christ.*



1. According to the verses above, God sent Jesus to _____ you, _____ you and make you a _____ of God through Christ.

2. The word *redeem* means to buy a slave's freedom. This means at some point you used to be a slave. Maybe you think your parents treat you like a slave when they ask you to clean your room or help with the dishes, but that is not what the Bible is talking about. Before you asked Jesus to save you, you were a slave to sin. That means you didn't have the power to stop sinning. But when Jesus cleansed you from sin, He gave you a new nature. That nature doesn't have to sin or listen to the devil. You are no longer a slave to sin or the world's idea of how you should live your life. You are free, as an heir of God, to live as He intended and equipped you live! After adopting you, God gave you a special gift. He sent His Spirit into your heart.

Ephesians 2 is another passage that will help you understand who you really are according to God's Word.

If I came to you and said, "Hi, I'm Reba. Who are you?" Beyond telling me your name, what would your answer be? _____

Maybe you said, "I'm a high school student," or "I'm Bobby's girlfriend," or "I'm Susan's daughter." Or on a particularly bad day, you might say:

"I'm the one without a date this weekend."

"I'm the one who needs to lose ten pounds."

"I'm the one who didn't get invited to the party last night."

"I'm the one no one notices is absent from school."

You are no longer
a slave to sin

There are days that some or all of these may fit. However, you are much more than that. Those things might **describe** you at different times but the following verses in Ephesians **define** you at all times regardless of where you are or who you are with.

Look at these verses as if you are looking into a mirror. According to the truth of God's Word, fill in the blank of each "I am" statement.

For example:

Ephesians 2:4-5 *But God, who is rich in mercy, for his great love wherewith he loved us, Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)*

I am _____ together _____.

Ephesians 2:6 *And hath raised us up together, and made us sit together in heavenly places in Christ Jesus.*


I am seated with Christ in _____ places.

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Talking Back

Self-esteem is a big deal in our culture. Everyone wants “high self-esteem.” A simple definition of esteem is to lift or raise something up. So, self-esteem would be to raise or elevate yourself. Some people work so hard to elevate themselves in the eyes of world, their friends, and their family.

What are some things that make people feel good about themselves? _____



Where do people get their ideas about how they should look, who they should be friends with and what it takes to be happy?

If you listen to T.V. talk shows, most of them are going to tell you to work on building your self-esteem and that will make you more successful. But what is the truth? Is that what the Bible says?

When we look at Scripture we find that we are to be humble in spirit and have a servant’s heart. The Bible doesn’t want us to walk around with our heads down and act like we can’t do anything. That was not who Jesus was at all. There is a better way for us to look at this issue. God wants us to have Christ-esteem rather than self-esteem. This is the act of lifting up Christ and what He has done for us. It is realizing that we would be nothing without Him. When we humble ourselves, He promises to lift us up and give us the confidence we need to do what He has asked us to do.

Look at James 4:10. What does it say we need to do? _____

Look at Philippians 4:13. What does it say you can accomplish and how? _____

These are great verses that assure us that if we follow the commands of God, there is nothing we cannot do. God will equip you to do anything He needs you to do.

We don’t really need high self-esteem at all, but we do need to have a good self-image. We need to remember who gives us the power and the talent to accomplish our purpose. You may be wondering how self-image differs from self-esteem. Maybe this illustration will help you remember the difference.

self-image differs from
self-esteem

An image is a picture or a reflection. Self-image is a reflection of you. The question you need to ask is what are you reflecting? What images bounce back when you look at yourself in the mirror? I am sure if you are trying to answer that question you are thinking of looks. We think that way because the world has conditioned us to think that who we are is tied to what we look like. Nothing could be further from the truth.

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When we look through the world's glasses our focus gets off. We begin to focus on our weight, our social status, whether we have a boyfriend or not, how popular we are, etc. However, when we look at ourselves as Jesus sees us we can see ourselves for who we truly are and what we are meant to do. Self-image has nothing to do with outside and everything to do with inside. It has nothing to do with looks and everything to do with the confidence you have in God to do His work in you.

Can you trust God? _____

Do you? _____

Do you believe God really wants to do great things with your life? _____

It's time that you realize nothing can stop you when God is on your side. God can use you regardless of whether your size is small or extra large. You can be confident in the work He will do in you even if you don't have a boyfriend.

What can you do to boost your **self-image** instead of your self-esteem? _____

I hope you came up with some great ideas. I will give you a few that always work.

- Read your Bible and find out what God has given you.
- Pray and ask God for confidence to do what He desires.
- When you face a discouraging day regarding how you look or feel about yourself, tell God about it.

God loves me personally
and intimately

Making it Mine

We have all been told so many things that are not true that it is very hard to agree with true statements. I have listed a few true statements that come straight from the principles of God's Word. See if you find any of them hard to agree with.

- "God designed me this way for a purpose."
- "God loves me personally and intimately."
- "Trying to be someone I am not will only be frustrating."
- "God knows my end from my beginning. He knows what I will face along the way, and He has equipped me and has allowed me to experience things so that I will be prepared for everything that comes my way."
- "God, as my heavenly Father, knows where I am and what is going on in my life. He has planned the best for me along the journey of my life."

Are you able to say those things and mean them? _____



According to God's Word, He created you (Psalm 139) and He equipped you (2 Peter 1:3). How are you going to live your life in light of this truth?

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What ideas or expectations do you have of yourself that you need to let go of realizing they are not from God? _____

What areas of your life do you need to spend more time and energy improving based on the truths from God's Word? _____

What things do you need to identify as worldly goals that you are trying to live up to? _____

What things do you need to add to your list of personal goals according to God's Word? _____

Letting go of the false way we think and embracing a new way of thinking is hard. That is why God has given us His Word to guide us and encourage us to recognize and live by the Truth. I hope this TruthSearch has helped you to be more confident in who you are as a servant of Jesus Christ.