

HEART CONNEX

Truth Flowing from One Generation to the Next— Through Strong Heart Connections

STUDENTS PAGE

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Finding Joy in Who You Are—Richard Ross, Ph.D.

1. Heart Surprise (Today a parent goes first): When it's your turn, say: **I also enjoy discovering that we have something in common. For example, here's another way you and I are similar . . .**

Something from the *Heart Surprise* I want to remember:

2. Read Scripture: Psalm 139:14-16; Jeremiah 29:11; and Galatians 6:4-5

Truth

- Christ helps believers be content with who God created them to be.

Untruths

- I just don't measure up to other people and never will.
- I am so far ahead of others that they'll never catch up to me.
- Given my appearance and abilities, I must not be very lucky.

3. Explore Scripture: Write what you want to remember about the Scriptures.

4. Think It Through: If there are at least three members of your family, place two parents or two family members on either side you. The two "voices" will alternate reading lines, waiting for you to respond. Use truths from today's passages to respond to each statement. If there are only two members of your family, the parent can read both "voices."

*Voice One: **Your body is inferior and will handicap you in life.***

*Voice Two: **You don't measure up to others and have every right to feel inferior.***

*Voice One: **Your life will never be a great adventure, and you'll never accomplish much.***

*Voice Two: **No one will pursue a relationship with you, so you'll be lonely forever.***

5. Nail It Down: A parent will lead this step.

6. Pray: Include this thought as you pray out loud: **Father, I do believe you have made me just right, and I can hardly wait to see all that you have planned for me in life.**

7. Blessing: Listen as your parent blesses the family.

Teen Tip: Identify a scene in your favorite movie that expresses how you feel about your parents. Show it to them and explain why you decided to show this scene. Thank them for sharing this moment with you.