

**8. To be bitter and resentful about yourself**

- a. is all right because you have a right to feel this way.
- b. it is a sin

**9. The way to become a personal friend of God is**

- a. to take the Lord Jesus as your Savior.
- b. to be as good as you can and go to church often.

**10. Our happiness in life depends on:**

- a. our attitudes - the way we think about things
- b. how beautiful we are, how smart we are, and how much money we have.

What is the most important thing you have learned this lesson?

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Name: \_\_\_\_\_ F \_\_\_\_\_ M \_\_\_\_\_

Mailing address \_\_\_\_\_

City \_\_\_\_\_ Prov \_\_\_\_\_ PC \_\_\_\_\_

Birthday \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

**Here's How:**

- \* Read the Bible story first, then the answer sheet.
- \* Complete the answer sheet, and then send it back to us.
- \* We will then send you your next lesson.

*U.B. I'll B.*  
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Designed by:



David, who was a shepherd boy who became one of the greatest kings of Israel and "a man after God's own heart", said "I will praise you: for I am fearfully and wonderfully made." Psalm 139:14

You are a special, one-of-a-kind individual. There has never been anyone exactly like you, and there never will be another person exactly like you. There's only one you!



**ONE OF A KIND**  
**SPECIAL**  
**UNIQUE**  
**PERSONAL**  
**INDIVIDUAL**

2. Become God's Friend. The way to become a personal friend of God is to take the Lord Jesus as Savior. If you have not taken Jesus as your Savior, you can do this right now. Tell Him that you know that you are a sinner and that you believe that He is the Son of God and that He died on the cross for your sins. Ask Him to come into your heart to be your Savior.

3. Don't compare yourself with others. Be yourself and be content having what you have.

4. Do not be bitter about yourself. Have you been bitter and felt that God has not treated

you fairly? If so, will you confess this sin to God right now? Just tell him the truth: "God, I have been bitter and resentful. I am confessing this sin to you right now."



5. Be thankful. The Bible says, "In everything give thanks; for this is the will of God in Christ Jesus concerning you." 1 Thessalonians 5:18



Say a prayer something like this: "God, I thank You for the way You made me. I am trusting You to make me what You want me to be. I can accept myself as You made me because I trust Your love and wisdom. Amen."

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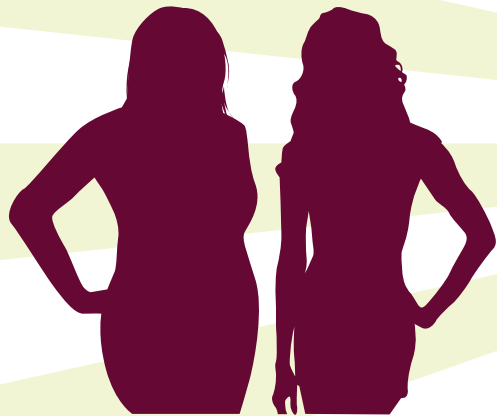
**LEARNING TO  
ACCEPT MYSELF!**

## LEARNING TO ACCEPT MYSELF

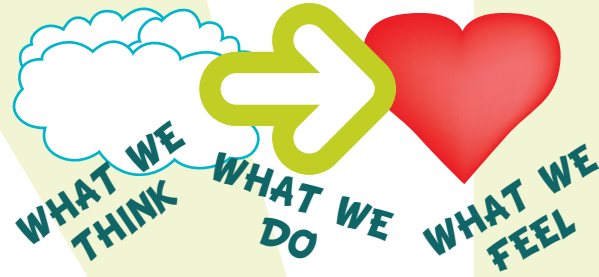
What you think about yourself affects your happiness and everything you do. It affects the way you get along with other people. Most important of all, it affects your attitude toward God.

Tanika is slightly overweight. Ever since she started school she has been teased about her weight. She has been called “Fatty,” “Porky,” and “Fatso” more times than she can remember, but it still hurts.

Even though it is not true, Tanika thinks that all the kids at school hate her. Worse than this, Tanika hates herself. She sees herself as being ugly and not worth much. She doesn’t necessarily want to look like “Nadia” who is beautiful, athletic and, well... perfect. On the other hand why does she have to look like the “Pillsbury Doughboy™”? No one wants to get to know her because they would rather hang out with the “beautiful” people who seem to be always having fun. Non-stop fun. Fun, fun, fun. It makes her feel very lonesome and sometimes she wonders if anyone understands her at all.



Much of Tanika’s unhappiness comes from the fact that she does not accept herself and because she believes wrong thoughts about herself. What we think determines what we do and what we feel. This is why it is so important that we think right thoughts.



### THREE FACTS FROM GOD’S WORD

To help us think right thoughts, let us consider three facts from God’s Word.

**Fact #1** We were created by God. A common theory is that humans evolved from lower forms of animal life slowly over millions of years. However, the Bible says, “Know that the LORD, He is God. It is He who has made us, and not we ourselves...” Psalm 100:3

**Fact #2** We were created in the image of God.

The Bible also says, “So God created man in His own image, in the image of God He created him; male and female created He them.” Genesis 1:27

**Fact #3** Each of us was given certain characteristics by God.

No one has a choice as to his parents, his race, the color of his skin, his intelligence, his physical appearance, or his natural abilities. These all came to us by birth and they all came from God. Since this is true, there is no place for pride on our part.

The Bible says, “For who makes you different from anyone else? What do you have that you did not receive?” I Corinthians 4:7a

### WE ARE JUST THE WAY GOD MADE US!

We do not have anything to be ashamed of regarding the way God made us. Here’s some ways that will help you think rightly about yourself.



1. You are a special person. Even though Satan likes to make us think that we are not worth much and that God does not really care about us, this is a lie.

Jesus told his disciples that not even a little sparrow could fall to the ground without his Father knowing about it. Jesus said that we are worth more than many sparrows. He said that even the hairs on our heads are numbered by God. This shows us how important we are to God.



Write your answer choice in the box provided for each question.

1. What you think about yourself

- a. is not really important.
- b. affects your happiness and everything you do.

2. Fill in the spaces:

What we \_\_\_\_\_ determines what we \_\_\_\_\_ and what we \_\_\_\_\_.

3. The truth about us is that

- a. we were created by God.
- b. we came up from lower forms of animal life by the slow process of evolution.

4. We were created in the image

- a. of God.
- b. of angels.

5. When you think you are not worth much, you are:

- a. believing Satan’s lie.
- b. just facing the facts about yourself.

6. Being thankful is:

- a. not expected from people who are unhappy.
- b. the will of God in Christ Jesus concerning you.

7. In the Bible God tells us:

- a. to be content in the way He made us and not to compare ourselves with others.
- b. to compare ourselves with others so we can feel sorry for ourselves.