

for use as
STEP 1 
Lesson 1
Focus:

You are valuable to God.

Lesson 1
Bible Basis:

Jeremiah 1:4-10;
20:7-11; 23:28-29

Lesson 11
Memory Verse:

BIL: "Before I formed you in the womb I knew you, before you were born I set you apart."
—Jeremiah 1:5a

As students explore how valuable they are to God, they will look at how each person is uniquely created by a God who knows and loves them.

Materials:

- Internet access

➤ **How many of you watched the Super Bowl game last month? Do you remember any of the commercials?** (Allow students to share.)

While many Super Bowl commercials are silly, Toyota featured a commercial in the 2021 Super Bowl with a really valuable message about paralympic athlete Jessica Long. In the years since, Jessica has been able to share her inspiring story of overcoming obstacles with young people and athletes across the country. Let's take a look.

Play the following video for your students [3:27; stop at 2:48]:
Team USA Paralympic Swimmer Jessica Long Shares Her Story With Philly Students | NBC10 Philadelphia

<https://www.youtube.com/watch?v=1Ufv8vXXdn8>

➤ **In what ways does our world tend to see individuals with disabilities or differences as less capable or valuable? How is this different from the way God sees them?** (Allow students to respectfully share their thoughts.)

Sadly, our world has a tendency to treat people with disabilities or differences as less valuable. But we know that each person is created uniquely by God and is loved by their creator. All people have equal value!

When we were created in our mother's womb, there was Someone who already knew everything about us, who created us as a unique person. That's what today's lesson is all about. We have already been given our identity long before we were born, and we are valuable to God. Having this knowledge can help us make God's priorities our priorities. Let's dig in to learn more.

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

Identified

for use as
STEP 4 

**Lesson 1
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**Lesson 1
Memory Verse:**

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I knew you, before you were born I
set you apart."
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Materials:

- Index cards (1 per student)
- Pens/pencils (1 per student)
- Whiteboard or screenshared document (optional)

If your class is meeting online, invite your students to bring supplies with them to class.

Before this step, write out the following on the whiteboard or screenshared document: Jeremiah 29:11— "For I know the plans I have for you _____ (add your name)," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future (which might include _____)."

Jeremiah's identity was determined before he was born—he was set apart. God came to him and told him lots of things about himself. Jeremiah's reaction was, "Alas, Sovereign Lord," I said, "I do not know how to speak; I am too young."

Saying, "Alas" would be a modern equivalent of saying, "Unfortunately" or "Too bad" —something we might say to get out of something ... Jeremiah wasn't too different.

Have students come up with some excuses they may make to try to get out of things. Invite humor and understanding into this. Let students know that God knows all their excuses before they say them and remind them that He has equipped them from before birth for the tasks He has for them to do.

God didn't care that Jeremiah was young. He purposefully came to Jeremiah in his youth because He wanted this prophet to know He always had a plan for Jeremiah whether he was young or old. Jeremiah 1:51 says, "Before I formed you in the womb, I knew you, before you were born I set you apart." Jeremiah was young when God first picked him, and the same applies to us!

When we were born, our parents loved and held us without much expectation put upon you other than to do what babies normally do! God, however, saw you at birth much differently.

Distribute supplies (or invite students to have them ready at home). Have students fill in the blanks to the verse you wrote on the whiteboard: Jeremiah 29:11—“For I know the plans I have for you _____ (add your name),” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future (which might include _____).”

We may not actually know the exact plans God has for us. We may have some ideas, or He may have shown us some things already in our gifts and talents, but really only HE knows His plan for sure.

Just realizing God does have a plan for us is huge. God’s words to Jeremiah were huge for him and helped him lead the nation of Israel wisely as their prophet. Have a volunteer read Hebrews 4:12a.

Encourage students to take their cards home and place them in a prominent place where they’ll be seen. If students want to, have them write today’s memory verse on the opposite side of their cards. Encourage students to seek guidance this week in their Bible reading and prayer times. Remind them that the Word of God is alive and active and using it properly will help them make wise determinations about God’s plans for their lives.

Be in touch with students when possible this week through email, text message, or a card sent to remind them of the unique love and care that comes from God the Father who created them with purpose.

Have students regroup and close the session in prayer. Ask specifically for help for students who may not feel they have found their identity, worth, and value in this world. Remind them that God knows their worth and wants them to know it also.

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