

IDENTITY & SELF-ACCEPTANCE | WEEK 13

SECOND CHANCES & GROWTH THROUGH STORY

LEADERS GOAL

What grace looks and feels like and how we can give ourselves grace too

SCRIPTURES

II Corinthians 12:9

Romans 8:28

Matthew 28:20

ACTIVITIES

Bible Character Match Up
Give Yourself Grace Over Perfection

PRAY

SUPPLIES

- Bible Character Match Up Cards, one per Small Group
- Scenario Cards for Give Yourself Grace Over Perfection Activity, one set per Small Group
- Bible marked and open to II Corinthians 12:9, Romans 8:28, Matthew 28:20

BOTTOM LINE

Messing up isn't the end.

AS STUDENTS ARRIVE

Who played House or Follow-the-Leader when you were a kid?
When was a time you got to be in charge? You got be the leader. How did it go?

STORY CONNECTION

In Freaky Friday, Ellie and Katherine feel pressure to be perfect, in charge, and to have it all together. Choose Readers for Katherine and Ellie who sing "I Got This" (Script, p21-23).

Do they "got this" though?

Ellie came to a realization that she couldn't control everything. (Script, p89)
(A reader for Savannah is needed here besides Ellie.)

OUR STORIES

- On a scale of 1-10, how important is it to you to feel in control?
- Where do you feel pressure to be perfect or in control?
- What helps you when you feel like things are out of control or don't go the way you want them to? How can you give yourself grace?
- Can we trust God to help us when things feel out of control or we don't have it all together?



TRUTH & TREASURE

What Is Grace?

Grace is God's unearned, undeserved love and strength given to us even when we mess up. It means that we don't have to have it all together—because God already does. Grace reminds us that He is with us always; in our weakness too.

Scripture Focus

"My grace is sufficient for you, for my power is made perfect in weakness." 2 Corinthians 12:9 (NIV)
 "And we know that in all things God works for the good of those who love Him, who have been called according to His purpose." Romans 8:28 (NIV)

Joseph's Story (Genesis 50:15–19)

When Joseph's brothers feared revenge for the wrongs they had done to him, Joseph responded with grace.

He didn't lash out or try to prove his strength. Instead, he trusted God's plan.

Joseph's response shows that he understood grace:

- He forgives instead of seeking revenge.
- He trusts God's bigger story even when deeply hurt.
- He believes God can bring good out of pain.

Joseph's words later summarize the heart of Romans 8:28 beautifully: "You intended to harm me, but God intended it for good to accomplish what is now being done—the saving of many lives." Genesis 50:20 (NIV)

Grace doesn't mean life will always go smoothly. It means that even when things fall apart, God is still working for our good. We don't have to be in control—because grace assures us that He already is.

DISCOVERY TIME

Activity | Bible Character Match up

Supplies: Name of Bible Character, life circumstance, and result printed on cards. One set per Small Group to match up. Students work together to match up Bible characters, the life circumstance that was out of their control, and how God worked it out for good.

ANSWERS:

Joshua – Did not feel courageous or strong enough to lead the people of Israel after Moses died – God promised that He would be with him and never leave him.

Moses – Had a speech impediment and felt not good enough for God's assignment – Led God's people, Israel, out of Egypt where they were slaves.

Gideon – Afraid and felt not good enough for God's assignment – Saved his people from the Midianites with an army of only 300 men.

Joseph – Sold to be a servant by his brothers, taken far from home, falsely accused, and thrown into prison – Became a ruler in Egypt and fed people including his brothers who hurt him during a famine.



Robber – Sentenced to die on a cross for his crimes – Received forgiveness and the promise to go to Heaven when he died

Peter – Denied three times, saying that he didn't know Jesus – Was shown love and forgiveness by Jesus

Activity | Giving Yourself Grace

Students pull scenario cards and brainstorm how to give themselves grace and patience in the moment.

Scenarios:

- Left school project at home on the day it was due.
- Couldn't remember the meaning of vocabulary words on science test even though studied.
- Not picked for a group activity.
- Stomach couldn't handle dissection lab and had to sit out.
- Alarm didn't go off and missed the bus.
- Accidentally spilled an Iced Cap in your lap.
- Gave a class presentation and stumbled over your words.
- Forgot to text a friend back and now feel guilty.
- Got called out by a teacher for talking during class.
- Posted something online that didn't get the reaction you expected.
- Meant to encourage a friend but said something that came out wrong.

Optional Debrief Questions:

- What's the difference between holding yourself accountable and being too hard on yourself?
- How might showing yourself grace help you grow in confidence and resilience?
- How can you extend that same grace to others when they mess up?

Weekly Challenge

Remember, you don't have to have it all together to matter.

Give yourself grace this week, the same grace you'd offer to a friend who's just trying their best. Treat yourself with kindness, compassion, and understanding when things feel difficult, when you make mistakes, or when things don't go the way you wish. Say, "I'm loved. I get to try again."

PRAYER

God, thank you that we don't have to be perfect to be loved by you. Help us to stop chasing perfection and instead live in the freedom of your grace. Teach us to be kind to ourselves and to others. Amen.



Did not feel courageous or strong enough to lead the people of Israel after Moses died – God promised that He would be with him and never leave him.

Had a speech impediment and felt not good enough for God's assignment – Led God's people, Israel, out of Egypt where they were slaves.

Afraid and felt not good enough for God's assignment – Saved his people from the Midianites with an army of only 300 men.

Sold to be a servant by his brothers, taken far from home, falsely accused, and thrown into prison – Became a ruler in Egypt and fed people including his brothers who hurt him during a famine.

Sentenced to die on a cross for his crimes – Received forgiveness and the promise to go to Heaven when he died

Denied three times, saying that he didn't know Jesus – was shown love and forgiveness by Jesus

JOSHUA

MOSES

GIDEON

JOSEPH

ROBBER

PETER

Left school project at home
on the day it was due.

Couldn't remember the
meaning of vocabulary
words on science test even
though studied.

Not picked for a group
activity.

Stomach couldn't handle
dissection lab and
had to sit out.

Alarm didn't go off and
missed the bus.

Accidentally spilled an
Iced Cap in your lap.

Gave a class presentation
and stumbled over your
words.

Forgot to text a friend back
and now feel guilty.

Got called out by a teacher
for talking during class.

Posted something online
that didn't get the reaction
you expected.

Meant to encourage a friend
but said something that
came out wrong.

Got cut from the team after
trying out and felt
embarrassed in front of
friends.