

LAUREN DAIGLE

Artist:

Album Title & Record Company:

Video Title:

Study by:

LAUREN DAIGLE
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CENTRICITY MUSIC

LOOK UP CHILD
YOU SAY

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Theme

Self-Identity; In Christ

Objective

Students will be reminded of their identity and what the Lord says about them.

Warm Up

Telephone – This is the classic game where you divide your group into teams, then proceed to give the first people in line a phrase (for example, “I like to wear peanut butter socks”), then have them whisper what they believe they heard to the next person in their line, who then whispers to the next, and so on until the last person receives the message. Each person can ask for one repeat. The team with the most words accurately stated wins. You could also use your entire group for this if numbers and time allows.

Transition

Discuss:

- What made it difficult to hear what was being said?
- What made the accuracy of the message get skewed?

Say something like, “We hear a lot of messages about ourselves. It could be about what we’re wearing, how we look, how people see us, etc. Those messages can get jumbled, twisted, and ultimately lead us to believe that our worth is measured by approval of others. Sometimes, the person who is our biggest critic ends up being ourselves. Self-doubt creeps in and begins to eat away at the positive messages that soon become a faint whisper.”

The Video

Hand out the Student Guides. Explain that Lauren Daigle’s song, “You Say” is a message of hope and truth: who we are is not defined by what others or even we say. We are to hold fast to what our Heavenly Father says about us. Encourage the students to write down any lyrics from the song that are especially important to them. Play the video.

Bible Study

Read the following verses, and go over the questions and answers in the students’ “You Say” section of their guide.

Psalm 139:14; Psalm 17:8

- Why do you think Psalm 139:14 uses the word “fearfully” to describe our creation?
- What does being the “apple” of someone’s eye mean?

Say something like, “Lauren Daigle’s ‘You Say’ describes holding fast to what our Heavenly Father says about us. We are constantly surrounded by ‘white noise’ – the sounds of disapproval, the pressures of life, the distractions of success, the negative messages that bombard us, and more. These are things that allow doubt to fester. We may begin to question our self-worth, our decisions, and ultimately who we are. ‘You Say’ focuses on the truths of God’s Word that help bring us back when the ‘lies tell [us] we won’t measure up’.”

Romans 5:8; 1 John 3:1; Psalm 29:11; Ephesians 2:10

- List what each verse says about you.
- What does being a “child of God” mean to you?
- What verse speaks to you the most and why?

The Word of God tells us that we are not defined by our inadequacies, nor are we defined by our success. We are defined by the Lord who tells us that we are loved, are strong in Him, a prized work, and so much more! We live in a world where negative messages surround us daily – we need to remind ourselves and hold fast to the truths that have been given to us by the Lord.

Wrap Up

Say something like, “It can be hard to cut through the ‘white noise’ of life. Unfortunately, studies show that the more you hear something, the more you believe what’s being said. Therefore, the constant negative messages can seep through to our beliefs if we don’t combat them with the truth. The Lord says we’re enough, that we are loved, that we are strong, and that we are fearfully and wonderfully made in His image. Write down the verse or verses that you want to use to remind you of these truths.”