

## LEANNA CRAWFORD



Artist:

Album Title &amp; Record Company:

Song:

Study by:

LEANNA CRAWFORD  
LEANNACRAWFORD.COM

LEANNA CRAWFORD EP  
PROVIDENT LABEL GROUP

PHOTOSHOP

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## Playlist

This song is featured on "The Linc: Self-Image" Spotify playlist – which is the perfect way to remind your students what you've taught them in this session. To share it with them, click the live link on the web version of this study.

## Theme

Self-Image, Identity, Self-Confidence

## Objective

To remind students that, despite their perceived imperfections, they are cherished and loved by their Creator!

## Warm Up

Give each student a pen and paper. Tell the group they have three minutes to write down everything they **don't like** about themselves. Have them keep their lists private. (You'll come back to this list later). When time is up, have students pair up. Now tell students they have five minutes to write down every **positive thing** they can about their partner – the way they look, act, etc. When time is up, have them share their lists of positivity!

## Transition

Ask the students:

- Which list was easier to create? Why?
- How did you feel writing out the first list?
- How did it feel hearing the list of good things from your friend?

## The Song

Let's face it; we all have things we like and don't like about ourselves. A lot of the time, it can be easier to focus on the things we don't like. Leanna Crawford takes on the topic of self-image in her song, "Photoshop." Let's listen.

## Transition

- What stood out about this song?
- How did the song make you feel?

## Bible Study

Read **Psalm 139** aloud as a group. Discuss:

- What is a Psalm?
- What is its purpose?
- Who wrote this one?
- What is the purpose of this particular psalm?
- How do you feel reading this psalm?
- Re-read v.13-18 – How does it make you feel knowing that God uniquely created you?
- How do you think it makes God feel when you're critical of the way you look?

Read **Jeremiah 31:3**

- Do you think God loves you less because of your perceived imperfections? Why/why not?
- Look at the person beside you, do you see their imperfections when you look at them?

Read **Genesis 1:27, Colossians 3:10, Ephesians 4: 21-24**

- What does being an "image-bearer" of God mean to you?
- How does it make you feel to know God spent time thinking about you, molding you, creating you to be just the way you are?

## Wrap Up

Those lists that you created at the beginning of our session – the list of negative things – I want you to look at that list through the eyes of the One who created you. God doesn't see imperfections – He doesn't make mistakes. Regardless of what you think – whether you feel you need to lose weight (or gain weight), or whether you wish your hair were like someone else's – God knows every hair on your head and placed it there with intention. He created you for a purpose. He placed in you this time and place for a particular reason. You are loved, and it's our mission, as people of faith, to love others!

As we wrap up today, let's take some time to pray through and meditate on the Scriptures we just read. (Provide coloring pages with the Scripture verses along with color pencils, markers, etc.). Provide blank paper for students to create their art. Play some soft music as they work. Have some time to share their work.

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