

## TEDASHII

Artist:

TEDASHII  
REACHRECORDS.COM/ARTISTS/TEDASHII

Album Title &amp; Record Company:

THIS TIME AROUND 2  
REACH RECORDS

Video Title:

MIRROR TALK

Study By:

TRAVIS DEANS  
NATIONAL NETWORK OF YOUTH MINISTRIES  
UNIONTOWN, PENNSYLVANIA  
TDEANS@NNYM.ORG

## Playlist

This song is featured on “The Linc: Self; Identity In Christ” 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; Identity in Christ, Self-Image/Uniqueness, Confidence in Christ

## Objective

To invite students to consider being honest with what they really think about themselves, the words they use to describe themselves, and the expectations of others that they put upon themselves.

## Warm Up

- When you look in the mirror what does the mirror say to you?
- What words come to mind when you take an honest look at yourself?
- Do you have more positive words or more negative words?
- Where are those words coming from?

## Transition

Many times, we don’t like what we see when we look in the mirror. But we are far from the only ones who feel that way. In fact, according to one [article](#), 79% of Americans don’t like how they look in a mirror.

- What do we do with the thoughts and feelings we have when we look in the mirror?

## The Video

Rapper, Tedashii, released a new song in 2022 called “Mirror Talk” that explores his feelings about what he sees when he looks in the mirror.

Play the music video for “Mirror Talk” by Tedashii.

## Transition

- What does Tedashii say he sees when he looks in the mirror?
- What words does the mirror say to him? What does he not like or feel comfortable with about himself?
- How does he deal with his feelings about himself?

## Bible Study

Let’s look at the lyrics of another songwriter...

Read **Psalm 139:1-12**

King David the famous Psalm writer describes a mirror that is not a what, but a Who.

- What does this Divine Mirror know about David?

Read **Psalm 139:13-16**

- What does the Divine Mirror reveal to David about himself?
- What is true about him?
- Do you realize that these very same things are true about you?

Read **Psalm 139:17-18**

- Whose thoughts, about life, about who He is, about everything, does David value most?
- Do you allow God’s words to define you, or the words of others? Why?

People can help or hurt you, but God’s thoughts and words about you should matter most because HE made you. He knows everything about you (the good and the bad), and He loves you still!

Read **Psalm 139:23-24**

- What does David ask God to do for him in these verses?
- Why does he do this?

The mirror of God’s presence also reveals that we are broken by sin. In **Isaiah 6:1-5**, the prophet Isaiah finds himself in God’s presence and is overwhelmed by his sin. He is so distraught over the wrong things he has said, thought, and done that he fears his life is over.

There are two giant truths about every person that you meet in the world:

- Every person has value and worth because they are made in God’s image.
- Every person is broken by sin and capable of doing great evil.

## Wrap Up

So what do we do with all of this? If you look in the mirror and you don’t like who you are - remember you are made in the image of God! God was putting you together before you were born for a purpose and a reason. Your life has infinite value. God values you and loves you so much that He sent His Son to die in your place for the wrong things you’ve thought, said, and done. You were worth the life of God’s Son!

**James 1:22-25** says that the mirror of God’s presence (in this case God’s Word) can do one more thing for us. When we believe and obey what God says, He can and will transform us. If we confess our sins and repent of them, God will forgive our sins. He will heal our broken hearts. He will give us the Holy Spirit to live inside of us. He will free us from the control sin has over our lives. He will cause us to look in the mirror and see... a brand new creation!

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