

[**Author Note:** I chose to open this third lesson on a more serious tone by showing a shorter clip of Dove’s Forensic sketch video: <https://www.youtube.com/watch?v=XpaOjMXyJGk>. You might choose to keep it light at the beginning. If so, I would recommend some kind of a game in which students have to guess what some object from eBay is worth, and then the last picture could be a picture of them.]

So, what did you think of that video? Isn’t that crazy?! Hey, can we do our own little experiment right here? Don’t worry, it’s not sponsored by Dove or anything. We’ll say it’s sponsored by pizza. ’Cause pizza is way better than soap.

OK, just do this quick little exercise for me, OK? Think about everything you have on your body right now. Your clothes, your socks, your shoes, etc. Try to guess how much it’s all worth. Now, look at your friend sitting next to you, and try to guess what the stuff they have on is worth. Keep it in your head. Don’t say it out loud. Great. Now, share with your neighbor and compare numbers. Did your friend think what you were wearing was worth more or less than what you thought?

Now, do the same thing again, but this time, I don’t want you to think about the clothes you’re wearing or the clothes your friend is wearing. I want you think about the person. What are you worth? What is your friend worth? That’s a lot harder to answer, right? You might even say it’s impossible, because we have no idea what we’re really worth.

It’s probably not something you spend a whole lot of time thinking about, but what you’re worth is definitely something that God’s Word talks about. Today, we’re going to answer the question, **“What does God think I’m worth?”** Because His opinion is the one that truly matters.

**Psalm 139:13–16**

*For you formed my inward parts;  
    you knitted me together in my mother's womb.  
I praise you, for I am fearfully and wonderfully made.[*[*a*](https://www.biblegateway.com/passage/?search=Psalm+139%3A13-16&version=ESV#fen-ESV-16254a)*]  
Wonderful are your works;  
    my soul knows it very well.  
My frame was not hidden from you,  
when I was being made in secret,  
    intricately woven in the depths of the earth.  
Your eyes saw my unformed substance;  
in your book were written, every one of them,  
    the days that were formed for me,  
    when as yet there was none of them.*

**“Formed my inward parts … knitted together”**

[**Author Note:** I showed a picture here of me wearing a ridiculous knitted hat. If you don’t have a knitting story, maybe consider finding some knitting fails online.]

My mother-in-law loves to knit. She makes our nephew all sorts of ridiculous hats and costumes for every holiday. Sometimes, she evens makes a hat for me. Say what you will about my mother-in-law’s knitted hats—you always know that they were made with care and love. Have you ever received something handmade from someone?

The great news is that not only does God make us and form us out of love for us, but he’s also the original Creator of everything, so He’s pretty good at it. Seriously, He did a great job with you all. Turn to your neighbor and say, “You’re looking good!”

**"Fearfully and wonderfully made”**

Now, turn to your neighbor and say, “AHHHHHH!” In the Old Testament, the word “fear” can mean a few things. We are told to fear God, but that doesn’t just mean we’re supposed to be afraid of Him. Don’t get me wrong—God can be scary, but He’s also impressive, and when we fear Him, it means we should be IN AWE of him.

So, if God made us “fearfully,” what does that mean? Well, it certainly doesn’t mean that He was in awe of us the same way we should be in awe of Him. But it does mean that He made us with the intention of INDUCING AWE. When someone looks at you they should be in awe of what God has made, they should wonder at what God has done.

What sound do you make when yu see a newborn baby? … Awwwww [sounding cutesy]. And that’s just because it’s cute, right? But, ask any parent; if you stare at your baby, it will make you do more than say, “Awww.” It will make you pause in awe and wonder. When God made you, He did something just like that.

Now, turn to your neighbor and say with wonder, “Awwww.” … OK, admittedly, that was a little weird, but you get the point.

**“My soul knows it well”**

We don't always know it, but deep down in our souls, we understand that we are crafted by God for a unique purpose. Everybody knows the value of human life, which is why we place the value of human life so high in society. At least, sometimes we do. What is sad is how so many people don’t realize the value of their own life.

But, deep down in every one of us is this knowledge that we are actually worth something, something more than we know. Let me prove it to you. This is gonna sound a little dark, but just go with me …

[**Author Note:** Here, I give a short, non-personal illustration involving suicide. Depending on the history of suicide in your group, you may want to weigh whether or not this is appropriate for your group. Maybe it would be helpful for someone who has experienced suicide in their life, or maybe it wouldn’t.]

If someone finds themselves really and truly depressed to the point of wanting to commit suicide, do they just shrug their shoulders and say, “Well, there ya go,” and nonchalantly jump off a bridge without a moment’s hesitation? Of course not! But, why not? Why is impossible to imagine that someone would do that if they were feeling suicidal?

Because that moment’s hesitation is this very verse in Psalm 139 coming to life. We KNOW deep down—every one of us—that our life has meaning and purpose and, most of all, worth. Sadly, sometimes life is so overbearing and our sin can feel so heavy that it can make it hard to see that worth.

That’s why Jesus tells us that, when things get like that, to put our eyes on Him, not on ourselves. He is the one who can speak truthfully to what we’re worth, even when we can’t. But we’ll talk more about that in a minute.

**“Intricately woven”**

This literally means, “Carefully and specifically woven together of different-colored threads.” That sound like a tapestry, right? Have you ever seen a huge tapestry up close? Up close, you see the detail of each colored thread. Usually, it’s a bit of a mess if you look at it up close, and especially if you look at a tapestry from the backside. But, standing back and looking at a distance, the beauty of how those threads come together is remarkable.

Your life is a lot like that. There are a lot of messy bits, a lot of things that—when you think about them, dwell on them, and examine them—you realize you’ve made mistakes and have problems. But, if we could look at the big picture, we would see that God not only knows about those hard times, but He actually puts them there for a purpose, to paint a beautiful big picture of a life that matters to God.

**“The days written for me”**

[**Author Note:** If you don’t have your own humorous bedtime story, consider just asking students, “What are some bedtime stories your parents used to tell you?”]

A good father will read stories to his kids, or maybe even make up stories for his kids. A friend of mine used to tell his kids bedtime stories where I was an evil cat criminal that would rob banks. For weeks, the kids were calling me “bad cat,” and I had no idea why.

God, our heavenly Father, goes way beyond just making up an imaginary story for us. He has literally detailed every scene of your life: every happy moment, every tearful moment, every lesson, every chapter. Now, there are maybe a few pages that you wish had played out differently, but that’s only because you can’t see the end of story yet.

Paul says in Romans 8:28, *“And we know that for those who love God, all things work together for good, for those who are called according to his purpose.”* If you love God and belong to God, every pain, every struggle, every bad day, every hurt, every broken heart, every confusion, and every loss has purpose and meaning. That’s huge!

**Worth the Blood of Christ**

Now, if all of that doesn’t show you what we are worth in the sight of God, then you definitely need to pay attention to this next passage.

**1 Peter 1:18–19**

*… knowing that you were ransomed from the futile ways inherited from your forefathers, not with perishable things such as silver or gold, but with the precious blood of Christ, like that of a lamb without blemish or spot.*

What did it cost to purchase us from the grip of our sins? It cost the blood of Christ!

What did the three wise men bring to Jesus when he was born? Gold, frankincense, and myrrh. Gold, we all know is expensive. Frankincense and myrrh are really rare resins that people burn to make things smell nice. They’re like an all-natural, expensive Febreze.

What did Mary pour onto Jesus’s feet and hair just before He was betrayed and died? She broke an alabaster flask of pure nard (really, really expensive perfume, like, crazy expensive!) and she poured it over Jesus.

Now, compare those things for a moment. The blood of Christ, gold, frankincense and myrrh, Nard perfume. Which is worth more, do you think?

Now, don’t get me wrong. I’m not trying to say that we are worth more than what Jesus is worth. What I want you to see is that when people in the Bible came into contact with Jesus, they gave all that they had, they sold whatever they could, traveled whatever distance they needed to, just to give the very best that they had.

Likewise, when God wanted to redeem His children and save them, when He wanted to reunite with us and come into contact with us … He gave up the most priceless thing in the universe: His Son, Jesus.

Have you ever heard that old worship song “Nothing but the Blood”? Sometimes, old hymns like that can contain some really amazing truths.

*“What can wash away my sins? Nothing but the blood of Jesus! What can make me whole again? Nothing but the blood of Jesus! Oh, precious is the flow that makes me white as snow. No other fount I know, nothing but the blood of Jesus.”*

Alright. So what does this have to do with WWJT, “What would Jesus text?” What does this whole lesson have to do with texting or social media or technology?

Hear me carefully. What people THINK about you and SAY about you does not determine your worth. There is no comment on any social media picture or post that can ever truthfully say what you’re worth. The number of friends you have does not determine your worth. A friend count on Facebook or followers on Instagram means absolutely nothing.

Not only are most of them probably not real friends, but even if they were, God’s voice is louder. His friendship means more. And Jesus says that everyone who knows God and is known by Him is a friend of God.

The number of clubs or sports you’re in does not determine your worth. The number of likes you get does not determine your worth. The number of views you get does not determine your worth. The number of text replies, pictures, emails, mentions, comments, or whatever does not determine your worth. Only God can determine what you are worth!

**Closing Challenge**

Tonight, I want to challenge you to find your worth in Christ alone. Maybe for you, that will mean laying off social media for a while or altogether. Or maybe it means doing something even more difficult. If you’re struggling with who you are or what you’re worth, then speak with a leader and spend some time in prayer tonight. Don’t leave without knowing for certain that you are worth the blood of Christ!

What would Jesus text? He would text people and tell them what they are worth. He would text people and tell them that He died on a cross for the sins of all those who believe in Him.

First, you need to believe that. But, if you already do trust in Christ, then I have another challenge for you.

This week, make your social media about everyone else and not yourself. Text your friends, post on their walls, or hit them up on Snapchat and share what they are worth to you. Post a picture of your mom or dad, and tell everyone what they are worth to you. If you want, use the hashtag #worthhisblood.

Let’s pray.

**Possible Discussion Questions:**

1. What is the most expensive thing you’ve ever seen? Touched? Wanted?
2. Do you ever rank yourself among your peers? Do you feel as if you’re worth more? Less? The same? Why?
3. Does looking at your social media ever make you feel down about yourself? Why or why not?