



WEEK ONE

**2 CORINTHIANS 10:12 NLT &
PROVERBS 4:23 NIV**

Don't compare your worth with
their posts.

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WEEK TWO

PROVERBS 14:30 NIV

The more I celebrate others, the
more I like me.

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WEEK THREE

**ROMANS 12:2 NLT &
ROMANS 12:6 NLT**

I can like me because God loves me.



**REMEMBER
THIS:**

Don't copy the behavior and
customs of this world, but let
God transform you into a new
person by changing the way
you think. Then you will learn to
know God's will for you, which
is good and pleasing
and perfect.

ROMANS 12:2 NLT



THINK ABOUT THIS:

Today's teens navigate high school with way more information and images to compare themselves to than ever before. Comparison often happens without even knowing they are doing it. In this series, we're looking at what the apostle Paul has to say about leading people to aim higher than comparing themselves to everyone around them. They will learn to follow Paul's example by defining their lives by who Jesus says they are.

 DO THIS:**MORNING TIME**

Before they head out the door to school this week, think of a characteristic of your teen's that has been a cause of tension in your relationship and look for a way to see that characteristic as a positive in the right circumstances. Then share it with them. Remind them that every characteristic they have has the potential to be used in positive ways and encourage them to look for a way to use that part of themselves in a good way today.

**MEAL TIME**

At a meal sometime this week, spend time as a family pointing out characteristics about each other that you admire/like/are thankful for. Use this time to connect in a meaningful way. It doesn't have to be serious or deep, just a couple of moments where you acknowledge the unique traits each of you brings to the family.

**THEIR TIME**

The next time you see your teen scrolling through their feed, ask them about some of the celebrity accounts they follow. Ask if they think there are any they think you might like. Have them pull up a YouTube video or TikTok video that they find particularly funny and watch it together. Ask questions afterwards about why they love it so much and share what you liked about it as well.

**BED TIME**

One night this week, stop by your teen's room and ask if you could have a few minutes to talk. While there, say something like, "I know high school today is a lot different from when I was there. I'm sure there is a lot I don't understand about your life, and a lot that is harder for you than it was for me. You are handling it all really well. I want you to know, I'm on your team and for you. And if there is anything I can do to better understand the challenges you face, let me know."

