

THE NAKED TRUTH

TREAT IT LIKE A MASTERPIECE

MIDDLE SCHOOL | FEBRUARY 9TH

Introduction

- Our culture has set social trends that tell us what is beautiful, masculine, worthy, and attractive.
 - Example: If you're dressed well than you are probably cool and popular
 - If your social media looks perfect than you probably don't have anything bad happen to you.
 - If you don't care about what you wear, or working out, or putting make up on than you are probably aren't worth my time.
- We tend to judge ourselves and others based off of these standards

Scripture

- 1 Samuel 16 – “The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart.”
- Romans 12:1-2 – We are called to give our bodies as living sacrifices, and not conform to the patterns of this world.

What God says about our body

- God is the most creative being that has ever existed. He created the mountains, oceans, waterfalls, all of the natural wonders of the world. Yet his best masterpiece was you.
- When Adam and Eve were first in the Garden of Eden they were naked and felt no shame.
- It doesn't matter what they looked like or the standard of beauty at the time, what matters is they were so focused on God they saw their body through the lens of God telling them they were masterpieces.

Your body is a masterpiece...and deserves to be treated that way

- Caring about your physical appearance is not a bad thing.
- But we need to get our priorities straight.
- The casing of the phone is just what is used to hold the valuable pieces on the inside together and the screen of the phone reflects what is going on inside.
- Our bodies are the casing of what is way more valuable inside - our hearts - and they are like the screen that reflects our hearts.
- When it comes to our bodies and how we present ourselves, we need to ask: why am I doing this? Why am I doing this? Why am I putting on this piece of clothing, or taking these supplements, or working out so much, or not eating, or posting these pictures, or sending these pictures, or hiding entirely? Am I putting my heart first, or my body first? Am I caring what the world thinks and following the world's patterns, or keeping my focus on what God, who created me, thinks I'm his masterpiece?

Other people's bodies are masterpieces...and deserve to be treated that way

- 1 Corinthians 13 tells us how to love
- We are to be kind to other's bodies. Not envy them, and not boast about our own. We do not dishonor other's bodies and put them down. Or flaunt our own bodies hoping to get something out of it. We do not conform to the lies that the world tells us about what our bodies are to look like, but speak truth over people as masterpieces of God.
- Each person you encounter, whether in person or online or on TV deserves to be treated like a masterpiece where the most valuable part of them is on the inside.

Conclusion

- In the story of David, he was anointed King when he was a young boy and only became king 20 years later. Yet what was happening in his heart mattered most. What is happening in your heart matters too. We need to put our heart for God as our priority, and our bodies come second.

Questions

- During our discussion time students will talk about the pressure they have on them to look a certain way, how the message that our bodies are masterpieces but it's our heart that matters most changes the way we present ourselves and look at other people, and the impacts of how we dress.