



COMMUNICATOR GUIDE

Measure Up / Week 2

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

BOTTOM LINE

Take your cue about you from the One who made you.

GOAL OF SMALL GROUP

To help students recognize the freedom they experience when they stop living based on other people's opinions, and to help them understand God's opinion of them.

SCRIPTURE

But when the set time had fully come, God sent his Son, born of a woman, born under the law, to redeem those under the law, that we might receive adoption to sonship. Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, "Abba, Father" (Galatians 4:4-6 NIV).

CONTEXT OF SCRIPTURE

Through Christ, God did something for everybody born under the law—He redeemed them so they might be right with God. Jesus didn't just make it possible for us to be forgiven of our sins; He also made it possible for us to be adopted into God's family. As children of God—like any good dad—God doesn't compare us to anyone else. We are His, so much so that God invites us to call Him "Father" or "Dad." We can find peace in that, especially when we're tempted to compare ourselves to others.

TEACHING OUTLINE

INTRODUCTION

Today, we want to address a question you may not have verbalized out loud, but you probably felt at some point: *How am I supposed to be in high school and NOT compare myself to others?*

TENSION

But we're also asking a bigger and far more important question: "Who or what am I going to look at to tell me if I measure up?"

We all have "something" that serves as our mirror to tell us whether or not we're okay.



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TEACHING OUTLINE

And this person or group of people may not actually have to say, “You’re okay.” But we allow their actions to validate or discredit who we are.

The great thing, however, is that following Jesus also offers a solution as to what or who should get to be a mirror.

TRUTH

We’re going to read a few verses from a letter written by the apostle Paul, the guy who wrote more of the New Testament than anybody else.

Paul addresses the issue of what or who you should look to when you want to figure out if you measure up.

You didn’t know this because nobody told you, but you were born under the law.

Scripture teaches that the sense of *should* that you feel inside of you is actually the law of God written on your heart.

That means there’s enough of God’s law written on your heart to know there’s something wrong with us.

You probably have a sense that no matter what people have, who they know, and how popular they are, at the end of the

day, they still wonder if they’re okay.

And the problem isn’t that we haven’t achieved enough or met the right people. The problem is, when we were born, we were born into a broken relationship with our Creator.

Thankfully, God sent His Son into this world to redeem it.

In other words, God sent Jesus to fix what we can’t ever seem to make right inside of us.

So . . . who does your heavenly Father compare you to? Nobody!

APPLICATION

I think God would say this: “I want you to know you’re fine because you’re Mine.”

Take your cue from the One who made you.

LANDING

Do this and you’ll find what you’ve been looking for—peace.

You’ll never find okay-ness anywhere but in the eyes of your heavenly Father who has invited you to call Him “Dad.”



TEACHING SCRIPT

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BOTTOM LINE

TAKE YOUR CUE ABOUT YOU FROM THE ONE WHO MADE YOU.

INTRODUCTION

1 MINUTE

Last week we began talking about this habit we have of comparing ourselves to the people around us. We said that when we try to measure up—when we decide whether or not we’re okay based on how well everybody else is doing—there’s no win in that. It just creates stress and frustration.

Today, we want to address a question you may not have verbalized out loud, but you probably felt at some point: *How am I supposed to be in high school and NOT compare myself to others? Is that a real thing that real people can do?*

That’s what today is about.

TENSION

2 MINUTES

Today we’re asking the question: “Is there a solution?”

But we’re also asking a bigger and far more important question: **“Who or what am I going to look at to tell me if I measure up?”** Because we *have* to look at something, right?

Think about getting ready for school in the morning. You can’t help but check yourself in a mirror at some point. Believe it or not, we do the same thing in life: We have “something” that serves as our mirror to tell us whether or not we’re okay.

For some of you, there’s one person you need to hear, “You’re awesome!” from, and you’re good to go. Maybe it’s your older brother or sister, mom or dad, best friend, or



TEACHING SCRIPT

coach. For others of you it's a group of people: people in a certain club, class, or friend group. Some of you are currently waiting on a college to tell you whether you're in or out, which will let you know whether or not you're okay.

And this person or group of people may not actually have to say, "You're okay." But we allow their actions to validate or discredit who we are.

If you'd be bold enough to admit, "Yes, there is a person or group of people who decide this for me," don't start thinking there's something wrong with you. We all do it. We're all trying to figure out how to measure ourselves, whether we call ourselves Jesus-followers or not.

The great thing, however, is that following Jesus also offers a solution as to what or who should get to be a mirror. If you're not sure about religion or God, I still want you to listen with an open mind. Because at some point in your life, you're going to look around and wonder if you measure up. It's just going to happen. And while church or God or religion may seem uninteresting to you, I want you to hear what we say today. Because Christianity just has a different way of thinking about measuring up that could be helpful, even if you decide that Christianity isn't for you.

TRUTH

8 MINUTES

We're going to read a few verses from a letter written by the apostle Paul, the guy who wrote more of the New Testament than anybody else. In this letter, he's writing to some first century Christians about 20 or 25 years after Jesus rose from the dead. And Paul addresses the issue of what or who you should look to when you want to figure out if you measure up. Here's what he says:

But when the set time had fully come, God sent his Son, born of a woman, born under the law, to redeem those under the law, that we might receive adoption to sonship (Galatians 4:4-5 NIV).

Let me explain what this means. You didn't know this because nobody told you, but you were born under the law. I'm not talking about physically under something. I mean just like when you were born in America or wherever you were born, you were born responsible to obey the laws of that country. And whether or not you realized it, you were born accountable to God's law revealed in the Old Testament, the New Testament, and also the law of God written in your heart.

For example, the law of your heart is the thing in you, from time to time, that says:

- "I should . . ."
- "I better not . . ."
- "People shouldn't . . ."
- "People should always . . ."



TEACHING SCRIPT

It's kind of like your conscience. There's a universal sense of "should" in you and in the people around you. Maybe you've never asked yourself, "Where did that come from? Is it because of where I'm from or how I was raised?"

But Scripture teaches that the sense of *should* is actually the law of God written on your heart.

We see this even in the idea of comparing ourselves to others or hating others when they accomplish more than we do. We know that it feels wrong and ugly, but why? Who told us it was wrong?

As strange as it sounds, we know because it was mirrored against the law of God written in our hearts. We don't like it, but it's in us.

And Paul says that at the right time, *God sent his Son, born of a woman, born under the law, to redeem those under the law (Galatians 4:4-5 NIV)*. That's all of us.

That means there's enough of God's law written on your heart to know there's something wrong with us. **You defend it and cover it up by being nice and acting polite, but at the end of the day, something's just not right.** So to figure out what to do about it, we look to the left and the right, trying to fix ourselves by measuring up to them. We think: *If I ever have this, do that, or accomplish something great, maybe enough people will think I'm alright and it'll fix whatever I know is broken inside of me.*

But sooner or later, you'll realize that the people who seem to have it together, aren't all that together. Even though they have more stuff, look better, and are more popular, they have the same struggle. In fact, they, too, have a person who makes them feel inferior.

You'll realize that no matter what people have, who they know, and how popular they are, at the end of the day, they still wonder if they're okay.

It means even if you had _____, and you can fill in the blank with whatever you want—the college acceptance letter, normal family, right GPA, boyfriend, girlfriend, or best friend—you'd still wonder if you measure up. Everybody does. Because everybody's looking somewhere for the confirmation that they measure up.

And the problem isn't that we haven't achieved enough or met the right people. The problem is, when we were born, we were born into a broken relationship with our Creator.

Because of that break between Creator and creation, there's an insecurity in you and me that goes to our very core. That's why no matter what we have or what we do, a part of us will never seem to be enough. And no matter what we think will fill that gap, it won't. It's because we don't understand just how broken things are between us and God, our Creator. Nothing we have and no one's approval will totally fix this insecurity. So the apostle Paul says,

But when the set time had fully come, God sent his Son, born of a woman, born under the law, to redeem those under the law (Galatians 4:4-5a NIV).

TEACHING SCRIPT

This means that through Christ, God did something for everybody born under the law—He redeemed them so they might have a way to be right with God. **God redeemed the world.**

Which means He . . .

- Bought it back.
- Regained what was lost.
- Reattached what was unattached.
- Rejoined what was separated.

At the right time, God sent His Son into this world to buy back those who were under the law. **In other words, God sent Jesus to fix what we can't ever seem to make right inside of us.** Paul goes on,

That we might receive adoption to sonship (Galatians 4:5b NIV).

Paul is basically saying, “When God sent Jesus into the world, the goal wasn’t simply to say you’re forgiven of your sin, to get you to heaven when you die, or even to tell you that things are now right between you and God. It’s bigger than that. God sent His Son into the world to make it possible for you to be adopted as His sons and daughters.”

Paul uses a word for adoption that would’ve been familiar in the Greek-Roman culture where he was writing. And that word did not bring babies to mind. Babies weren’t adopted in the first century because too many babies died. But it was very common to adopt teenagers and adults. So when Paul wrote this, he was saying, “God, who knows you, your sin, your failure, your talent and lack of talent, your friends and lack of friends, and where you never measure up, sent is Son to make it possible for you to be adopted into His family.” **The broken creation/Creator relationship has been fixed.** And then Paul says this:

Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, “Abba, Father” (Galatians 4:6 NIV).

Abba is the same word Jesus used when praying to His heavenly Father the night He was arrested before dying on the cross. It is such a familiar and personal word—more comfortable and familiar than “Father.” This literally means *Dad* or *Daddy*. That feels a little too personal, but that’s how personal Paul wanted it to feel!

Let me ask you a question: Have you ever seen a *not* cute baby? I have. But no matter how cute that baby is, you never hear a parent say, “I wish my baby looked more like_____.” Or, “He’s just okay.” Not even average parents look at their babies and compare them to someone else’s baby. In fact, when you hear a parent compare their child to another child, you don’t think there’s something wrong with the child, you think there’s something wrong with the parent!

So . . . who does your heavenly Father compare you to? Nobody! Who is God hoping you’ll measure up to? NOBODY. God is saying, “If you could just see you the way I see you, if you would quit looking at her and him, you’d have so much more peace.”

APPLICATION

1 MINUTE

What if every day when you were tempted to say, "I wish I were as smart as _____, I wish I were as cute as _____, I wish I were as skinny as _____," what if you just stopped yourself and said, "No. I'm not going to do this, because trying to measure up only brings me down. *I want to see me the way God sees me.*"

Because I think God would say this: "I want you to know you're fine because you're Mine. When you're tempted to look to your left and your right, I want you to look up. I want you to look right here to know you're good enough and that you measure up."

If you had to boil it all down, it's simply this:

Take your cue about you from the One who made you.

You know what I mean by cue, right? The person backstage who tells an actor when to walk on or off: They're giving cues. Cues tell us when and how to act.

And we need to take our cues on how to think about ourselves and act toward ourselves from the One who actually knows what's going on, our heavenly Father.

LANDING

1 MINUTE

Do this and you'll find what you've been looking for—peace. You'll be okay when you succeed and when you fail. When you lose and when you win. When you make the team and when you don't. Wherever you're at with your Creator, you'll never find okay-ness anywhere but in the eyes of your heavenly Father who has invited you to refer to Him as "Dad."

Wouldn't it be great if you could even have one day with that kind of peace? If you could finally go to school without feeling like you have to constantly pay attention to how you measure up?

Spend some time thinking about where you take your cue. Who or what do you look to when you need to know whether you're okay and measure up? How much time do you spend thinking about it? I hope you'll have the courage to **take your cue about you from the One who made you.**



TRANSITION INTO SMALL GROUPS