

# FAMILY TABLE TALK

## IDENTITY

### WELLBEING

God blessed each one of us with amazing bodies! Your's may be tall or short, strong or flimsy, funny or serious. God made you just how you are, and he is so proud to call you his child. Sometimes you might wish that God made you to look a little different or be a little smarter or have better skills. No matter what you look like or how talented you are, God made you just as you are. God wants you to be happy with who you are because he made you special and unique. You don't have to be like somebody else—instead be the best you, just like God made you to be.

**Have you ever wanted to be like somebody else?  
What did you wish was different about yourself?**

**What do you think is special about the way God made you?  
What do you like about yourself?**



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### CHRISTLIKENESS

You are God's child and he wants you to follow his instructions every day. But sometimes...we are not very good at following directions. God says "Go this way," but instead I go that way. I might not even know for sure how God wants me to act or treat other people. The good news is we have a perfect example of how humans should act. Jesus shows us what God cares about and how to live. To live the right way, all we have to do is copy Jesus. Copy the way he acts, how he treats people, and the way he listens to God.

**What is your favorite thing about Jesus?**

**What is one thing you think God wants you to change so  
you can follow him better?**

