**Lesson 5: “My Worth Isn’t on Social Media”**

**Key Scriptures**

* Galatians 2:20

**Lesson Objective**

To help students understand that their true worth and identity are not measured by likes, followers, or online approval, but by Christ’s love and sacrifice.

**1. Introduction**

* Ask: *“How many likes or followers do you think you need to feel important?”*
* Discuss how social media often becomes a measuring stick for self-worth.
* Transition: The Bible tells us that our worth is not based on others’ approval, but on Christ living in us.

**1. Social Media Doesn’t Define You**

* Social media is often a highlight reel, not reality.
* It can tempt us to compare ourselves with others (2 Cor. 10:12).
* God doesn’t measure us by popularity but by the condition of our heart (1 Sam. 16:7).

**2. Christ Gave You True Worth**

* Gal. 2:20 – We are valuable because Jesus *loved us and gave Himself for us.*
* Our identity is secure in Christ, not shifting online trends.
* We are children of God (John 1:12) and chosen by Him (Eph. 1:4).

**3. Live for an Audience of One**

* Instead of chasing approval online, live to please God (Col. 3:23).
* When Christ lives in us, we don’t need validation from strangers.
* True freedom comes from faith in Jesus, not in the opinions of others.

**Application:**

* Evaluate: *“Do I care more about God’s approval or people’s likes?”*
* Challenge: This week, post something that reflects Christ in you rather than seeking attention.
* Remember: Your worth was settled at the cross, not on your feed.

**Discussion Questions:**

1. Why do you think people struggle with comparing themselves on social media?
2. How does Galatians 2:20 remind us of our true identity? (Write out the verse)
3. What’s a practical way you can live for Christ rather than for likes this week?