

Lesson 2: How do I find acceptance?

1. In the diagram below list some things that people either reveal or hide about themselves when online?

UNFILTERED VERSION

- *Ans inc: Revealing bad parts of the day, showing unedited photos, keeping up bad photos*

FILTERED VERSION

- *Showing the best holidays, showing that we're always with others, only having the best hair etc*

2. What is the difference between fitting in and being accepted?

Fitting in is doing things to be liked. Accepted is being known for our shame and still being valued and welcomed

3. Using the words provided, fill in the gaps to the statements below:

ACCEPT • ENOUGH • PROTECTED • REJECTED • REAL • REALLY KNOW

- a) To be liked is nice but not **ENOUGH**. To put our true selves out there and be **REJECTED** is our biggest fear. But to have somebody **REALLY KNOW** us and still **ACCEPT** us is one of our greatest desires.

- b) We settle for revealing fake and filtered versions of ourselves so that the **REAL** version of us stays **PROTECTED**.

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4. According to the video what is unique about Christianity?

God fully knows us more than anyone else can yet he still accepts us

5. What might be some consequences in life people may experience if they weren't able to be truly accepted?

Answers could include: Hard to ask for help, feel more lonely/isolated, make riskier choices to get momentary feelings of fitting in

CONSIDER THIS...



If there was a God who could really know you and truly accept you, what would it mean for you?