

## He Gave Us Value

### **Ready:**

“Then the LORD God formed the man out of the dust from the ground and breathed the breath of life into his nostrils, and the man became a living being.” – Genesis 2:7

### **Set**

As a character coach, there are truths I continually tell the team I serve. One of those truths is that their value is not wrapped up in their sport or performance.

After a tough loss, there are feelings of frustration, maybe regret over mistakes made, perhaps physical and mental pain. As an athlete or a coach, you want to win. You play because it's fun, and winning is part of the fun.

God proclaimed our value at creation. In [Genesis 2](#), it is written that God formed man out of the dust of the ground. A cool part of the verse is that “formed” means “to mold into shape, as a potter.” Let that sink in a moment: He made us like a potter makes something from clay. The term we sometimes use is “image bearer.” We are all image bearers of the One who formed us with His own hands. We were made in the likeness of our Creator.

Another reminder of our value is Christ. Jesus came to earth in obedience to the Father to pay the price for our sins on the cross. Jesus could have called down angels to save Him, but He stayed there. That way, anyone who believed in His work on the cross would have their sin debt paid.

This gives us value, too. If you are in Christ, remember that God formed you Himself, Jesus died and rose again for you, and the Spirit lives in and guides you.

### **Go**

- How do you feel when you lose a game?
- How does it help you to know that God gives you value, not sports?

### **Workout**

[Genesis 2:7](#)

[Romans 5:8](#)

### **Overtime**

“Father, thank You for making me as You did. I know that it is You who gives me value.

Please help me to feel joy in Your love for me. In His name, I pray. Amen.”



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