

Am I Precious? Lesson Plan

Aim:

Each child will know they are precious to God.

Core principles:

I am a masterpiece, created in God's Image

Ephesians 2:10, Genesis 1:26-27, Psalm 139:1-18, Luke 12:7, Romans 8:29

God reveals Himself through Nature

Romans 1:20, Psalms 8:4-8, 19:1-7, 29:3-9, 104:1-4, Hebrews 11:3

People sometimes let us down.

Psalm 146:2-4, Psalm 118:8, Isaiah 2:22, Micah 7:9, Jeremiah 17:5, Psalm 40:3-4, Colosians 3:23, James 3:2 Proverbs 3:5-6, Hebrews 12:10,

God never lets us down, and He knows all of our needs.

Philippians 4:19, John 16:33, Psalms 46:3-17, 55:22 Isaiah 41:10, 1 Peter 5:7

God wants us to share him with others

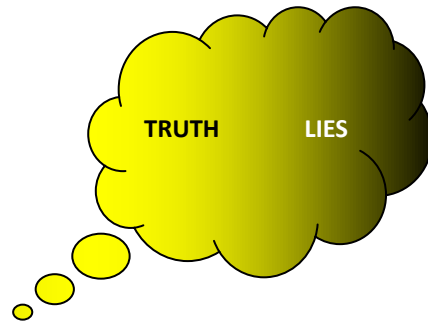
Psalm 96:31 Peter 2:21, Mark 16:15, Mat 4:19, 24:14, 28:19-20, Luke 24:47, Acts 1:8 John 15:16



Activity 1. The Truth Test.

Everybody has things they believe about themselves, but are they true? Answer these questions honestly to find out what you believe about yourself. You do not have to share your answers.

1. Do you like what you see in the mirror?
2. Are you unique?
3. Do you have good skills and talents to offer?
4. Do others like you?
5. Do you often think you can't do things?
6. Are you good enough?
7. Do you think God loves you?
8. Are you alone?
9. Do people 'get' you, or understand you?



Truth Wheel

In The Bible, God tells us what He thinks of us. The negative things we believe about ourselves don't come from God, and they are lies. Complete the 'Truth Wheel' to help show up some of the lies and reveal God's truths.

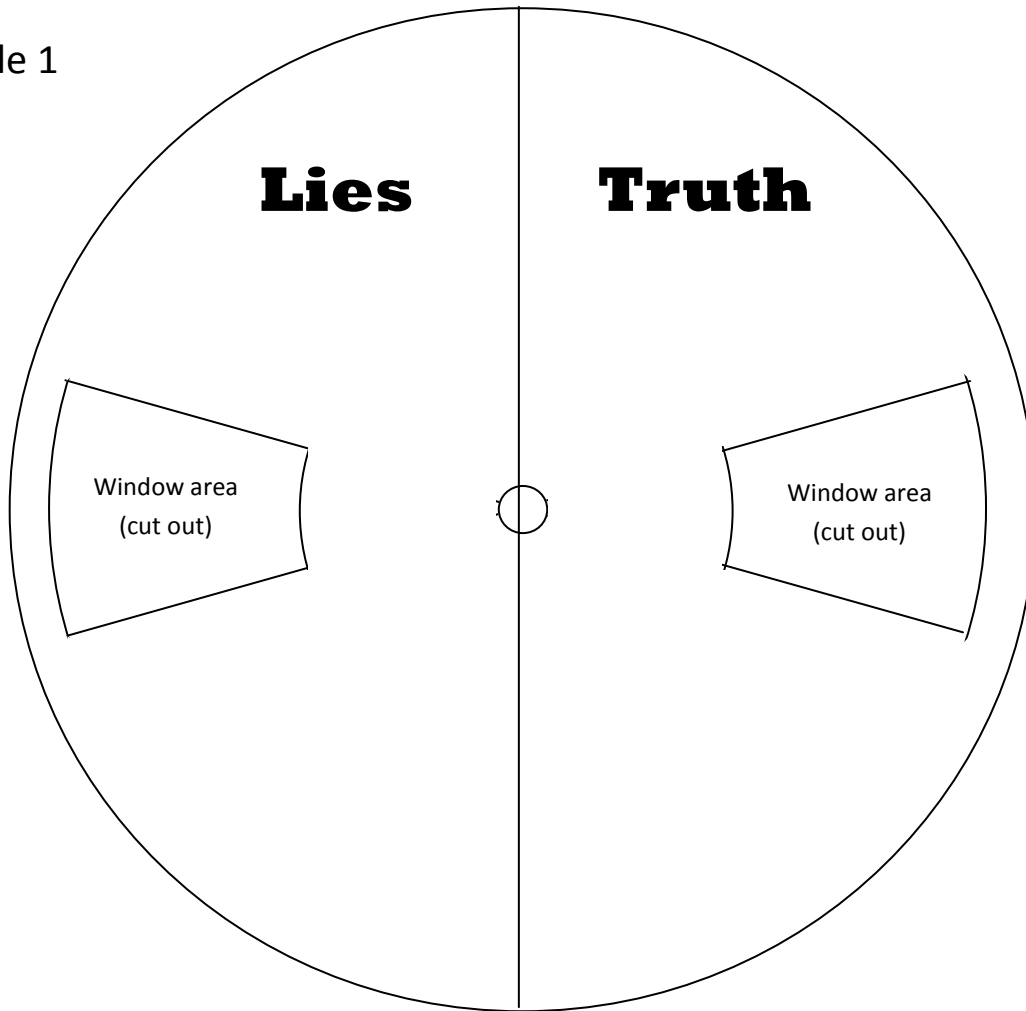
You will need:

- Scissors
- A split pin
- Card
(Optional– copy template onto card if you want a heavier, stronger wheel)

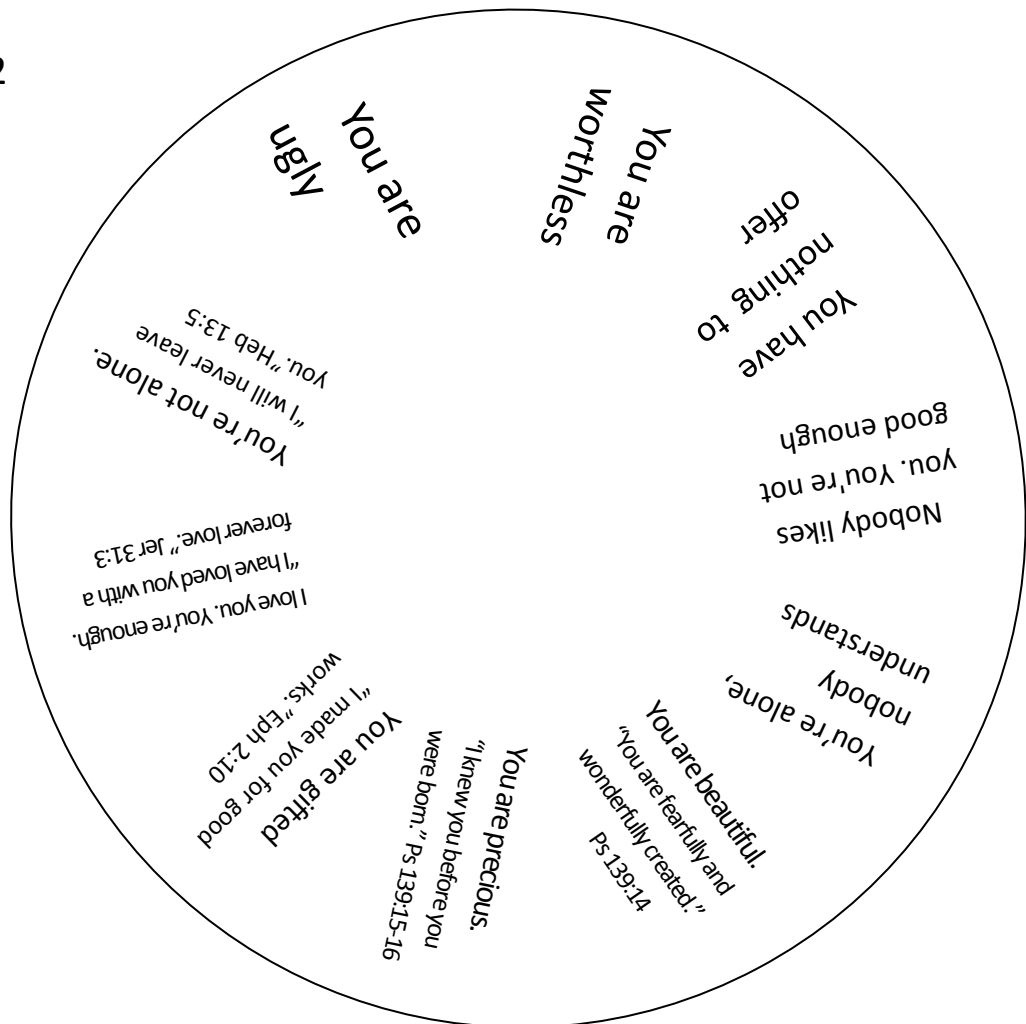
Instructions

1. Cut out both circles and the window areas of circle 1.
2. Place circle 1. directly on top of circle 2. and push split pin through the middle of both circles. Spread out split pin at the back.
3. The windows should reveal the lie on the left and the truth on the right.

Circle 1



Circle 2



Activity 2. Is it True? Mountain

This exercise challenges the beliefs that we hold about ourselves, and helps us to identify if they are truths or lies.



Often we believe lies about ourselves because someone has said them to us, or we think others believe them, whether they do or not. It is heart-breaking to learn that people will not always treat us well, just as we might not always treat others well, but the Bible tells us in Ephesians 6:12 that our fight is not against people but against the darkness in this world. The things we believe about ourselves that make us feel bad inside are not God's truths, but lies. The Bible also says in 1 John 4:18 that perfect love casts out fear, and that Jesus has overcome the world. So therefore we don't need to be scared or defeated. With God, we have everything we need to stand and have our broken hearts healed. When we understand what God thinks about us, we can handle the hurtful words of others more easily, because we know they are not true, so we don't need to give them a home in our hearts. Then we can love people anyway, even when they might hurt us. Love is stronger than hate and there is so much joy that comes from loving others. Test your thoughts on 'Is it True? Mountain'. (pg 4)

"Who Am I in Christ?"

It is easy for forget and doubt what God thinks of us so here are some links to "Who am I in Christ?" Flash cards or posters that can be printed to remind you.

<http://quizlet.com/45072885/who-am-i-in-christ-flash-cards/>

<https://www.pinterest.com/lydialollipop/who-i-am-in-god/>

Activity 3. Sharing What you know

Hopefully now you understand more about how much God loves you, and how precious you are. Think about someone who needs to know how precious they are for this activity.



Write a letter to tell someone they are precious. Tell them what you like about them. Also, choose some Bible verses to show what God thinks of them.

(Some good verses are on the 'who am I in Christ?' flash card links, the truth wheel, the attribute of God list and under the lesson plan core Principles.)

Is It True? Mountain

Who says so?

Is it true?

Is it a reliable source?

Why do you think that?

that?

Will God think it is true?

Thought/ Self Belief

e.g. "I'm ugly." or "I'm beautiful!"

You have tested your thought and found it worth keeping. If the thought was positive this is great. You are beginning to understand who you are in God.
If your thought was negative, you need to talk to someone about it. Holding onto negative beliefs is not good for you.

Congratulation for making it over "Is It True Mountain." You have tested your thought and found it to be a lie. Change the thought to the truth and test it again. Tell it to yourself whenever the lie wants to come back.
If the thought was positive and you don't want to believe it, you need to talk to someone who can help you see how precious you are.

Is this who you want to be? Do you want to believe this about yourself?

Yes

NO

Activity 4. God Revealed Through Nature

Below is a list of some of the characteristics of God displayed in creation. (adapted from creationsafaris.com)

Attributes of God shown in Creation

- **Was not created** (Self-existent): Rom. 1:19-20, Acts 17:23-29, Heb. 11:3
- **Does not rely on anything else to survive** (Self Sufficient): Isa. 66:1-2, Acts 17:24-25
- **Is everywhere** (Omniscient and Omnipresent): Job 38-42, Psalm 139
- **Powerful** (Omnipotent): Psalm 145:10-13, Romans 1:19-20
- **The Highest Ruler** (Sovereign): Psalm 46, 74, 104, 135, Job 38-42, Isa. 55:10-11
- **Lawgiver** (Authority): Job 38:31-33, Psalm 33:6-9, 135, 147
- **Knowing**: Psalm 19:2, Isa. 40:12-26, 55:9
- **Holy**: Exo. 15:11, Job 22:12-16, 25:4-6
- **Breathtaking** (Majestic): Psalm 8:1-4, 111:1-4, 113, Neh. 9:6, Rev. 14:7
- **Faithful**: Psalm 36:5-6, 89:8-12, 119:90
- **Patient**: Matt 5:45, II Pet. 3:5-9
- **Just**: Gen. 3:17-19, Job 9, Ps 96
- **Righteous**: Psalm 50:6, 85:11-13; 97, 111
- **True**: Psalm 57:9-11, 85:10-13, 108:4
- **Wise**: Psalm 104, esp. v24, Prov. 3:19-20, ch. 8
- **Good**: Acts 14:15-17, Psalm 65, 67, 85, 103, 104
- **Glory-His light shines brightly**: Psalm 19, Isaiah 6:3
- **Will continue forever** (Eternal, immutable): Psalm 90:1-6, 102:25-27, Prov. 8:22-31
- **Fiercely protective** (Wrath): Gen. 6-9, II Pet. 3:3-6
- **Forgiving** (Merciful and Gracious): Psalm 113, 121, 145:8-9, Gen. 9:8-17, Matt. 6:25-34
- **Loving and kind**: Psalm 33:5, 107, 119:64, Psalm 136

TASK- Take one attribute and make a poster about it.

Use some Bible texts or references. Use a thesaurus to find other words that describe that attribute. Give at least one example in nature that shows that attribute.

Recommended Resources

On being precious

<http://www.fathersloveletter.com>

<http://www.braveenough.org>

<http://www.ransomedheart.com>

On Creation

<http://creation.com/creation-for-kids>

<https://answersingenesis.org/kids/>

<http://kidscorner.reframedia.com/bible/devotions/the-heavens-declare>

<http://www.amazingfacts.org/media-library/book/e/1/t/amazing-wonders-of-creation.aspx?SkinSrc=%5bG%5dSkins%2fAmazingFacts%2faf-media-library-view&laststatus=pad&mrtype=pad&postback1387=1>