



WHAT DOES GOD THINK ABOUT ME?

Goal:
God thinks I'm
awesome!

Scripture Verses:
Galatians 3:26-29

Not smart enough! Not pretty enough! Not athletic enough! Not spiritual enough! That's what kids often hear about themselves—from parents, friends, school, the media, and sometimes even the church. And unfortunately, kids often believe the message. By the time they reach their preteen years, kids have well-formed self-concepts. And more often than not, their self-concepts are low.

Use this lesson to help kids learn what's special about each of them, discover Christlike qualities in themselves, and learn what God thinks of them as individuals.

Choose Your Opening

Option 1: Bag o' Esteem

(For this activity, provide a marker, a large paper bag, and scissors for every child)

Give each person a marker and a large paper bag. Supply scissors, and have kids cut holes in their bags for eyes, nose, and mouth. Have kids write their names on their bags and then put the bags over their heads.

Tell kids to walk around the room and write single words of praise such as "awesome" or "great", on other people's bags. After a while, have kids remove their bags and read the affirmations.

Ask:

*How did you feel as you encouraged others?

*How did you feel as you read what others wrote on your bag?

Say: Today we're going to reveal some more awesome affirmations about some awesome people—you! Let's start by dressing up for the occasion.

Option 2: Bag o' Goodies

(For this activity, bag up a wide assortment of wrapped candies, and make sure there's enough for each person to have one.)

Have kids sit in a circle. Pass the bag of candy around the circle, and let each person pull out a piece of candy.

One at a time, have kids give their candy away to someone else in the circle. As they give away their candy, have them complete this statement: "You're like a (name of candy) because..." For example, someone might say, "You're like a Tootsie Roll Pop, because your smiles last a long time." Instruct kids to keep all statements positive.

If a person receives more than one piece of candy, he or she must give away all of the extra pieces (using the same affirmation process) until everyone in the room has one piece of candy.

Allow kids to eat their candy.

Then Ask:

*How did it feel to hear nice things about you?

*Why is it important to feel good about who you are?

Say: Today we're going to reveal some "sweet" truths about some "sweet" people—You! Let's start by changing into something more comfortable.

THE BIBLE EXPERIENCE

Clothed With Christ

(For this activity, collect a hefty supply of newsprint, tape, markers, and scissors. You'll also need a Bible. Don't forget to recycle the newsprint when you are finished!)

Give each child a supply of newsprint, tape, markers, and scissors. Read Galatians 3:26:29.

Say: Let's find out what it means to be "clothed with Christ." For each of you, create a list of positive qualities that a person has that remind you of Jesus, such as kindness and honesty.

Give the kids several minutes to work on their lists. Then **Say:** Now I'd like each of you to create a piece of paper clothing, such as a jacket, a pair of shoes, a hat, or a belt, to represent each of your Christlike qualities. For example, one person might make a hat and write the word "kindness" on it. Then put on your new designer clothes. Go!

Have kids model their clothing. Give everyone a rousing round of applause.

Ask:

- *How does it feel to be "clothed" in your Christlike qualities?
- *Are you always so aware of your awesome qualities? Why or why not?
- *Why is it sometimes hard to believe that you're special?



REFLECTION

Putting on the New You

(For this activity, you'll need a Bible and a marker for each person.)

Say: Let's hear all the reasons we're special!

Have kids take turns removing their paper clothing. As each piece is removed, have the child removing the clothing say, "I am (name of the quality on the clothing)." Continue until all of the paper clothing is removed. Have kids fold each piece of their paper outfits and place the outfits in piles in front of them.

Say: Let's hear another reason we're special. Jesus chose us to be his friends!
Read aloud John 15:12-17

Ask: What are the ways we can follow Jesus' command to love each other and show others they are special?

Ask kids to offer ways to love others, such as sending notes of encouragement or being friendly to everyone at school. Give everyone a marker, and have each person write on a piece of paper clothing one way he or she will show love to another person this next week. Have kids share their ideas.

Say: In God's eyes, each of you is special and infinitely valuable. Jesus chose each one of you to be his friend. Let's remember to follow Jesus' command and show love to others. Take your paper clothing home to remind you of your Christlike qualities and to remind you to reach out in love this next week.

Choose Your Closing

Option 1: Our Awesome Mural

(For this activity, you'll need newsprint, tape, a marker for each person, a cd or music app with upbeat background music)

Tape a sheet of newsprint to the wall. Give each person a marker. Have kids write their names creatively on the newsprint, leaving an open space beneath each name.

Play music while kids write positive statements about each person under his or her name. Tell kids to keep the statements short and to focus on inner qualities rather than outer appearances. For example, someone may write, "You have a great sense of humor!" rather than "You're so cute!"

When everyone is finished, have kids read what others wrote about them. Post the newsprint for several weeks to remind kids of how special they are. Close your session in prayer, thanking God for making your kids such awesome creations.

Option 2: Appreciation Epidemic

Form a circle and have kids each tell the person on the right, one positive reason they appreciate that person. For example, someone might say, "I appreciate you because you always tell me the truth."

When everyone is finished, **Say:** Each of you does many special things that others appreciate. But you're worthy to be loved just because Jesus says so. And that's good enough for me!

Close with prayer, then have kids give themselves a rousing round of applause.