



Explorers

Lesson 2

**I know God loves me
because He made me.**

God made us and
He made us all
different.



Psalm 139 (CEV version)



Story

Psalm 139

(A psalm by David for the music leader.)

The LORD Is Always Near

- 1 You have looked deep into my heart, LORD and you know all about me.
 - 2 You know when I am resting or when I am working,
and from heaven you discover my thoughts.
 - 3 You notice everything I do and everywhere I go.
 - 4 Before I even speak a word, you know what I will say,
 - 5 and with your powerful arm you protect me from every side.
 - 6 I can't understand all of this! Such wonderful knowledge is far above me.
 - 7 Where could I go to escape from your Spirit or from your sight?
 - 8 If I were to climb up to the highest heavens, you would be there.
If I were to dig down to the world of the dead you would also be there.
 - 9 Suppose I had wings like the dawning day and flew across the ocean.
 - 10 Even then your powerful arm would guide and protect me.
 - 11 Or suppose I said, "I'll hide in the dark until night comes to cover me over."
 - 12 But you see in the dark because daylight and dark are all the same to you.
 - 13 You are the one who put me together inside my mother's body,
 - 14 and I praise you because of the wonderful way you created me.
- Everything you do is marvelous! Of this I have no doubt.
- 15 Nothing about me is hidden from you! I was secretly woven together
deep in the earth below,
 - 16 but with your own eyes you saw my body being formed.
- Even before I was born, you had written in your book
everything I would do.

Scripture taken from the Contemporary English Version © 1991,
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Prayer Time

Dear God, thank you that
you made us and we are
the best thing you have
ever made. Amen.



Prayer Time

After each sentence get the girls to say
"God loves me."

*Feel free to adapt for your own girls.
Whether I am tall or small.
Whether I have black or blond hair.
Whether I have brown or blue eyes.
Thank you God that you made me one
of kind and you love me no matter
what.

Lesson 2-I know God loves me because He made me!

Explorers continued..



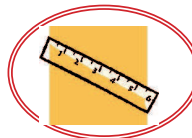
The following are optional activities provided as a resource to help you reinforce the teaching point.



Activity Book

Explain to the girls that part of what makes them different from each other is the things they enjoy doing. We all have different hobbies. Ask them to look at the grid on page XX and colour in the activities they enjoy doing. Then ask them to place the stickers in the correct place within the grid. There is the space in the grid for them to draw other things they like doing.

Talk to the girls about how God made us all different and that there is no one person on this earth the same as each other. Explain that God knows everything about us. He was the one who created us and He knows what we think and how we are feeling. Explain that He even knows what we will be doing when we are older. God made them and loves everything about them.



Under 5 height chart

This week on the height chart there is an image of a mitten. Ask the girls to draw around their hand inside the mitten. Then ask them to make their thumbprint in the centre of the mitt (you can do this with washable paint, ink pad etc).

Reinforce the message that they are all different and that every person God has ever made has a different thumbprint. Explain that God knows all about them and He loves everything about them.



Song Ideas

- Wonderfully made (PCI)
- Royalty (Hillsongs)
- He made the stars to shine.



Craft ideas

- Ask them to draw a picture of themselves and at the bottom help them to write "I am one of a kind" or "Thank you God for making me one of a kind."
- Purchase individual photo frames and give the girls the chance in the craft time to decorate them with glitter, glass pens etc. Help them to write somewhere on the frame "I know God loves me because He made me."



Games

The purpose of the following games is to get the girls familiar with their uniqueness.

- Sing the song, "Head, shoulders, knees and toes" and do the actions with it.
- Ask the girls to arrange themselves into a circle. Ask those who have brown hair to sit down, those who have blue eyes to sit down etc and so on. Use this game as a way of explaining that we are all different, that no two people are alike on this earth. God made us all different and He loves us no matter what we look like or what we do.
- Play a game of 'Hide and Seek' with the girls. After you could explain to the girls that this Psalm is clear in telling us that God knows everything about us and we can never hide from Him.
- (Alternatively you could play parachute games if you have access to one).

Notes

Memory Verse

"You are the one who put me together inside my mother' body, and I praise you because of the wonderful way you created me."
Psalm 139 v 13 & 14

Remember to use your flash cards to remind the girls what they have learnt.

Lesson 2-I know God loves me because He made me!

Explorers continued..

Juniors

Lesson 2

I know God loves me because He made me.

Psalm 139 (CEV version)

God made us and He made us all different.



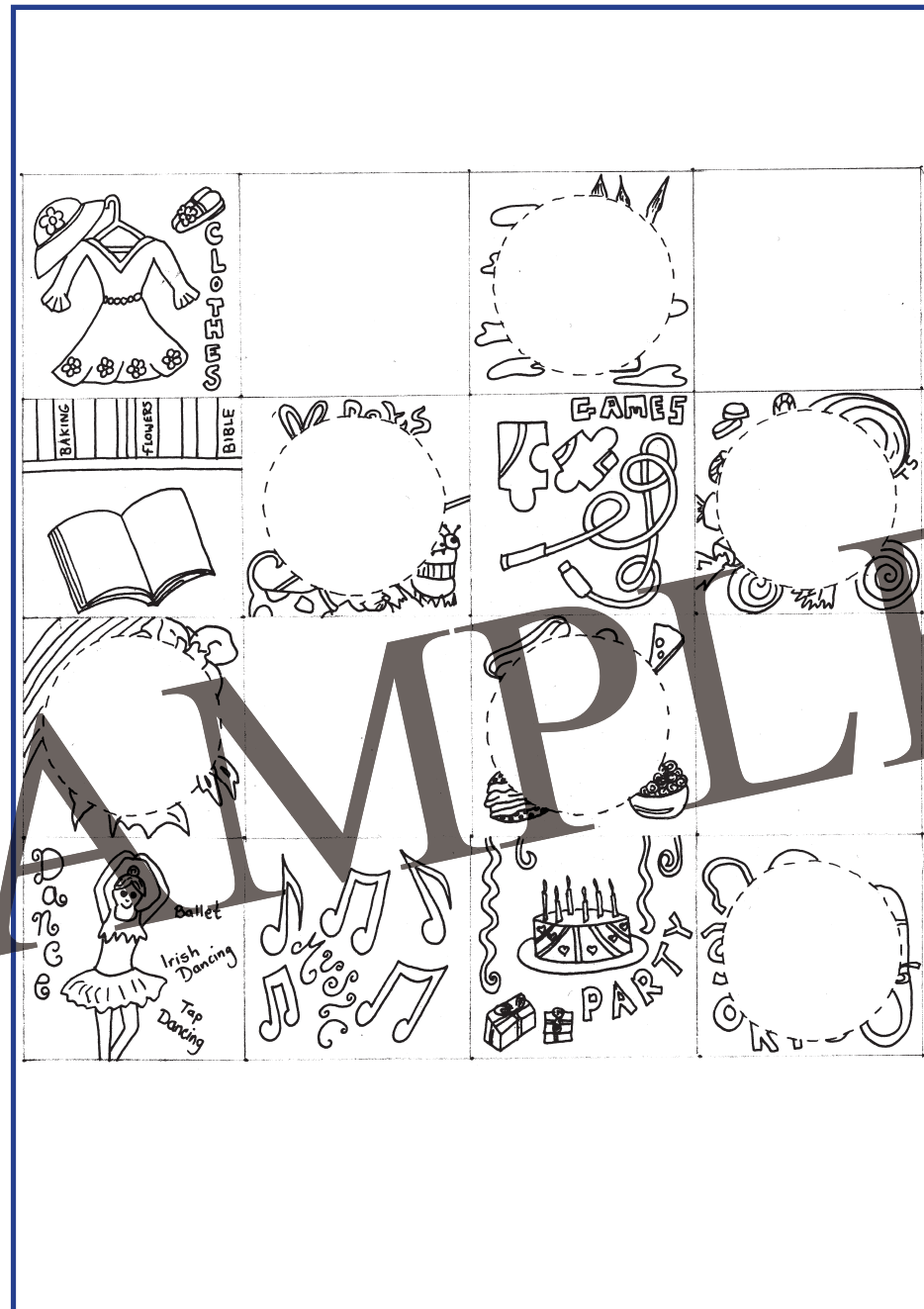
Background for leaders

Read & Pray

Read *Psalm 139* a few times and replace the word *me* with your own name, e.g. "You have looked deep into Jane's heart, LORD and you know all about Jane." Notice how even more powerful this passage is when we personalise it. Pray that God will help the girls to grasp the idea that He knows everything about them and that it will deeply impact them and the way they view themselves.

Set the Scene

- This Psalm was written by King David and in it we see David in awe of God's handiwork. It is very difficult to read this Psalm and not be in awe ourselves at the idea of God designing and making us and also knowing everything about us. God knows every detail of our lives. He knows what we are going to say before we say it and what we are going to do before we do it.
- God chose to create us not because He needed to, but because He wanted too. Therefore we should realise our value in His eyes.
- God is everywhere and this Psalm is very clear in expressing this. We can never be lost from Him and we can't hide from Him. This should be of great comfort and reassurance to us and indeed inspire us to give our lives to Him and worship Him.



Which is your favourite verse from this Psalm? Why?

Lesson 2-I know God loves me because He made me.

Juniors continued..

Break the ice

What's your memory like?

Bring a selection of 20 different items with you in a box to GB. It can be anything from make up bag items, contents from your handbag or even items from the GB cupboard. Set them out on a table and give the girls 1 minute to look at them. Then put them away again. Give one or two of them an opportunity to list the 20 items. It is unlikely they will be able to remember them all.

Talk to the girls about how difficult it is for us to remember 20 things yet God remembers and knows inside out every person that lives on this earth.

Explain to the girls that tonight in Bible class they are going to be reading *Psalm 139* which tells us that God knows everything about us. You could photocopy the Psalm from the CEV version and read it aloud together.

Finish by

Encourage the girls to share their answers from the 'All about me' section-does anyone have the same answers? **Explain** that God knew the answer to their questions before they even wrote them down. How? because He made them, knows EVERYTHING about them and He loves them very much.

Recap on last week's lesson using the flashcards and finish with -

"We know God loves us because He made us..."

Finish with the prayer below.

Read together Psalm 139

After you have finished reading the passage ask them were there any verses they liked best?

Talk to them about how amazing it is that God knew them from the very beginning. He knew what colour of hair they would have, the colour of their eyes, who their family would be. He knows their fears, what makes them happy,

what they are thinking. He even knows your future-where you will live, what you will be. He is in control and has your best interest at heart. **God knows us and He loves us always.** You may like to take some time to go through the passage verse by verse with the girls to help them gain a deeper understanding.

Notes

Puzzle book Pages 6 & 7

Wordsearch

There are 11 words from the passage in the wordsearch and the girls are asked to find these.

All about me

Emphasise to the girls that not only did God make them, but He also made them unique. This means there is no one else on earth like them. What makes them unique? Ask them to fill in the information in the green hearts about themselves. These questions include: their name, their date of birth, their favourite colour, their favourite thing about GB and their favourite outfit.

Thumbprint

There is also a space in the bottom left hand box beside the picture of a snowflake. Ask the girls to make their thumbprint. Did they know that when snow falls, no two snowflakes are alike. In the same way, no two people on this earth have the same thumbprint. Isn't God amazing how He makes us all different?

Memory Verse

"You are the one who put me together inside my mother's body, and I praise you because of the wonderful way you created me."

Psalm 139 v 13 & 14

Prayer Time

Dear God, thank you for making me a one of a kind. Thank you that you knew me before I was even born and had a plan for me. Thank you that you love me just the way I am. In Jesus' name. Amen.

You will need some materials for next week's 'break the ice'..