

## Lesson 1: What's "Identity"?

the  
TRUE  
YOU  
keeping it real.

# Lesson Supply List

- » **Lesson slides**
- » **Giant die**
- » **Chore chart**  
With stickers to indicate completed tasks (optional)
- » **What God says about you!**  
Print one for each child
- » **Take Home Challenge 1**  
Print one for each child

# Welcome

**Hey everyone! Good to see you today!  
I'm really excited to be with you.**

## let's play a game!

### **Roll the Dice & Get to Know You**

#### **Supplies:**

##### **» Dice**

(One die per group. Giant dice are even more fun!)

#### **To play:**

Have kids and leaders sit in a circle. (If your group is larger than 10 kids, you might want to form two groups, with a leader in charge of each group. Kids won't have to wait so long for a turn to play.)

Have the first player roll the die. Ask one of the following questions, depending on which number they get:

1. What are your strengths?
2. What do you do for fun?
3. How can you tell you're getting angry? What does your body feel like?
4. What's something nice you can say to yourself?
5. What are you worried about?
6. What do you wish your parents knew about you?

Don't worry about repeating questions, as long as a different kid is answering them each time.

Be sure to affirm kids for answering the questions.

Play until everyone has had a turn to answer at least one question. (If your group is small, you can go around the circle at least a couple of times.)

# let's get started!

## Slide 1: Chore Chart with Stickers/Stars

Who liked answering questions about themselves? Who would rather not talk about yourself? (*Allow responses.*) I'm one of those people who likes talking about myself!

*Show the Chore Chart.* Here's another question about you: How many of you have a chart like this at home or at school- it lists certain chores or tasks you need to do each day, and you get to put a sticker by each thing you accomplish? (*Allow responses.*) It feels pretty good to watch those stickers fill up the chart, doesn't it? Maybe you even get some other kind of reward when you've filled your chart with stickers. The more you get done, the more stickers you get, right? And that means you probably get more praise from parents or teachers. Yeah, that feels pretty good, doesn't it?

But what if how you see yourself is all wrapped up in how many stickers you get? When you get a lot of stickers, you feel pretty good about yourself. But what happens when you have a bad day and don't get all the stickers? You feel pretty bad. And if that happens a lot, you can start to get real down on yourself. I've heard kids say they're "no good" when that happens. So, it's a problem if we think our behavior is our IDENTITY.

# let's learn!

## Slide 2: IDENTITY

What is IDENTITY? (*Allow responses.*) Yeah, it's *who we are and how we think of ourselves*. Identity has two parts: 1) what God says about you, and 2) what you think about yourself. Which do you think will be more true- what God says about you, or what you say about yourself? (*Allow responses*) Do you think you know yourself better than God knows you? Let's look at what the Bible says in Psalm 139: 1-4.

## Slide 3: Psalm 139: 1-4

"Lord, you look deep inside me, and you know all about me. You know when I sit down, and you know when I get up. Even when you are far away, you understand what I am thinking about. You see me when I go

out, and you see me when I stay at home. You know everything that I do! Yes Lord, before I open my mouth to speak, you know what I will say.”

Friends, it sounds to me like God knows each of us better than we know ourselves. So, to understand who you really are, your identity, you need to know who God says you are, so your ideas about yourself line up with his ideas about you! We’ve got a whole list of Bible verses to send home with you today, describing what God thinks about you. But I’d like us to look at a couple of verses right now.

## Slide 4: Psalm 139: 17-18

“You have so many thoughts about me, God, that I cannot understand them all. They are too many for me to count, more than the sand on the shore of the sea.”

God thinks about you all the time!

## Slide 5: Jeremiah 31:3

“I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself.”

## Slide 6: 1 John 3:1

“Think about how much God the Father loves us. He calls us his children. He loves us that much!”

God loves you so much he *wants you* to be in *his* family! He *wants you* to be his kid! Wow! At the very core of who you are, your *identity*, this is what’s true: you are God’s *dearly loved* kid!

Those verses are telling you the truth about your identity. Let that sink in for a moment. (*Pause*)

But maybe you’re a “sticker chart” kind of kid. By that I mean that it’s hard for you to believe that God loves you unless you’re completing a checklist of good things. You can’t quite believe that he really loves you on your bad days as well as the good ones. If that’s how you feel, we want to pray for you, so you can really experience and have confidence in your identity as God’s dearly loved kid.

- » Pray for kids who need to experience God’s unconditional love.
- » Dismiss kids to groups for discussion.

# discussion questions:

- 1** Based on what we learned today, what do you now know about how God thinks of you?
- 2** Do you always think about yourself the same way? Why or why not?
- 3** What clues that God loves you have you seen in your life?
- 4** What can you do to get the way you think about yourself to agree with what God thinks of you?
- 5** Here are some real situations. How does the person in each situation see themselves? What would you say to them to help them see themselves as God sees them?

» Tara has a hot temper. While playing with her sister, she got really angry when her sister said she was sloppy. She told her sister she didn't like being called sloppy, and her sister apologized. But Tara couldn't stop being angry. She started yelling at her sister, adding that she didn't want to play with her again- ever! Now that she's calmed down, Tara feels so bad about losing her temper that she keeps saying, "I'm sorry" to God and her sister, over and over again. Her sister forgives her, but Tara can't stop feeling bad about herself.

» Corbin walked home as slowly as possible- dragging his feet all the way! Before school ended, his teacher gave his reading comprehension test back to him after grading it. She said that Corbin had failed the test. Not only would he have to take it again, but he might need "special help" to bring his reading up to grade level! Corbin is afraid to show his parents that he failed the test. He's sure he must be the dumbest kid in the whole school.

Let's ask God to help us see ourselves as he sees us. *Dear God, thank you that you love us with a love that never stops! Thank you that you know everything about us, and you still want us in your family as your kids! Wow! Let your love fill up every empty place inside us. In Jesus' name, amen.*

# take home challenge

## Supplies:

- » **What God says about you!**

Print one for each child

- » **“God Loves Me” printable page**

Print one for each child

- » **Markers**

- » **Heart stickers**

(Optional)

## How to:


Fill in your “God Loves Me” Sticker Chart to remind you that God loves you every day, no matter what!





At the top of the paper write your name and post your chart somewhere in your room. Every day, when you get up or when you go to bed, place a heart in the box for that day. You can color in a heart, or use a heart sticker. If you forget to add your heart on any day, go back and fill it in later, because God loves you all the time, no matter what!

*(Bonus: Every day, read a Bible verse from the “What God says about you!” page you brought home. Hang this poster on your wall where you can see it everyday.)*

# God loves me

Name: \_\_\_\_\_

# what God says about you!

**CHILD OF GOD** - John 1:12 "But to all who believed him and accepted him, he gave the right to become children of God."

**LOVED, LOVED, LOVED** - Romans 8:39 "No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."

» 1 John 3:1 "See what kind of love the Father has given to us, that we should be called children of God; and so we are."

» 1 John 4:9-10 "This is how God showed his love to us: He sent his only Son into the world to give us life through him. True love is God's love for us, not our love for God. He sent his Son as the way to take away our sins."

**CALLED FOR A PURPOSE** - Romans 8:28 "We know that in all things God works for the good of those who love him."

**FORGIVEN (of EVERYTHING we do wrong)** - Ephesians 1:7 "We have been set free because of what Christ has done. Because he bled and died our sins have been forgiven. We have been set free because God's grace is so rich. "

**CHOSEN** - John 15:16 " You didn't choose me. I chose you. I appointed you to go and produce lasting fruit, so that the Father will give you whatever you ask for, using my name."

**IMAGE OF GOD** - Genesis 1:27 "So God created humans in his own image. He created them to be like himself. He created them male and female."

**KNOWN by GOD** - Jeremiah 1:5 "Before I made you in your mother's womb, I knew you. Before you were born, I chose you for a special work. I chose you to be a prophet to the nations."

**FRIEND of GOD** - John 15:15 "I no longer call you slaves, because a master doesn't confide in his slaves. Now you are my friends, since I have told you everything the Father told me."

**GOD'S MASTERPIECE** - Ephesians 2:10 "For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago."

» Psalm 139:14 "Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it."

**CITIZEN of HEAVEN** - Philippians 3:20 "But we are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Savior."

*Bible verses quoted are from the New Living Translation (NLT) or The Easy-to -Read Version (ERV)*