



Aim: To know that God loves us more than we can imagine



Many of us struggle with poor self image - and often this starts in early childhood. The fantastic truth is that we are all made in the image of God - no matter what we look like. As our friendship with God grows so does our likeness to him as we become more loving, more generous, more honest, etc. Although this session is part of the creation story - on the sixth day God made human beings and said it is good - we are using Psalm 139 because it focuses on the fact that God is looking after us, knows exactly what is going on in our lives and cares deeply about it. Something that it is easy to forget when things are going really well or really badly!



Show photos from magazines, etc. that demonstrate the variety of humanity
People come in all sorts of shapes and sizes. God made some of us pink, some of us brown, some of us tall, some of us short. But this poem from the Bible book of Psalms help us to remember that whatever we look like God made us, he loves us and he cares about us



Before you read teach everyone the actions to the refrain
God knows—*point to head*—and he cares—*cuddle yourself*

Read 'God knows me' (p17) miming each sentence as you go and encouraging everyone to join in the refrain 'God knows and he cares'

The Bible tells us that God loves us more than we can ever imagine—more than the deepest sea or the highest mountain



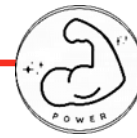
- *I wonder if there is anything I can do or say that God doesn't know about?*
- *I wonder if there is anything I can do that God doesn't care about?*



Read 'In God's Image' in Bob Hartman's 'Play along Bible'

Encourage everyone to go around the room telling everyone else that they are beautifully and wonderfully made and God loves them

Pull together some amazing facts about the human body e.g. <https://www.penguin.co.uk/articles/childrens-article/16-weird-and-wacky-facts-on-the-human-body>. You could turn them into quiz questions or simply read them out and ask everyone to say 'Wow! Thank you God' after each one



- Use stickers to decorate the edge of a mirror made from mirror card. Put a sticker saying 'God loves....' at the top of the mirror
- Provide lots of different hats and outfits for everyone to try dressing up in
- Make faces by sticking pre-cut eyes, noses and mouths onto a paper plate with some wool for hair
- Decorate the 'God knows me' prayer sheet with stickers



Prepare about six large line drawings or photos of different parts of the body, e.g. eye, knee, mouth, foot.

Tell everyone you are going to play a game where you are going to show them different pictures of parts of the body. As soon as they see the card, they must touch the correct part of the body and shout 'God made my And I am amazing'.

When you have done all the cards a couple of times finish with a simple pray thanking God that he has made us all amazing.



- Sing 'If you're happy and you know it' changing the words to ... If God made you and you know it... nod your head, clap your hands, jump and hop, shout 'Praise God!', do all four
- My God is so big, so strong and so mighty
- My God is so big, and I am so small
- Bigger than big



Encourage families to say and mime the 'God knows me' poem of Psam 139 done during story time by giving them a printed copy to take home

When I stand and walk upstairs,
God knows and he cares.

When I go out or just stay at home,
God knows and he cares.

When I go to play with my friends,
God knows and he cares.

If I get up to see the sun rise,
God knows and he cares.

If I'm up late and the dark scares,
God knows and he cares.

Before I was born, God knew I was there,
God knows and he cares.

Wherever I go,
Whatever I do,
God knows and he cares.