

Opening:

It's really starting to freeze out there - both the weather and socially! So, before diving into this week's activities, let's start with a calm down activity to use some of the energy stored in our body's muscles! This will help prepare our minds and bodies to hear today's message!

**Bible Reading: Psalm 139**

The reading this week is one of prayer, reflection, and self-care. Psalm 139 talks about how we are beautifully and wonderfully made, but also how that means God knows us fully. The Creator knows our minds. And that means not having to put into words what we need and how we feel when we just can't! We can ever so simply and quietly pray and give to God our worries and cares to make them easier to carry!

**Follow-Up Family Activities:****God Knows Me in Prayer:**

Because God made us, God knows us. We can come to the Creator with a simple prayer in mind and include a quiet space in the prayer for giving our worries and burdens to God in prayer. Even if we don't know what we want to say or how to say it, God already knows our minds. Check out the attached set of suggested prayers for the morning and the evening to give kids a quiet time with God at the start and end of each day.

“Search and Know” Game:

Collect a few fun things that can change appearances in wacky and wonderful ways (hair ties, hats, scarves, shoes, etc). Have one person take a moment to dress themselves or change their appearance. Have them come out and say, “God searches us and knows everything about us.” Then have them step outside the room. Once they're outside, ask other members of the family (or even friends online!) A trivia question about their appearance. Ex. “God knows what colour shoes <child>'s wearing. Do you?” The person to get it right gets dressed in a wacky and fun way next.

Want to take it a step further? Take pictures of each person's change in appearance and put it together for a fun game of spot the difference later!

Closing Prayer & Song:

Finish the lesson with a final prayer using one of the suggested prayers found on the attached page, then enjoy a final dance party to this semester's theme song!



Morning Prayers

- Creator God, I thank you for this new day. I thank you that you love me and are with me today. Amen
- Creator God, please be with me today in everything I will face. Help me to learn well at school. I pray that I would be a good friend to those around me today. Amen
- Creator God, I thank you for everything you have done for me. I thank you for my family and my friends. I thank you that you love me so much that you sent your son Jesus for me.

Bedtime Prayers

- Creator God, I thank you for being with me today. I thank you that you were alongside me in everything I faced today. Please help me in the week ahead. I thank you that you will never leave me. Amen
- Creator God, I thank you for everything you have blessed me with today. Thank you for my friends and family. Thank you for keeping me safe. Amen
- Creator God, I pray you would help me sleep well tonight. I thank you that you love me and care for me. Amen