



I Am Known – God Knows My Real Feelings

September 15, 2024

✓ This session has been customized by one of your church admins

Bible Story: Mary and Martha (Luke 10:38-42)

Theme Verse: 1 John 3:20b

Agenda

🕒 30 Minutes

1 - Huddle

All Leaders

🕒 0 Minutes



Team Time

Transition from Leaders to Team Time

2 - Connection Questions

Team Time Leader

🕒 0 Minutes

3 - Make The Discovery — Older Kids

Team Time Leader

🕒 10 Minutes

4 - Whose Shoes? — Older Game

Team Time Leader

🕒 5 Minutes

5 - Focused Feelings — Older Craft

Team Time Leader

🕒 5 Minutes

6 - That's Hand-y — Theme Verse Activity

Team Time Leader

🕒 5 Minutes

7 - Activity Page

Team Time Leader


🕒 5 Minutes

8 - Pickup Time

Team Time Leader

🕒 0 Minutes

1 - Huddle


 Leaders

Leader Tip



Huddle is a pre-service time for you to be equipped and encouraged in your ministry. Your ministry leader will celebrate with you, lead you, and pray for you. Read the Highlight of the Week (sent in your weekly email) to prepare for this time.

2 - Connection Questions

 Team Time

Leader Tip



As kids arrive, assign them to a Color Team—Red, Yellow, Blue, Green, Purple, or Orange. Hyfi Kids Color Teams are a great way to help kids connect with others and feel like they belong to a group. Consider using one color team per grade level (Grades 1–6). If your ministry does not need all six teams, consider having leaders be teams (Older Kids Leaders and Younger Kids Leaders). Kids assigned to those Color Teams can cheer for teammates and participate in activities together.

Use these questions to help you get to know kids as they arrive. Ministry happens best through relationships. By spending this time with kids at the beginning, you will be able to make stronger connections as you begin teaching about how God knows them!

- What was the best part of your week?
- What is something you like to do after school?
- If you could play outside or stay inside on a Saturday, which would you choose and why?
- If you could spend all day with your friends, what kinds of things would you do together?
- If you could step into a book and live in that place and story, which book would you choose?

3 - Make The Discovery — Older Kids

🕒 10 Minutes

📍 Team Time

Other Verses

1. Matthew 6:33

"But seek first the kingdom of God and his righteousness, and all these things will be added to you."

This verse emphasizes the importance of prioritizing spiritual matters over worldly concerns, just as Mary chose to focus on Jesus.

2. Psalm 27:4

"One thing have I asked of the Lord, that will I seek after: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to inquire in his temple."

This psalm highlights the singular focus on God's presence, similar to Mary's desire to sit at Jesus' feet.

3. Philippians 4:6-7



"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Jesus' words to Martha about her worries resonate with Paul's message of leaving anxiety behind and focusing on God's peace.

4. Ecclesiastes 12:13

"The end of the matter; all has been heard. Fear God and keep his commandments, for this is the whole duty of man."

This verse reminds us of the importance of focusing on what truly matters in life, much like Jesus' correction to Martha.

5. Colossians 3:2

"Set your minds on things that are above, not on things that are on earth."

Paul urges believers to focus on heavenly things, aligning with Jesus' praise of Mary's spiritual focus.

Leader Tip



Use this time for side-by-side discovery-based learning. Kids are invited to participate and discuss, building relationships with each other and their leader. These questions are designed to help all kids—regardless of biblical knowledge or background—feel like they can contribute.



Team Time Leader

🗨️ **What To Do:** Let's have some "Real Talk" and answer a few questions together. 🗨️

1. When you are feeling upset, what are some things that make you feel better? *(Allow kids to answer and share your own answer.)*
2. The Bible tells us God knows us, and He knows our real feelings. Let's open our Bibles to **Luke 10:41-42** and read about it together. *(Invite kids to open their Bibles. Read the passage aloud or invite a kid who volunteers to read the passage aloud. Be sure to have Bibles available for kids who need one. Help kids find the passage so everyone can follow along together.)* In the first part of this passage, Jesus tells Martha that He knows she is worried and upset about many things. What can we do when we realize our feelings aren't honoring God? *(Allow kids to answer and share your own answer.)*
3. What are some ways we can keep Jesus as the most important focus in our lives? *(Allow kids to answer and share your own answer.)*
4. Have you ever thought, *No one understands what I'm really feeling*? If a friend told you they felt that way, how could you use today's Bible story to help and encourage your friend? *(Allow kids to answer and share your own answer.)*
5. The Bible tells us that we are known by God. Real talk: no matter how we are feeling, God always knows our real feelings, and He cares about us. What is something encouraging you will remember from today? Is there anything you have questions about? *(Allow kids to answer and share your own answer.)* Let's pray and talk to God. *(Lead the group in prayer. Consider using the following prayer prompt.)*

God, thank You for today. Thank You for allowing us to learn about You. Thank You for loving us and knowing us fully. You know the real us, and You love us. Help us turn to You and trust You with all our feelings. In Jesus' name we pray, amen.

4 - Whose Shoes? — Older Game

🕒 5 Minutes

📍 Team Time

Kids will relay race to take their shoes on and off.

Big Goal: Know the importance of spending time with Jesus.

Leader Prep: Set out two chairs back-to-back in the middle of the room.

Supplies

- Chairs

Whose Shoes? — Older Game Script



Team Time Leader

🗨️ **What To Do:** Everyone, say, “Whose Shoes?” (*Whose Shoes?*) Today, we are going to play a game using our shoes. The first thing everyone needs to do is take off their shoes and throw them into a pile here in the middle of the room beside these two chairs. Great job! Now, we are going to form two teams. How many teams? (*Two!*) Your job is to be the first team to have all your shoes back on your feet and sitting down in a line. But you can’t all run to grab your shoes at the same time. Only one person at a time may leave your team to get your shoes. Once you find your shoes in the pile, you can sit on the chair to put them on. You must put your shoes back on *all the way*—including tying your laces—before you can run back to your team and tag the next person in line. Are you ready to find your shoes?

Keep It Going: Switch up the teams as you play multiple rounds. ”



Safety Tip

Watch to make sure kids have fully laced and tied shoes before running back to their team.



Team Time Leader

“ Loud And Clear: Our shoes can be the dirtiest things we wear! But in today’s Bible story, Mary spent time listening to and learning from Jesus while sitting at His feet. Mary was probably feeling glad she could spend this time with Jesus. When Martha was feeling upset and she asked Jesus to tell Mary to help her, Jesus said that Mary was doing what is right. Jesus knew Martha’s feelings, but He also knew that she needed Him, just like Mary. What is it we need? Jesus! Knowing and being close to Jesus is what matters most. We are made to learn from and follow Him. **”**

5 - Focused Feelings — Older Craft

🕒 5 Minutes

📍 Team Time

Kids will create abstract drawings portraying different feelings.

Big Goal: Remember to focus on Jesus no matter what we are feeling.

Leader Prep: Set out the supplies. Fill the plastic cups partially with water.

1. Draw and cut out a 2-inch heart from construction paper.
2. Draw a vertical and horizontal line on the blank paper, dividing it into fourths.
3. Draw eyes, eyebrows, and a mouth portraying different feelings in each quarter of the blank paper with a black marker: happy, sad, angry, and worried/afraid.
4. Use watercolor paint to fill in the quarters with various colors and patterns that demonstrate that feeling.
5. Glue the heart to the center of the painting.
6. Write *God knows my real feelings* on the heart.

Supplies

- Construction paper
- Blank paper
- Pencil
- Black marker
- Child-safe scissors
- Glue sticks
- Watercolor paint and paintbrushes
- Plastic cups
- Paper towels



Team Time Leader

What To Do: We're going to make pictures that will help us remember to keep our focus on Jesus no matter what we are feeling.

First, draw a cut out a heart on your construction paper. This heart will go in the middle of your painting, so don't make it too big. Make it about the size of the palm of your hand. *(Allow kids to complete this step.)*

Now, use your pencil to draw a line down the center of your blank paper, then draw a line down the center in the other direction. This will leave you with four rectangles on your paper. In each of those rectangles, draw eyes, eyebrows, and a mouth showing a different feeling with your black marker. One is happy, one is sad, one is angry, and the last is worried or afraid. *(Allow kids to complete this step, assisting as needed.)*

Great! Now we get to use the paint. In each of those sections on your paper, use colors and different designs that remind you of those feelings. For example, you might want to use blue and purple for sad. You could fill the "sad" section in completely or you could make the paint look like rain drops. *(Allow the kids to complete this step.)*

Your pictures are looking great! But remember—we aren't just drawing feelings. We are making a reminder that God knows our real feelings. No matter what we're feeling, we can keep our focus on Him. Glue your heart in the center of your picture and write *God knows my real feelings* on the heart.

Keep It Going: Invite kids to share their pictures with others and discuss ways they can focus on God when they are feelings different emotions. ”



Leader Tip

Provide extra paper towels in the event of spills or if needed for cleanup.

Focused Feelings — Older Craft Script



Team Time Leader

“**Loud And Clear:** Your pictures look great! These are only a few of the feelings we experience. In our Bible story today, Martha had some feelings that weren't OK. Jesus reminded her that what she really needed was Him. Your picture can help you remember that no matter what you are feeling, Jesus is what you really need. You can focus on Him and trust Him with whatever is happening. Say, **“God knows my real feelings!”** (*God knows my real feelings!*) ”

6 - That's Hand-y — Theme Verse Activity

🕒 5 Minutes

📍 Team Time

Kids will trace their hand and assign part of the Theme verse to each finger.

Big Goal: Kids will use their hand to learn the Theme verse.

Leader Prep: Set out supplies. Use the Theme Verse Poster, Theme Verse Slide, or display the Theme verse in a place where the kids can see: *God is greater than our hearts, and he knows all things. (1 John 3:20b)*

Supplies

- Blank paper
- Crayons
- Pencils
- Child-safe scissors (optional)

That's Hand-y — Theme Verse Activity Script



Team Time Leader

🗨️ **What To Do:** We're going to use our hands to help us learn our Theme verse. Place one hand on your paper and trace it with a crayon, making sure your fingers are spread wide. Once you trace your hand, write part of the Theme verse on each finger. On the finger closest to the left, write *God is greater*. On the next finger, write *than our hearts*. On the middle finger, write *and He knows*. On the next finger, write *all things*. And finally, write *1 John 3:20b* on the last finger closest to the right.

Keep It Going: Allow kids to decorate their hands on the back and try to use it like flashcards, saying the words written on the other side of each finger. Allow kids to cut out the hands (if the words are written on the fingers). 🗨️



Leader Tip

Instruct younger kids to write the phrases above, on, and alongside the fingers, considering their hands are smaller, and it can be more difficult to write with small letters.

That's Hand-y — Theme Verse Activity Script



Team Time Leader

“ Loud And Clear: Look at your actual hand. *(Allow kids to respond.)* Look at all the bumps, the fingerprints, the scratches. There is a saying that goes, “I know that like the back of my hand.” It means that you know something super well and detailed. Our Theme verse says that God knows all things. God knows every detail about you, and He knows your real feelings. He knows you and wants you to know Him. God knows us, and He loves us no matter what! **”**

7 - Activity Page

🕒 5 Minutes

📍 Team Time

Big Goal: Point to the Simple Truth and provide an opportunity for connection.

Leader Prep: Print copies of the activity page for each child. Set out the supplies.

Supplies

- Activity Page
- Markers or crayons (several)

Activity Page Script



Team Time Leader

“ **What To Do:** This activity page helps us remember some big things we've learned about today. As you color and work on activities, talk to a friend about some of your favorite parts of our time together. ”



Leader Tip

This is a great time to get to know the kids better. You can ask them what they remember about the Bible story, or you can remind them that just like Jesus knew Martha's real feelings and knew what she needed, God knows our real feelings. God sent Jesus to take care of what we need. Real talk: God knows our real feelings, and He is always going to take care of us and give us what we need.


Activity Page Script



Team Time Leader

“ **Loud And Clear:** Even if we try to hide our true feelings, God knows us. He knows our real feelings. He knows us, loves us, and provides a way for us to be closer to Him! ”

8 - Pickup Time

 Team Time



Leader Tip

As kids leave, make sure they have their crafts and papers. Share with the person picking them up something positive you observed today. Invite them back next week.