



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 — Younger Kids

Team Time Leader

🕒 10 Minutes

4 - What Are You Doing? — Younger Game

Team Time Leader

🕒 5 Minutes

5 - All The Time — Younger 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 — Younger Kids

🕒 10 Minutes

📍 Team Time

Supplemental Verses

Supplemental 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. What are some things that make you feel happy? What about sad? How about mad? *(Allow kids to answer and share your own answer.)*
2. Doctors use stethoscopes to listen to our hearts, but God doesn’t need a stethoscope to know what’s going on inside us. God knows everything about us, even the things we are feeling. How do you feel about God? *(Allow kids to answer and share your own answer.)*
3. The Bible tells us that 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.)* God knows our real feelings and what we really need. What’s the difference between getting something that we want and getting something that we need? *(Allow kids to answer and share your own answer.)*
4. How can remembering that God knows our real feelings help when we are feeling sad, mad, or worried? *(Allow kids to answer and share your own answer.)*
5. The Bible tells us we are known by God. What is something you learned today? Is there anything you have questions about? *(Allow kids to answer and share your own answer.)* Let’s talk to God by praying. *(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 - What Are You Doing? — Younger Game

🕒 5 Minutes

📍 Team Time

Kids will act out different chores while their friends guess what they are doing.

Big Goal: Know that Jesus is what we need.

Leader Prep: Print and cut out the “What Are You Doing?” printable. Place the cards in a bucket.

Supplies

- “What Are You Doing?” printable
- Scissors (adult-use only)
- Bucket
- 3-by-5-inch index cards (several; optional)
- Pencils (optional)
- Dry erase board and marker (optional)

What Are You Doing? — Younger Game Script



Team Time Leader

🗨️ **What To Do:** Everyone, ask, “What are you doing?” (*What are you doing?*) I’m glad you asked! Today, we are going to play a game called “What Are You Doing?” Let’s sit down in a circle in 3-2-1.

To play this game, we will take turns standing in the middle of the circle and acting out different household chores without speaking. Without what? (*Speaking!*) When it is your turn, you will choose a card, read the chore, and act it out. The rest of us will do our best to guess which chore you are acting out. When you think you know what chore your friend is acting out, stand up and act it out too. Once most of us are standing, I will ask, “What are you doing?” and we will all say the chore. Let’s play!

Keep It Going: Ask kids to list more chores and list them on the dry erase board. Write a few ideas on the index cards and play more rounds using the kids’ suggestions. 🗨️



Leader Tip

Invite groups with six or more kids on the team to choose two or three kids to act out a card at the same time.

What Are You Doing? — Younger Game Script



Team Time Leader

“ Loud And Clear: You are all good actors! What was your favorite chore to act out? *(Allow kids to answer.)* In today’s Bible story, Martha was distracted by chores. She so was worried and upset about her sister not helping that she didn’t realize she was missing the most important thing—Jesus! God knows our real feelings. God knows what we are feeling and why we are feeling that way. But what’s even better, He knows what we really need, and sometimes it is different than what we want. What Martha really needed was to remember Jesus is most important. We can remember that too. Say, **“God knows my real feelings!”** *(God knows my real feelings!)* **”**

5 - All The Time — Younger Craft

🕒 5 Minutes

📍 Team Time

Kids will make a clock out of paper plates.

Big Goal: Remember that God knows our real feelings all the time.

Leader Prep: Set out supplies. Cut cardstock paper into 1-inch paper strips, one for each child. Write *God knows my real feelings all the time* on the dry erase board.

1. Draw lines, separating the paper plate into quarters. Draw two more lines in each section, separating those sections into thirds.
2. Label the lines with the numbers 1–12, like a clock.
3. Draw or write 12 different feelings, one in each section of the clock.
4. Cut the tip of a paper strip to look like an arrow.
5. Punch a hole through the arrow and paper plate with the brass fastener. Attach the arrow to plate.
6. Write *God knows my real feelings all the time* on the clock.

Supplies

- Paper Plate
- Brass fastener
- Child-safe scissors
- Cardstock paper (several)
- Markers or crayons (several)
- Pencils
- Dry erase board and marker



Team Time Leader

🗨️ **What To Do:** We are making something to remind us that God knows our real feelings all the time. When does He know them? (*All the time!*) The first thing we need to do is divide our paper plates into twelve sections. The easiest way to do this is to draw a line up and down, then a line side to side, separating your plate into quarters. Now in each of those quarters, add two more lines coming from the center to the edge making sure they are an equal distance apart. Repeat that until you have twelve sections on your plate.

Add numbers on each line like a clock from 1–12. In each section, write or draw a different feeling. Once all twelve sections are decorated, take a slip of paper and cut the end to look like an arrow. This will be your clock hand. On your clock hand, write *God knows my real feelings all the time!* Use your brass fastener to poke a hole in your clock hand and in the center of your paper plate and attach them together. ”

Leader Tip



To save time, pre-line the paper plates, and then, using a craft knife or one side of scissors, poke holes in the middle of the plate to make inserting the brass fasteners easier.

Consider listing 12 feelings to assist with that step of the craft: *angry, sad, happy, disappointed, frustrated, silly, worried, calm, thoughtful, scared, bored, surprised*, and so forth.



Team Time Leader

“ Loud And Clear: In today’s Bible story, Martha was distracted and busy. She was probably feeling worried and stressed that Jesus was coming to her house. Jesus knew how she was feeling and that her feelings weren’t OK. He reminded her about what she really needed—Him! God knows our real feelings every minute of the day, no matter how we are feeling! He sent Jesus so we could have a relationship with Him and keep our focus on what’s most important. 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.



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.