

God Knows Me Completely

(Psalm 139)

Objective: The students will learn that God loves and knows all about them and He wants us to love others, too.

Materials: Bibles, yardsticks or a tape measure.

Before Class: Enlarge the “rectangle” and “Square” charts.

When students arrive, divide them into two groups and sit in a circle.

Pre-Session Warm Up

- What do you know about God? (He created the whole universe.) Psalm 8 says that He put the sun and the moon and the stars in place with just a flick of His finger! We have an awesome God, don't we?
- Besides God, who knows the most about you? (My parents, my brothers or sisters, my friends.)
- Do they know everything about you? (No! Only God knows everything about you!)
- Have you ever wondered how such a great big powerful God could know and care about you?

Today we're going to learn that even though God is so great and so mighty, He loves you deeply and He cares about every detail of your life.

Opening Prayer

Father, thank You for loving me so much! Help me to love others with the same kind of love that You love me with. Amen.

Memory Verse

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

Lesson Review

We've been learning about how to show God's love to others. In last week's lesson we learned that God's love is everywhere and that he wants us to love Him back with all of our heart, mind, and soul.

Lesson

Let's see how well the person sitting next to you knows you. Turn and pair up with the person beside you. [Teacher, if you have an odd number of children, pair up with one of the students.]

Now stand back-to-back. I'm going to ask some questions and let's see if you can answer them without looking at the person you are standing back-to-back with.

- What color is your partner's hair?
- What color are your partner's eyes?
- What color are your partner's clothes?
- What kind of shoes does your partner have on?
- What color are your partner's socks?

What questions were easy to answer? (Color of hair; color of shirt.)
What questions were hard to answer? (Color of socks; color of eyes.)

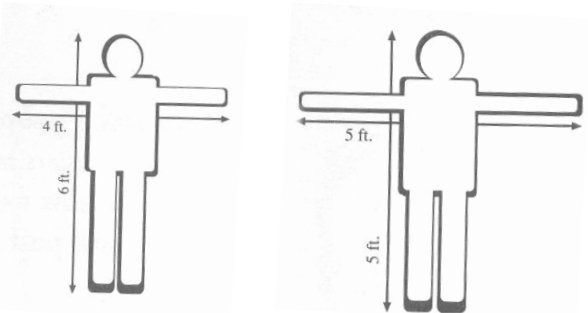
Ok, so we know that other people don't know everything about us. Let's see if we know everything there is to know about ourselves:

Square or Rectangle?

Are you a square or a rectangle? (Most students will be unable to answer this.)

I am talking about how long your arms are compared to the length of your body.

[Show the children an enlargement of the following charts or draw them on the white board to help explain what you mean.]



How many of you think you are a square? How many of you think you are a rectangle?

With a partner you worked with before, measure your arm length and your body height using the measuring stick or tape. If the measurements are the same, you are a square. If they are different, you are a rectangle.

[Give pairs time to measure. When they finish, have them sit back in a circle.]

Some of you may have been surprised at the results. How many squares do we have? How many rectangles?

Even though other people don't know you very well, and you don't even know yourself complete, the Bible tells us that God knows everything about us.

He was not surprised that you are a rectangle or a square. He already knew!

Let's find out some amazing things God knows about you and me:

Psalm 139:1-4

O LORD, you have examined my heart and know everything about me. (2) You know when I sit down or stand up. You know my thoughts even when I'm far away. (3) You see me when I travel and when I rest at home. You know everything I do. (4) You know what I am going to say even before I say it, LORD.

That means that God knows your thoughts even before you think them!

Psalm 139:5

You go before me and follow me. You place your hand of blessing on my head.

He is all around you on every side protecting you. Isn't it comforting to know that God is protecting you on all sides? He knows where you are at all times.

He knows about every detail of your life. He knows the things you plan to do each day. For example, He knows if you have to go to the doctor's office, He knows if you have to take a test in school; he knows if you have a sports activity to go to.

Day and night, God is aware of everything that happens to you. He knows what is in your heart, so He understands why you do certain things. God knows what words you are going to say before you even say them.

Psalm 139:6

Such knowledge is too wonderful for me, too great for me to understand!

God has made us so perfectly and wonderfully. We should be thankful for everything about ourselves.

Psalm 139:14

Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.

God knew all about you before you were even born.

Psalm 139:16

You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.

God not only knows all about you now that you are living, He also knew all about every single day of your life *before He created the universe*. This verse says that He had written everything about your life in His Book of Life before you were even born.

Psalm 139:17-18

How precious are your thoughts about me, O God. They cannot be numbered. (18) I can't even count them; they outnumber the grains of sand! And when I wake up, you are still with me!

God is always thinking about you!

Luke 12:7

And the very hairs on your head are all numbered. So don't be afraid; you are more valuable to God than a whole flock of sparrows.

God knows the number of hairs on your head!

Psalm 56:8

You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.

These verses show us how special we are to God. We should always think of ourselves as special. God has made us just the way we are. We are wonderfully made! Let's give thanks to God for some of the special things about us right now.

Turn to your partner. Take turns thanking God for something special about your partner and then about yourself.

Closing Prayer

Father, thank You for loving us so much that You made each of us special. We love You. In Jesus' name, I pray. Amen.

Learning Activities

Craft Corner

Affirmation Activity

(Children write down each other's unique, God-given qualities.)

If an artist made a painting of you, what would other people see? What do you see when you look in a mirror? What does God see when he looks at you?

Give each child a sheet of construction paper and markers. Let them have one minute to draw a self-portrait. Make sure they put their names underneath their picture. When you say, "scooch left" everyone moves their paper to the person on the left. Each child has 30 seconds to write something nice about the person whose self-portrait is in front of them. Then, say, "scooch left" and have the children move the picture again. Keep going until each child's self-portrait is back in front of them. Remind the children to only write positive, nice things.

Close with a prayer, thanking God for each child by name.

God Knows All About Me

Have the children draw a map of their town. Have them mark where their home, church, school, a friend's house. Use a highlighter to trace the roads your family uses. Then read Psalm 139:1-3 out loud. God

always knows where you are, what you're doing, and what you're thinking and feeling. Wherever you go, whatever you think or feel, God understands and loves you.