

God Made and Knows Us

Psalm 139:1-4

2

Lesson



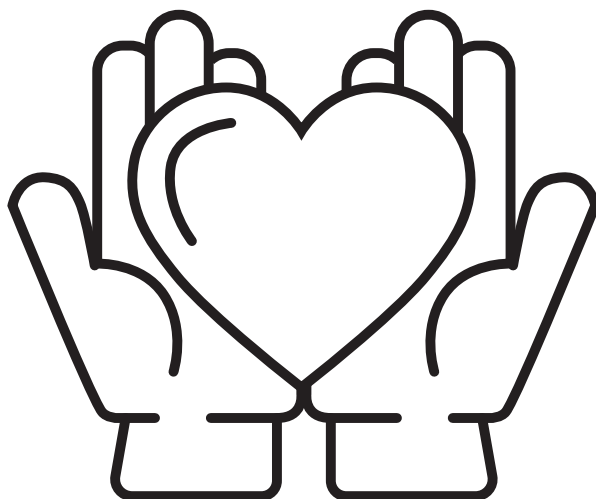
Teacher Background

What Happens: David writes a song about how God knows everything about us. God knows when we sit or stand, what we think about, when we travel, when we're home, and what we're going to say. There's nothing about us that's hidden from God!

Why It Matters: One of the greatest human emotional needs is to be known and seen. So often kids (and adults) can be present but not feel seen or like anyone really knows them. Help them see that God knows everything about them—and loves them intensely.

Think About: What's one thing about you that you wish more people knew? What's an aspect of yourself you wish you understood better?

Pray for kids to build strong relationships in your group so they feel known by God and by their church family.



Point

We are known by God.



Key Verse

“But now, O Jacob, listen to the Lord who created you. O Israel, the one who formed you says, ‘Do not be afraid, for I have ransomed you. I have called you by name; you are mine.’ ”

Isaiah 43:1

QUICK TIP

Get to know your kids and maximize the relationship-building potential of your smaller group of kids. Work on showing kids they're known and valued by remembering their names and asking questions about hobbies, talents, and favorite activities. If your memory needs a boost, discreetly take notes you can refer to ahead of each church service.

This Lesson at a Glance



WHAT HAPPENS	KIDS DISCOVER	SUPPLIES
SET THE STAGE Share about a topic related to the lesson.	The connection between their world and the Bible.	
EXPERIENCE THE BIBLE Explore Psalm 139.	How intimately God knows us.	Bible
HANDS-ON DISCOVERY Use deductive reasoning to figure out a guessing key.	That God doesn't use tricks or tools to know us—he just does.	
ACTIVITY PAGES WITH A PURPOSE Guess answers about a partner.	What they know about themselves.	"God Made and Knows Us" Activity Page pencils
PRAY TOGETHER Tell God three "about me" statements.	That God likes to hear from us.	



SET THE STAGE (5 MINUTES)



SAY: We're going to explore this question: Who does God say I am? Today you'll discover that ➡ **we are known by God**. He knows every single thing about you! But I'm sure there are things we don't know about one another.

ASK: Tell something about yourself you want others to know. Share your own quick story first, and then let everyone share!

SAY: We just learned some fun things about each other! But those things were no surprise to God because ➡ **we are known by God**.

It's pretty special that God knows everything about us. It's so special that a guy in the Bible, named David, wrote a song about it!



EXPERIENCE THE BIBLE (10 MINUTES)



SUPPLIES

- Bible



DISCUSS

SAY: Let's discover that ➡ **we are known by God**. He knows everything about us!

ASK: Tell about the person who knows you best, besides God. Why do you think that person knows you so well?

Share your own quick story first, and then let everyone share!

SAY: Our friends and family can get to know us really well...but not as well as God! God knows us better than we know ourselves! Let's find out what God knows about us.

EXPLORE PSALM 139



Open your Bible to Psalm 139, and show kids the words.

SAY: Today's Bible story is from the book of Psalms—a collection of 150 songs and poems. This song was written by David and is one of the more famous Psalms. Let's explore the beginning of Psalm 139.



Read Psalm 139:1. Have kids feel their heartbeats.



Read Psalm 139:2. Have kids sit, then stand, then sit, then stand several times.

ASK: What do you think I'm thinking right now?

Let kids guess, then reveal what you were thinking. If you'd like, repeat this with a few different kids as the subjects of guessing.

ASK: We had to guess what others were thinking. How do you think God knows our thoughts?

SAY: ➡ **We are known by God.** He knows when we sit or stand, and he even knows our thoughts! And that's not all.



Read Psalm 139:3. Lead kids in traveling around in a circle, then lying down to rest.

ASK: Tell about some places you went this week. Share your own examples first, and then let kids call out their answers.

ASK: What's a place someone shared that surprised you?

SAY: We could name the places we went, but we didn't know all the places other people went! But God did! God knows everywhere we go because ➡ **we are known by God.**



Read Psalm 139:4.

SAY: Let's try something. Find a partner. Allow time. Think of a word in your mind, but don't say it until I say to. When I say "go," you'll both say your word. Is everyone ready? Pause. 1, 2, 3, go!

ASK: Did you and your partner say the same word? Why or why not?

SAY: We know what words our friends picked now, but there was no way to know before they said it! But ➡ **we are known by God.** God knew what every person in this room was going to say!

ASK: How do you feel about God knowing so much about you?

SAY: I have some good news for you. ➡ **We are known by God**—and he loves us. Maybe sometimes you feel like if people really knew everything about you, they wouldn't like you. They'd think you're somehow just not enough.

You don't have to worry about that with God! He already knows everything about you, and nothing you think, say, or do is a surprise to him. And he loves you just as you are!

He loves you so much he sent his only Son, Jesus, to make a way for you and me to be forgiven and forever friends with God. So no matter how we may get it wrong sometimes as we try to follow God, God knows our hearts and he loves us.



CELEBRATE SMALL

If you have only a couple of kids, partner up with one or simply have everyone take turns guessing each other's words. Your smaller group gives everyone more time to share and more attention from you and peers. That's a win!



EASY PREP

- As kids arrive, invite one to be “in” on the key to this activity. That child will be your helper.
- Explain the key: When you point to a blue object, that’s the signal for the helper that the next thing you point to is the object to choose.



TRY TO FIGURE OUT THE KEY TO A GUESSING ACTIVITY

SAY: Today we’re learning that ➡ **we are known by God.** That means God knows absolutely everything about us—what we think, feel, do, everything. Let’s see what it’s like to have someone know us so well.

- Call up the helper you’ve prepared for the activity.
- Explain to everyone that once the helper leaves the room and cannot hear the group, you’ll work together to pick a random object in the room. Then you’ll invite the helper back in to try to guess which object the group selected as you give some options.
- Have the helper step out of the room, then work with everyone else to choose an object in the room, such as a clock on the wall, an object on a shelf, or even a specific person or an item of clothing someone is wearing.
- Invite the helper back in, and point to a series of objects in the room and allow the helper to say “yes” or “no” in response. You can go through several objects or move this along quickly; switch it up each round.
- Then point to a blue object so your helper will know that the next thing you point to is the object or person the group chose. Then point to the correct object.
- Repeat the activity a few times with the same helper, and encourage kids to pay close attention so they might be able to figure out how the helper seems to know you so well.
- Invite any who think they’ve figured it out to hold up a hand and then wrap up the guessing.

TALK ABOUT IT

ASK: Did you notice something that happened in each round right before [helper’s name] guessed correctly?

If anyone was able to figure out the key to the activity, invite them to share how they figured out the pattern or clue.

SAY: Watching for patterns or clues to how something is happening is called deductive reasoning. It’s a super powerful part of our thinking that God gave us that helps us find answers.

There was a pattern that you might have noticed. Every time I pointed to something blue, that told [helper’s name] that the next thing I pointed to was the object we’d all chosen.

ASK: How is that different from how God knows us?

SAY: Even though God gave us deductive reasoning and other tools and smarts that help our brains know or figure things out, God doesn’t need them. ➡ **We are known by God** because God knows everything. No tricks or tools about it, God just knows.

ACTIVITY PAGES WITH A PURPOSE (10 MINUTES)



SUPPLIES

- “God Made and Knows Us” Activity Page (1 per child) (page 87)
- “God Made and Knows Us” Coloring Page (1 per younger child) (page 88)
- pencils
- crayons

QUICK TIP

For younger kids, provide the Coloring Page and crayons as an alternative.

SAY: David wrote a song about how **we are known by God**. God knows everything about us! Let’s see how much you know about yourself.

Distribute the activity pages and pencils. Kids will fill out the questions.

ASK: How easy was this quiz?

SAY: Sounds like you know yourselves pretty well! Let’s make this a little more challenging.

Have kids find a partner they don’t know very well and, without looking, guess what the other person wrote for each question.

ASK: Well, how did you do? How well did you know your partner?

SAY: It was probably pretty easy to answer those questions about yourself, but it got harder when you had to guess what someone else wrote! There are things about us that even we don’t know. No one knows except God!



PRAY TOGETHER (5 MINUTES)



SAY: God knows you so well. And even though he already knows everything about you, he loves to hear from you!

Maybe you know someone who tells the same story or joke over and over, and you get a little bored with it. Not God! He wants to hear you tell him things about yourself...even though he already knows them! Let’s tell him about ourselves now.

- Have kids silently tell God one thing they really love to do.
- Have kids silently tell God one thing they really don’t like to do.
- Have kids silently tell God one thing they worry about sometimes.

PRAY: God, thank you that we are known by you! Thank you that you want to be our friend and hear from us, even though you already know what we’re going to say before we say it. We love you! In Jesus’ name, amen.

God Made and Knows Us

Activity Page

Fill in your answers to these questions. Then find a partner and, without looking, guess what they wrote.

What's your middle name? _____

What's your birthday? _____

What's your favorite color? _____

What's your favorite animal? _____

What's your favorite snack? _____

What's your favorite show to watch? _____

What do you like to do with your free time? _____

What sports do you play? _____

How many siblings do you have? _____

What's your favorite emoji? _____

GUESS

God Made and Knows Us



Psalm 139:1-4: *We are known by God.* David even wrote a song about that! He wrote that God knows everything about us. God knows where we go, what we do, and what we say!