

Junior Soldiers

UNIT 15 : LESSON 6



Body image / image of God

PURPOSE: For the children to explore how God sees us and to understand that we are made in his image and reflect the goodness of God to others.

So God created human beings in his own image. In the image of God he created them; male and female he created them.

Genesis 1:27

Consider & Prepare

Read:

Genesis 1:1-27

Psalms 139

We are constantly bombarded with images, attitudes and expectations about how we look. With the prevalence of social media, our young people are, in many ways, more vulnerable than ever.

This lesson is an opportunity to pause and remember that we are made in the image of God. This is the key to seeing ourselves as God sees us. He created us and proclaimed us to be 'good'. We are as he intended us to be, pleasing, complete and purposeful.

Consider how you define or describe yourself to others. How is God speaking to you about your own self-image?

NOTE: When tracing the body outlines, be aware that some children may feel vulnerable with this activity. Ensure that the children lie down with their legs together and arms by their sides and ask their partner to draw around the outside only. If a child does not want to participate, they can simply draw an oval shape or circle to use for the activity.

What you will need:

For 'Connecting In'

- Enough sheets of paper and pencils for each child
- 4-5 objects that are different shapes. For example: clock, book, flower, sunglasses, candle
- Optional: some erasers
- Optional: a timer

For 'The Main Thing'

- A roll of butcher's paper with markers or enough sticks of chalk for one per child (if you have an outdoor space)
- Choose 2-3 optical illusions and print copies of them or have them ready to show on a screen. Optical Illusions | Optics for Kids (optics4kids.org) has some good options or find others by searching online

For 'Home & Beyond'

- Print off the Home & Beyond cards for each child.

Connecting in

Activity...

Provide the children with pencils and paper.

Display 4-5 objects at the front of the room. Explain to the children that they each need to choose one of the objects (without telling anyone which one they have chosen) and will have 10 seconds to draw it. Remind them that they don't have to be expert artists. If some children are reluctant to participate, they can still join in the guessing part of the activity.

Gather up the pictures. Hold them up one at a time and ask everyone to guess which object has been drawn.

Link

These drawings are not exactly the same as the objects they represent, but they are like them. When we see the picture, we can also see what the object looks like.

We are made in the image of God. Looking at us, people don't see God, but they do see a likeness to God.

The Main Thing

On rolls of butcher's paper (or use chalk on the ground outside), ask the children to work in pairs to trace a body outline of each other. See NOTE in Consider and Prepare.

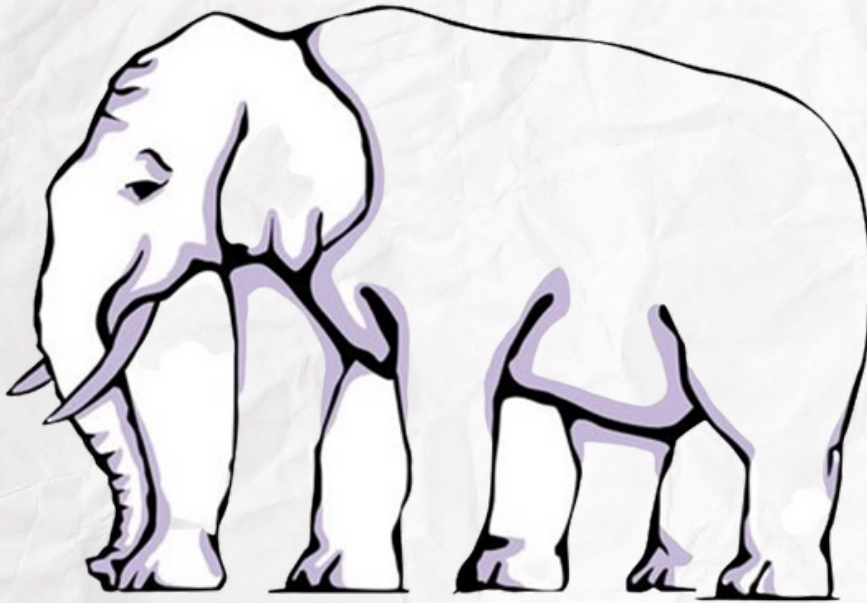
Read one line at a time from the list below. Allow time in between each one for the children to reflect and write their responses within the outline of their body.

Inside your outline, write:

- Your best skills/superpowers
- Your best qualities or characteristics
- Some things you like about how you look
- The subjects you enjoy at school
- Your favourite sports, games and hobbies
- Something you have achieved that you are proud of
- Something that other people like about you

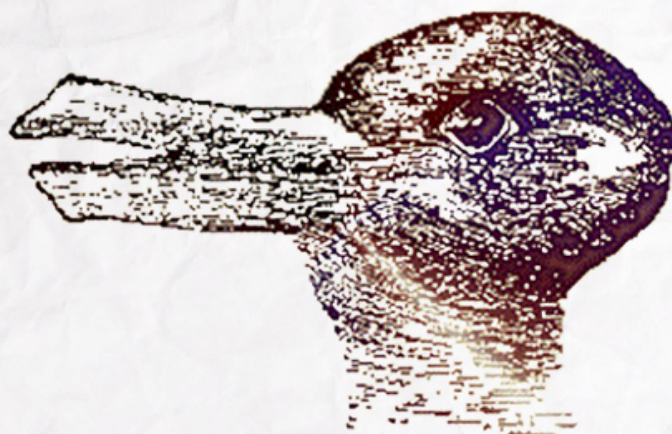
There is so much that is good about each one of us. When we think about ourselves, we don't always focus on the good. But the good things in us are reflections of God. When God looks at us, he always sees the good in us.

Show the children several optical illusions – something that can be seen in two ways. For example:



How many legs does this elephant have?

Answer: 4



How many animals are in this picture?

Answer: 2 - Duck and rabbit

Optical Illusions | Optics for Kids (optics4kids.org)

Just like we can see these images in different ways, we each see beauty in different ways. One person might think someone or something is beautiful when another person does not. When God looks at us, he always sees us as beautiful, worthy and extraordinary

Tying In

I wonder how you see yourself.

Give the children a moment to reflect.

I wonder, if you had to rate yourself on a scale of 1 to 10, what rating you would give yourself.

There can be lots of different perspectives, but when we see ourselves as God sees us, we can stop spending so much time trying to make ourselves cooler or more beautiful or more acceptable and focus on loving God and loving others.

Memory Verse

- So God created us
- in his own image.
- In the image of God
- he created them,
- male and female
- he created them.
- Genesis 1:27

Divide the children into two teams and ask them to stand in two lines, facing each other. Give each child in the first team a copy of the verse, set out as above.

Ask the first team to read the verse one line at a time, with the second team repeating each line.

Then ask the children in the first team to hand their copy of the verse in the second team and repeat the activity with team 2 saying the verse and team 1 repeating it

Prayer Time

Ask the children to place a hand on their head or face.

Pray: 'thank you for the way I look.'

Ask the children to place a hand over their heart.

Pray: 'thank you that I can love others and show them your love.'

Ask the children to hold out their hands.

Pray: 'thank you that I can use my abilities to serve you and others.'

Home & Beyond

Print off the 'Home & Beyond' cards attached. The children might like to keep these in their journals or notebook where they could write or stick the challenges, reflect, answer questions or complete activities each week.

Home & Beyond

Ask permission to write on a mirror in your room or bedroom or stick pieces of paper to a mirror and write on them.

Ask someone in your family, a friend or your Big Bud to tell you three good things that they see in you. Write them on your mirror (or on paper stuck to your mirror). Whenever you look in the mirror this week, remember that when people see good in you – they see the goodness of God reflected in you.


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