



SEPTEMBER 2024

September 15

I am Known

Kindergarten - 5th grade

Leader Notes

Bible Passage: Mary and Martha- Luke 10:38-42

Bottom Line: God knows my real feelings.

Leader Context: In Matthew 10:38-42, we read a story of two sisters, Mary and Martha. Jesus and His followers, the disciples, went to visit the two sisters. Martha was distracted with her preparations and frustrated that Mary was sitting at the feet of Jesus. Jesus showed that He knew what both sisters were really feeling, and He knew what they both really needed. When kids think, No one understands what I'm really feeling, we get to teach them that God always knows what they're feeling. More than that, He knows exactly what they need.

THE WIN FOR SUNDAY GROUPS: Give kids a first look at The Bible, Jesus, and our need for a Savior by embracing their physical needs or engaging their interests. Use The Code when necessary to help redirect kids and build relationships.

Social

Games and Music (10 minutes)

What You Need: Instruction Page, Game Sets, Roku Game Instruction Page, Blank paper (1 per child), Pencils (1 per child), Markers or crayons (several), Masking or painter's tape (1 per group)

What You Do:

- Play worship songs and other songs available on Roku during the Social Game or while kids are playing.
- Using the supplies and game instruction page, choose one game to play with the kids today.
- As you are playing, use this as a time to call each kid by name and learn their names well.

Say: That was a fun game to get us ready to watch our Bible video. Let's sit and listen to our story today."

Videos

Bible Story Video (10 minutes)

Bible Story Recap- Say This

We can learn about how God knows our real feelings from the Bible, which is God's true message to us about Himself. Whose true message is the Bible? (*God's!*) Today's Bible story is about two sisters named Mary and Martha. Everyone, say, "Mary and Martha!" (*Mary and Martha!*) The two sisters, Mary and Martha, were friends with Jesus and His disciples. One day, Jesus came to visit, but Mary and Martha had some different ideas about what was most important when Jesus came. Let's see what happens.

In our Bible story, Martha was distracted by things she felt like she needed to do, Mary sat at Jesus' feet and listened to Him teach. Martha was upset because she felt that her sister wasn't helping. Jesus knew what was really going on inside Martha—how she was feeling. And He knew exactly what she needed. Her feelings weren't honoring to God, so Jesus responded in love and truth. God knows and cares about our real feelings too. Say, "God knows my real feelings!" (God knows my real feelings!) God knows our real feelings. We can be encouraged that, even when our feelings don't honor God, He has a plan to help us with what we need. God sent Jesus because Jesus is exactly what we need.

Gospel Connection: *Using the Gospel 4 Circles guide kids to see how the Bible story relates to the four circles.*

(Circle one) We were all made part of God's perfect design. In the beginning, God made everything good and perfect. When He made people, He knew exactly what they needed—a relationship with Him, like a good relationship between a loving parent and a child. A relationship with God would mean a life filled with love, peace, and joy.

(Circle two) But then sin entered the world. *Sin* is when we choose to do what we think is best rather than what God says is best. When sin came into our world, it separated us from God. This includes sinful feelings like selfishness, greed, pride, jealousy, and wanting what we shouldn't want.

Everyone has sinned, and everyone is broken. In today's story we saw Martha's brokenness. Martha thought her feelings were OK, but Jesus knew Martha's *true* feelings and that they weren't OK. Jesus knew what Martha needed wasn't her sister's help. Martha needed to remember that Jesus was what was most important. We need to know that Jesus is most important in our lives too. God knows our real feelings, even our sinful and broken feelings, and He knows what we really need.

(Circle three) Martha's brokenness could be fixed, but only through asking Jesus for forgiveness and trusting in Him. God knows our real feelings, and He knows what we really need—forgiveness.

(Circle four) We can follow Jesus by admitting that we are sinners, believing that Jesus came to save us, and putting our trust in Him. If you have questions about what it means to follow Jesus, come talk with me.

God knows the real us, and He knows our real feelings—even the ones nobody else knows about. He knows our sinful feelings, and He responds with love and forgiveness when we ask. He loves us, cares about us, and is always with us. Everyone, say, "I am known!" (*I am known!*) Say, **"God knows my real feelings!" (God knows my real feelings!)**

Focused Feelings (15 minutes)-

Kids will create abstract drawings portraying different feelings. Remember to focus on Jesus no matter what we are feeling.

What You Need: “Focused Feelings Printable” (1 per kid) Watercolor paint and paintbrushes (1 per child), Plastic cups (1 per child), Paper towels (1 per child)

Leader Prep: Set out the supplies. Fill the plastic cups partially with water. Use watercolor paint to fill in the quarters with various colors and patterns that demonstrate that feeling.

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.

Let’s look at the papers I passed out. Tell me what feeling you see in each square. 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.

Keep It Going: Invite kids to share their pictures with others and discuss ways they can focus on God when they are feeling different emotions. Write this on your paper to remember God knows everything about each of us. God is greater than our hearts, and he knows all things. 1 John 3:20b

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

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!)*

Discussion Questions (10 minutes)

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

- What are some things that make you feel happy? What about sad? How about mad? *(Allow kids to answer and share your own answer.)*
- 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.)*
- 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.)*
- 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.)*
- 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, amen.

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!

Going Home

Pass out the coloring pages for kids to take home. Greet families as they arrive and tell them something about their child you saw today. Say goodbye and call everyone by name.