



SELF-WORTH

BB3

Related values

Confidence, Self-esteem

Intro Object

Jewel or jewellery



Game

Appendix B

You Are As Sparkly as a Sapphire

Story

Appendix A

Psalm 139:1-6, 13-16

Reflection

Appendix B & D

You are loved and valued by God.
You are a jewel, a masterpiece.

Song suggestion

'Wonderfully Made'
Orange Kids Music

Follow-up Activity

Appendix B

'I am amazing and
wonderfully made!'

Other Equipment

whiteboard / easel, paper

Suggested Entry Music

'Search for the Hero'
M People

Prayer

Thank you that you love and value me and see my great worth. Help me to know my value to you and people around me, especially when I am not feeling good about myself. Help me to remember that I am loved and valued. I am a precious jewel. I am God's masterpiece.
Amen

Notes:





Story

Psalm 139:1-6,13-16

[As you read the poem pause and encourage children to complete the rhymes in bold, you might need to prompt them with gestures to give clues]

The Bible is not just one book, but a whole library, 66 books with different types of writing and stories, songs and letters... let's explore it together. Today we're thinking about a psalm, a special poem written by King David. It went a bit like this...

God you know everything I do
There's nothing that isn't seen by you
You know when I'm happy, or when I am blue
When I sleep in my bed, when I go to the **loo**
You know what I'll say before I even do
There's nothing that isn't seen by **you**.

God you know everything about me
There's nowhere I can go that you won't be
If I climb up a mountain or swim in the **sea**
If I visit the shops, or an art gallery
If I fly in a rocket through the far **galaxy**
There's nowhere I can go that you won't be.

God I know you made me outside and in
In incredible ways, you made everything
My muscles and organs, the bits deep within
The stuff on the outside, my hair and my **skin**
How you came up with it, I can't imagine
God I know you made me outside and **in**

What do you think David was talking about in this psalm? How did it make him feel? I wonder how the words of the psalm make you feel?





SELF-WORTH

BB3
B

Introduction / Object Lesson

What words would you use to describe this jewel (or jewellery)? Write down so words can be seen.

Game: 'You are as sparkly as a sapphire'. Have pictures/plastic pieces of different coloured jewels (see appendix D). Volunteer picks one and has to say a positive adjective beginning with the same letter as that jewel, eg resilient as a ruby, enthusiastic as an emerald, amazing as an amethyst, dazzling as a diamond. (Also see the related PPT for images, with further suggestions in the notes on each slide.)

Reflection

How do you feel about yourself? What words would you use to describe yourself? Have you asked other people what their favourite quality is about you? Do some words have different meanings for different people?

Sometimes we feel really good about ourselves; maybe if we've done something well, if we've achieved something, or done something for someone else - then we feel in a good mood. But sometimes we might feel less good. Maybe someone has said something to us which makes us feel bad about ourselves or we didn't achieve something we thought we would. That's when it's really important to remember everything that's great and amazing about you. To think about all the people who love and value you and know your worth.

The Bible teaches that God deeply loves and values every one of us. It tells us that we are 'God's masterpiece'. Think about that for a moment. 'God's masterpiece'. What does 'masterpiece' mean? Can you think of some examples? It's someone's very very best work. And that's you! God's masterpiece.

God loves and knows us so well that He 'even knows how many hairs you have on your head'. It says in the Bible "God created human beings in his image. In the image of God he created them." and that "You are precious to [God]." A precious jewel, just like you described at the beginning. *Read out jewel words.* This is you!

One of the really memorable lines of this psalm is "You made me in an amazing and wonderful way". Think about those words. Amazing. Wonderful. How do they make you feel? Remind yourself of this throughout the day, especially when you look at yourself in the mirror. Remind yourself of it if people tease you or say unkind things about you, or if you are ever tempted to say unkind things to yourself. You are amazingly and wonderfully made and God loves you just as you are.

Validations - Ask children to repeat in their heads after you say out loud. Examples: I am loved, I am valued, I am unique, I have worth, I am valuable

'Valuable Hand' - think of someone who values you for each digit of your hand. Imagine yourself on your palm, as you close your fingers over your palm, picture all those people hugging you.

Follow-up Activity

Write 'I am amazing and wonderfully made!' Decorate and put somewhere you can see it every day.



SELF-WORTH

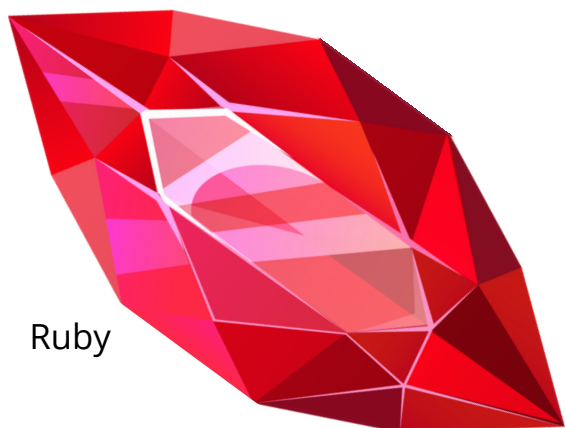
BB3
C





SELF-WORTH

BB3
D



Ruby



Diamond

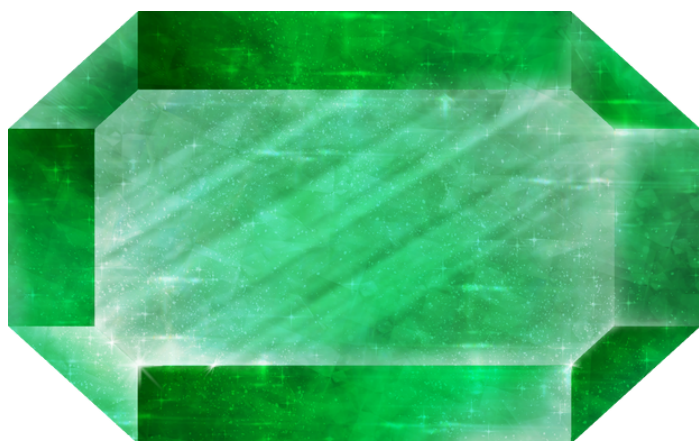


Sapphire

Golden Beryl
(say 'Gold'
for short!)



Emerald



Amethyst

