

Teaching resources for understanding **identity**



The Bible's answers to our big questions



Lesson 1

# I AM MADE BY GOD



Genesis 1:26-31

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**faith** **in** **kids**

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Who Am I?

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We recommend the International Children's Bible for use with children during the lesson. Our leader's notes and Take Home Sheets use the New International Version.

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Living Out ([www.livingout.org](http://www.livingout.org)) commissioned Faith in Kids ([www.faithinkids.org](http://www.faithinkids.org)) to produce these resources to help children build a permanent identity based on God's word. Visit [www.faithinkids.org](http://www.faithinkids.org) to download these resources and look out for accompanying podcasts for both children and parents.

'All for the glory of God alone' (1 Corinthians 10:31)

# I AM MADE BY GOD

GENESIS 1:26-31



Thank you for using a Faith in Kids resource. We want to hear your feedback so we can keep improving our resources. Please [click the link](#) to fill out a short form or email us at [info@faithinkids.org](mailto:info@faithinkids.org)



## Truth that changes me:

God made us; we belong to him and are precious to him.



## Faith in Kids looks like:

Children who feel secure and valuable because they know they belong to God.



## WHERE ARE WE GOING?

Our children are God's wonderful design. He made them a little like himself, to love him and belong to him. He loves them more than we do and made them to know him. We want to help our children find their value in God's love for them, instead of in the words of others and their peer group's loud call to fit in.



## THE WORLD OUR CHILDREN LIVE IN

Imagine being bombarded by loud voices telling you who to be. Opinions are strong. Expectations are high. Comparison is inescapable. This is the world our children live in.

Our children are told that their value, confidence and security depend on the number of certificates on the wall, what they see in the mirror and the kind of friends they have. When they feel defined by their achievements, the pressure to succeed is exhausting. Social media fuels constant comparison which increases anxiety. In such an environment, stress and insecurity thrive.

But we have good news for them! They have a voice of truth to listen to. They can have a sense of identity rooted in who they belong to - God. They are handmade by a dependable creator who loves them and wants them to know him. Believing that gives them a Father to love them and a secure sense of value.



## LOOK AT THE PASSAGE

*Then God said, 'Let us make mankind in our image, in our likeness'... So God created mankind in his own image, in the image of God he created them; male and female he created them.*

GENESIS 1:26-27

**God decided to make us in his image.**

We are his decision. Without him, we wouldn't exist.



## NOTES

Pray and read the Bible passage. Read *Where are we going, The world our children live in* and *Look at the passage* to give you a better understanding of how to apply the truth.



The God who is an 'us', relational in his own nature, made us his image bearers. Wow! Nothing else in creation is like that. We're made like him, to relate to him and others, in a way that no other creature is.



## God made us.

We are specially designed and made by God. He created us as male and female. He gave us our life, breath, bodies, abilities and limitations as good gifts so we would serve him and rely on him. He loves us because he made us. Our value and identity is in who he is and what he has done.

**God saw all that he had made, and it was very good.**  
**GENESIS 1:31**

## God said that his created man and woman were very good.

Out of everything in creation, God said we are 'very good'. God looked at mankind and was delighted. This is the true security our wandering hearts need: we belong to the creator who made us. Sin in the world has damaged every part of creation, including God's image in us. It's like looking in a cracked mirror; the image is distorted, but it's still an image. We are still like God, in a way that daffodils, tigers and stars aren't. We can still relate to him and are valuable to him in a way that nothing else is.



## WIN MY HEART

How would you answer the question, 'Who am I?' Would you list the roles you play? The work you do? The things you've achieved? Perhaps you'd describe your physical appearance, or interests. All of these things are significant about you, but imagine a day when you feel insecure or worthless. Could your possessions offer the comfort you long for? Would your achievements make you feel valued? Could your relationships offer all the security you need... forever?

With God, we have a better answer about our identity. We can point to our creator and say, 'He made me, he loves me, I belong to him!' On my worst day, I have an unquestionable value. On my most successful day, I have a better place to rest my confidence; not in myself, but in the one who made me and loves me.

- Where are you tempted to look to feel a sense of value? Achievements? Possessions? Relationships?
- What would your creator say to you to remind you of your value?

*This truth is for your heart too.*



## 5 MINUTES TO FOCUS ON YOUR GROUP

What will you say to make it clear that the children are valuable because God made them, not because their friends like them or they are good at certain things? How will you help them see that they are still valuable even when other people make them feel worthless?

*What do the children in your group need?*

*Pray for them:*  
• to grasp the truth  
• to live it out  
• to rely on the Spirit





## ALL TOGETHER TIME



*Flexible resource: This has been written as an all-age slot to introduce the whole church family to what the children are learning today, but it could be adapted for the children's classes.*



### PROPS

Child's painting easel/large board, paint pots, paintbrushes, at least 3 sheets of paper to paint on, objects to represent wrong sources of value (e.g. trophies, certificates, designer clothes).



### MAKE IN ADVANCE

Set up the art station at the front (child's painting easel/large board with papers attached to it). Have paints and brushes ready to use.



### What to Say



### What to Do

Who loves making things?  
Making dens, baking cakes, building towers, colouring drawings?  
Can you think of the last thing you made?  
What did you think of what you'd made when you'd finished?

You could show something that someone has made for you and explain why you like it.

When you make something, it tells us something about you.  
I bet you've all seen one of these before at nursery or in school.  
You arrive at the painting station, you look at that lovely sheet of paper, you pick up the paintbrush and off you go!

Point to the art station.

What you fill the paper with tells us something about you.  
Do you like lots of colour?  
Perhaps you have a favourite? Or you like to use all the colours.  
Maybe you like big shapes? Swirly patterns?  
Or perhaps you want to stay neat and tidy?

Fill the 1st page with different colour paint marks as you talk.

What you make shows us something about you.

In the beginning, God created the heavens and the earth.  
It's like he stepped up to the big sheet of paper and filled it with all kinds of wonderful things: colours, sounds, shapes, the stars, the sea, the animals. He made them all.  
Each one tells us something about how big, kind, careful, powerful and wonderful God is.  
Everything he made was good.

Fill the 2nd page with paint marks and simple shapes - stars, waves, an animal.

continued →



## What to Say

But then, he made something VERY good!  
God said let *us* make mankind in *our* image.  
God is an 'us'. He is God the Father, the Son and the Holy Spirit. He is relational.

God decided to make people. He made us as male and female. And he made us to be a little bit like him.

And that makes us *better* than stars, mountains, lions and dolphins.  
That makes us very good!

Think of the last thing you made. Maybe it was a Lego model or a cake you baked.  
You put something of yourself into it - your time, your ideas, your effort. That's what makes it precious to you.  
God saw the people he had made, he said they were 'very good!' We are so precious to him.

I'd love us to remember this with a butterfly hug.  
Let's say together, 'God made me!'

Give yourself a squeeze.  
Let's say together, 'I am precious to God!'

Let's say that again, together...

This is how we know who we are. It is our identity. It's what gives us value.

Sometimes we try to find our value in what we can do, or in the things we *own* or *achieve*. Like when we get certificates from school, or trophies from sport, or have fancy logos on our clothes, or a big number of likes on our social media profile.

But that is not who we are. We are made by God! We belong to him. And we are a bit like him. That's what makes you and I valuable and precious.

## What to Do

On the 3rd page paint 2 stick figures in the middle of the page.

Paint a heart around the figures.

Put your left hand on your right shoulder. Put your right hand on your left shoulder.

Hug yourself.

Encourage everyone to repeat it together, with the actions.

Hold up the objects to represent these things.

continued →



## What to Say

When I make some Lego, or a cake, or a drawing, it's precious to me, because I made it and I like it. But it's just a thing.

When God made us, it wasn't just so he could put us on a shelf to look at. He made us a bit like himself, to be his friends. That's why we are so precious to the God who made us.

We are starting a new series, called, 'Who am I?'  
We are finding out who God says we are. Today we're learning that each of us can say, 'I am made by God. I am precious to him.'

That is who we are. It doesn't matter whether others agree or not, it is still true; of you and them. God made us, so he gets to tell us who we are. Because he made us, we need to listen to his answer to the question, 'Who am I?'

The issues we're looking at are particularly important in our culture at the moment. Each week, we will be sending a sheet home with the children to help you talk about these big topics together as a family.

Pray.

## What to Do

Hold up the picture you painted first.

Hold up a copy of this week's Take Home Sheet.





## UNDER 7's LESSON PLAN




### GET GOING

#### Who made it?

If the children need to use up some energy and you have the space then start by hiding the plastic animals and play figures around the room for the children to find. They have to bring them back to the tub in the centre of the room. For a calmer and quieter game, start with the animals and play figures in the tub and the children sitting around it.

Pull out a few items from the tub and ask: 'Who made lions?', 'Who made zebras?' *God did.* Say something about the creatures, 'God made lions to be strong and zebras to be stripey!' When you hold up the people, ask, 'Who made people?' *God did.* God made people different from animals. God made us to belong to him. Place the play figures in the heart.

 **Link:** God made you just the way you are. He knows your name. You are very precious to him.



### TEACHING TIME

#### Wonderfully Made by God

**READ GENESIS 1:26:**

*Then God said, 'Let us make human beings in our image and likeness.'*

Explain that people are God's wonderful creation. He made them. Everything about them is just as God planned.

Get the children to take turns looking in the mirror. Ask them about what they see. What colour hair / skin / eyes do they have? What makes them different from each other?

**Go deeper:** Ask them what they are good at. Baking cakes? Running fast? Reading? God made them that way. Ask them what they find hard. God made them like that. Even when they can't do things, God still loves them because he made them. He couldn't love them more.

Let each child look in the mirror and say, 'God made me and loves me.'

#### Made to be a bit like God

**READ GENESIS 1:27:**

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



### NOTES

*Flexible resource: look at both lesson plans, pick what works for your group.*

*Use this activity to introduce today's theme.*

**You will need:** Toy creatures / plastic animals, a boy and a girl play figure, a large tub and a heart shape drawn on a piece of paper.

*Use a suitable Bible translation - we use the International Children's Bible (found online at [www.biblegateway.com](http://www.biblegateway.com)).*

**You will need:** A mirror and a children's Bible with pictures of creation and Adam and Eve.





Look at the children's Bible pictures of creation and Adam and Eve.

- Creation - talk about the different creatures God made and the different things they can do: birds fly, monkeys swing through trees and fish swim.
- Adam and Eve - explain that when God made people, he made them to be a little bit like himself. That's better than being able to swim like a fish and more fun than swinging through trees.



## Precious to God

**READ GENESIS 1:31:**

*God looked at everything he had made, and it was very good.*

Help the children understand that people are the best thing in God's creation. After people were made, creation changed from 'good' to 'very good'.

Do the butterfly hug from **All Together Time**. Put your right hand on your left shoulder. Say together, 'God made me.' Put your left hand on your right shoulder so your arms are crossed. Then give yourself a squeeze and say, 'I am precious to God!'

When someone says something mean about how we look, or we feel sad because we can't do something and we're worried we aren't good enough, we can remember this big truth: God made me; I am precious to him.



## BRAIN BREAK


### Made and Loved

The aim is to build the tallest stable tower in two or three minutes. Explain that it must be standing on its own at the end of the time. Encourage them to work together. If you have enough children to split into teams, then this could be a competition to build the tallest tower.

At the end, congratulate the children on their towers. Highlight the strengths and hidden details of each one.

*A chance to rest the children's minds before Heart and Hands. Get moving and have fun with this game.*

**You will need:** building blocks / Lego blocks or any objects that can be safely used to build a tower.

 **Link:** You created this tower. It belongs to you and it is precious to you (at least a little bit). Imagine if I kicked it over, or one of you threw it across the room. It would make you sad, because it's yours and you made it. In just the same way (but even more!), because God made us, we are precious to him. He cares deeply for us.





## HEART & HANDS

### Craft time - Make a mirror

**Prepare in advance:** cut the tin foil into circles the size of the inner circle on the mirror. Cut out the mirrors for younger children.

Give each child a mirror template to colour in and decorate with stickers. Stick the circle of tin foil over the inner circle. The children then use a pencil to draw a picture of themselves on the tinfoil.

As the children make their mirrors, take the chance to chat with them about how precious they are to God. Make it personal - encourage them to write their name on the frame of the mirror (help younger ones). Say to them, 'God made you, (name of child). You are precious to him!'

### Think time

**Big Question:** Who made you? *God did.*

**A follow up question:** What does God think about you?

### Prayer

**Say together:** Dear God, thank you for making me. Amen.



*Make a craft and have a chat. Give the children time to reflect on today's big truth, so it can impact their hearts.*

**You will need:** craft sheets printed on card (1 sheet for every 2 children), tin foil, scissors, glue, crayons/coloured pens, pencils and stickers.





## OVER 8's LESSON PLAN




### GET GOING

#### Master Builders

Give your group a selection of materials to choose from and ask them to make a creature. Perhaps a cereal packet giraffe or a tin foil llama will emerge. Alternatively, do this as a drawing activity. Work through the process below.

Process steps:

- Decision: Come up with an idea - *what will you make?*
- Planning: Work out what it will be like - *what will you use? How will it stick together?*
- Action: Put the design into practice - *make, cut, stick it all together.*
- Review: Look back at what we've done - *how do you feel about what you have made?*

 **Link:** You decided what to make and how to make it. It is your design and so it belongs to you. God made us according to his design. Unlike anything else in all creation, we are made in his image. We're made by him and are precious to him.



### TEACHING TIME

If you didn't use the **Get Going** idea then quickly go through the process steps of making something: decision, planning, action and review.

Read Genesis 1:26-31 then ask these questions:

- Decision: Who decided to make people? (v26)
- Planning: How did God plan for people to be? (v27) *In his image. Male and female. What does it mean to be 'in his image'? He made us a bit like himself, to be relational, because he wants to know us and he wants us to know him.*
- Action: Who did the making? (v27)
- Review: What does God say? (v31) How is that different to what he says about the rest of creation?

Talk about how we belong to God because he made us. He designed us so he says who we are. He says we're the best part of creation.

God tells us who we are. But so do other people. Let children write their answers on Post-it notes and stick them in one of the speech bubbles:

- What do people say about you - good or bad? *Be prepared for some shocking answers.*

continued →



### NOTES

*Flexible resource: look at both lesson plans, pick what works for your group.*

*Use this activity to introduce today's theme.*

**You will need:** A selection of craft materials, junk modelling, card, tape, pens, pegs, lolly sticks, tin foil, Play-Doh and a large piece of paper (write the 'Process steps' on it).

**You will need:** Bibles, 'Process steps' page from **Get Going**, pens, 2 large sheets of paper with a speech bubble drawn on each one.



Help the children see that people's comments are usually based on what they look like or what they can do.

What did God actually say about you (v31)? Write it in the other speech bubble.

- What is it about people that makes God say 'very good'? *It's because we're made in his image - we're a bit like him. It's because of who we are, not what we can do or what we look like.*
- Who would you like to listen to? Why?

In this series we are going to be listening to who God says we are. His answer is always better, kinder and wiser than the other voices we hear. He says we are made like him, made to be his friend and made to belong with him. Safe. Secure. Loved. We can stop comparing ourselves to others. We can choose to listen to God's voice telling us who we are - we are his design and his delight!



## BRAIN BREAK

### Like Each Other

The aim of the game is to find the things that belong together. Decide what works best for your size group and the space you have.

**Active:** place the items in a large tub except for one of each category. Divide the children into teams and give each team an object from one of the categories. Place the rest of the objects in a tub on the opposite side of the room. Children take turns running to the tub to collect an object from the same category as theirs.

**Calm:** work together to sort the items into their different groups.

**Large group:** give each child an object. They must find the people with matching items to form a group.

➔ **Link:** We put the things that were like each other in groups. When God made us, he made us to be a bit like him.

*A chance to rest the children's minds before Heart and Hands. Get moving and have fun with this game.*

**You will need:** a few sets of matching objects (4 or 5 objects per set) e.g. different coloured Lego blocks; glue sticks; pencils, different coloured crayons.



## HEART & HANDS

### Did you spot it?

- What makes people different from the rest of creation?
- What did God say about the people he made?

### Work it out

- What does God say about you?
- Why are you precious to God?
- Who will you listen to when they talk about you? Why?

continued →

*A chance to reflect and chat about how the truth, through the Spirit's work, changes our thoughts (head), feelings (heart) and actions (hands).*

Use the **Chat Time** sheet – you could enlarge it and work on it together. Hand out sticky notes so children can still respond personally.



## Live it out

Look at the 'A' case study pictures. Imagine the other children in the pictures are speaking about the girl with the phone and the boy with the football.

Ask your group to write what they might say on Post-it notes and stick them to the picture. (Use any relevant Post-it notes from **Teaching Time**, too.)

Then look at the 'B' case study pictures and talk about what the girl and boy may think about themselves after hearing those things.

Write on Post-it notes and stick them around the pictures.

- How would you feel if that happened to you?
- How might you try to make yourself feel better? (*Prompts if needed: being better than others at sport/school, having new clothes/more friends, talking to someone else, breaking something, being alone, thinking bad thoughts about themselves, hurting others or even themselves.*) Some of these things may make us feel a bit better but others make it worse.
- God says we are 'very good'. Does that help to make you feel better? When does it help? When does it not help? (*Depending on the age of your children, they may already use social media e.g. Snapchat, Whatsapp, Instagram, Messenger etc. Explore their experiences using these platforms and how they make them feel.*)
- Next time others make you feel bad about yourself, what do you want to remember?

## Extra Stretch

- How are we tempted to complete this sentence, 'I know I am valuable because...!' (*Explore how their answers might change when they feel frustrated, lonely, rejected or like failures.*)
- What makes it hard to base our value on God's actions and words? Why do you think we often listen to other voices that tell us who we are?
- What would it take to make you feel worthless? What do you need someone else to say to you, to change that feeling?

## Prayer

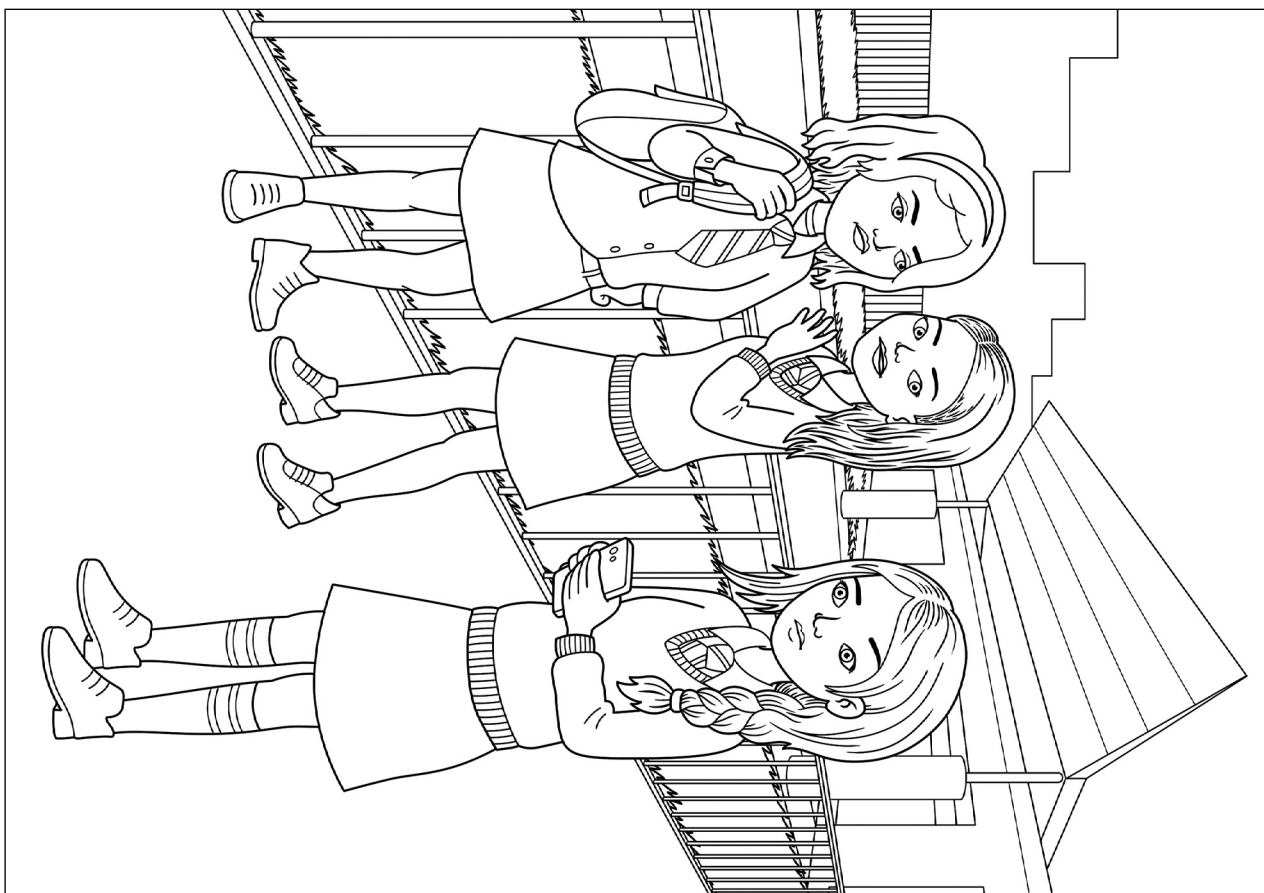
Help your group to pray according to what they have heard today. Give them Post-it notes to write out their prayers. Ask questions to help them think of what to thank God for or what to ask him to help them with in response to today's truth.



*These questions are designed to stretch the resource up to teenage years. Depending on the level of discussion in your group, you may want to consider using them.*



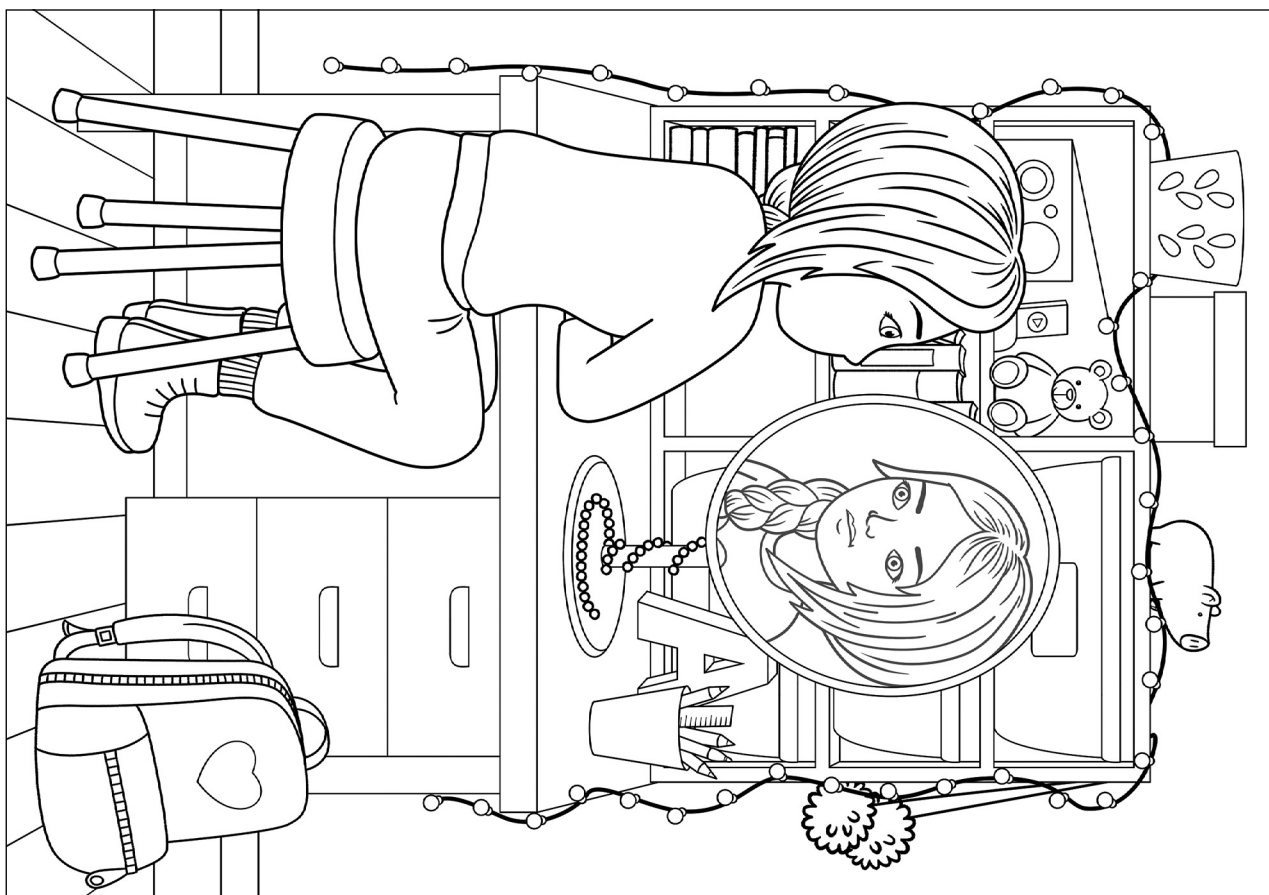
A1



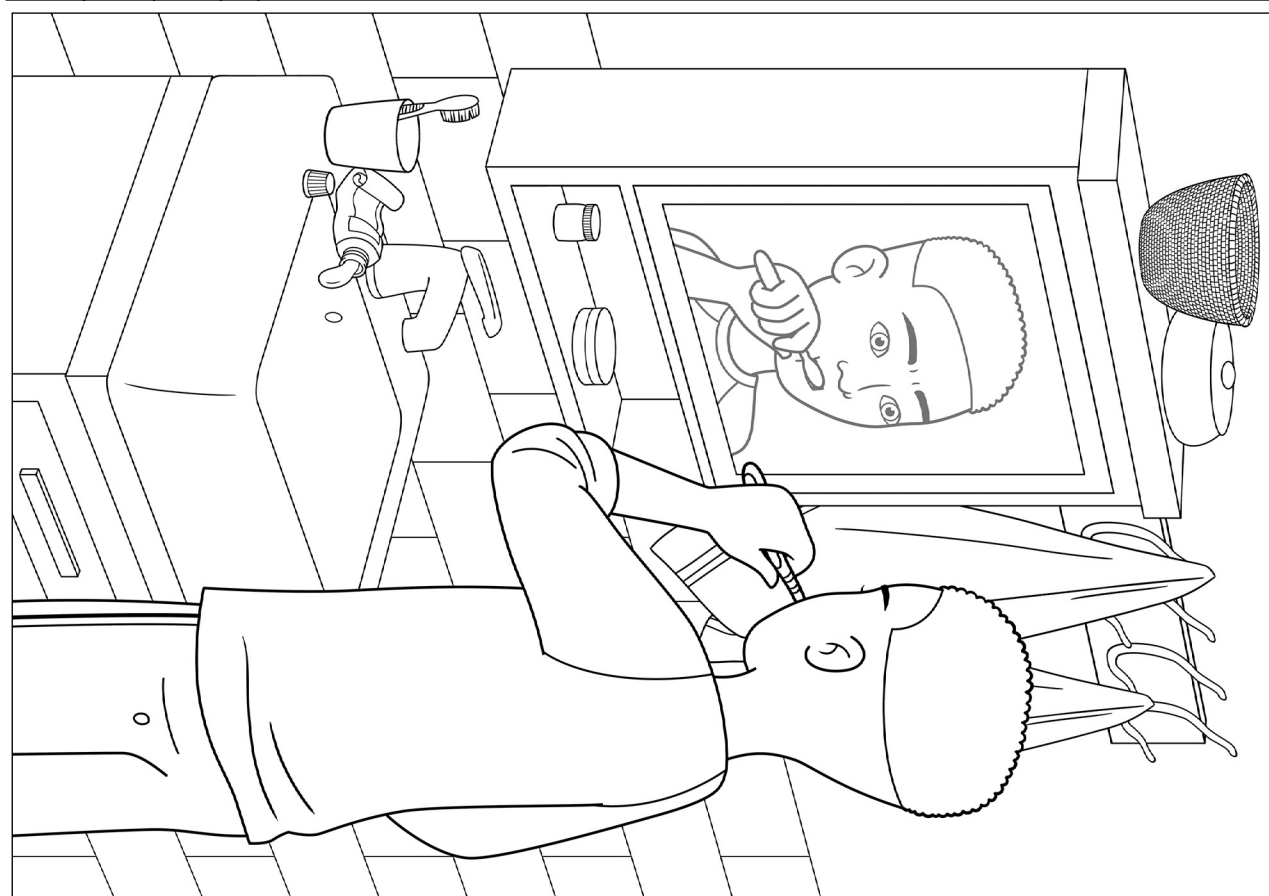
A2

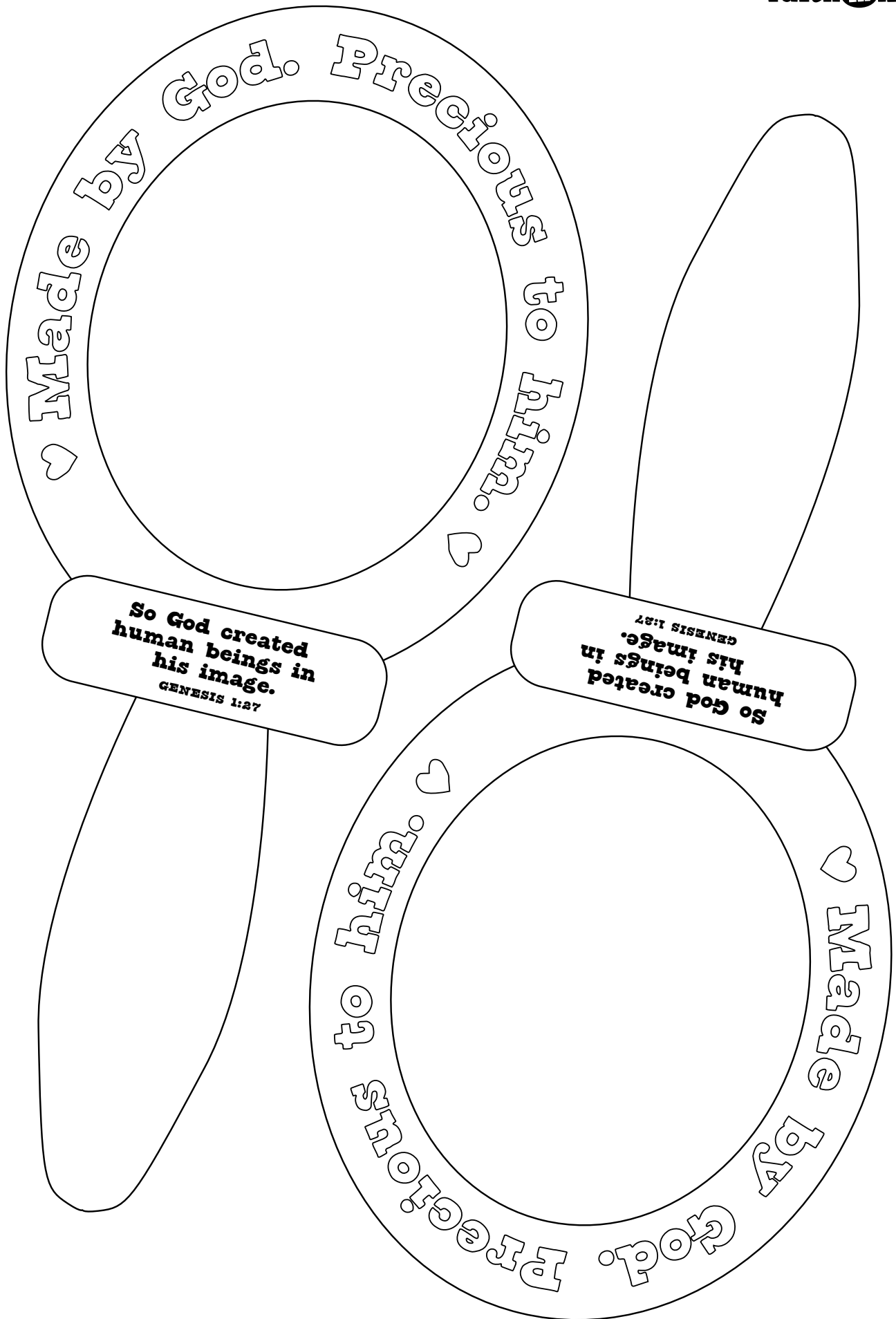


B1



B2





So God created  
human beings in  
his image.  
GENESIS 1:27

So God created  
human beings in  
his image.  
GENESIS 1:27

Made by God. Precious to him.

Made by God. Precious to him.







## WHO AM I?

### I am made by God

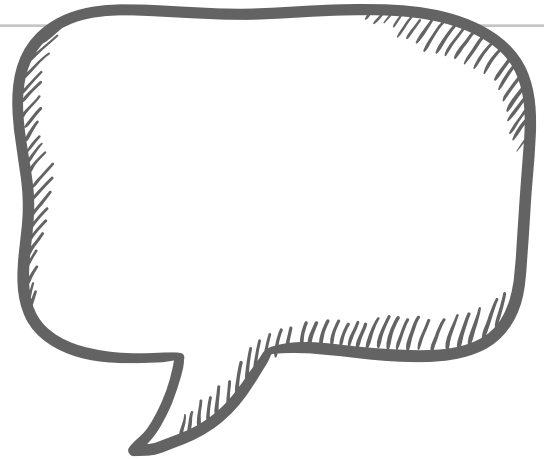
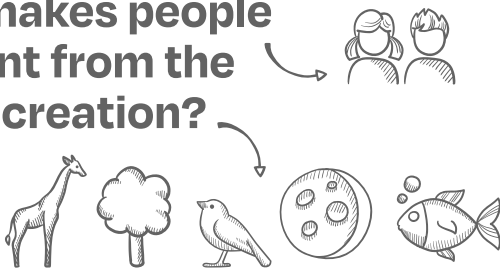
GENESIS 1:26-31

Look at these verses together and find the answers



## DID YOU SPOT IT?

What makes people different from the rest of creation?



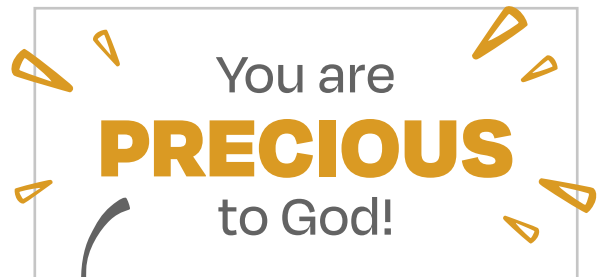
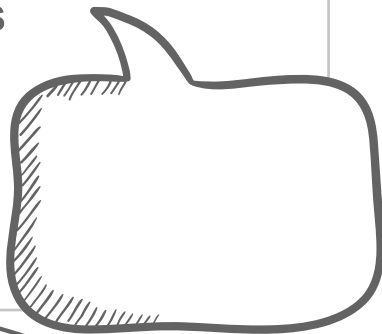
What does God say about the people he made?



## WORK IT OUT

Give everyone a chance to answer...

What does God say about you?

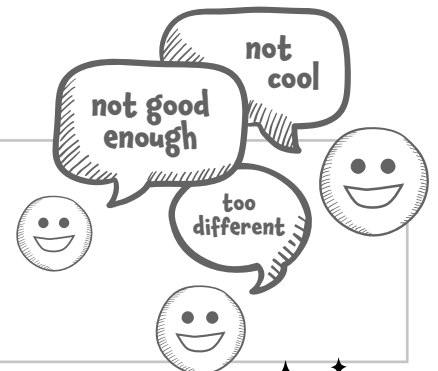


Why?



**GOD**

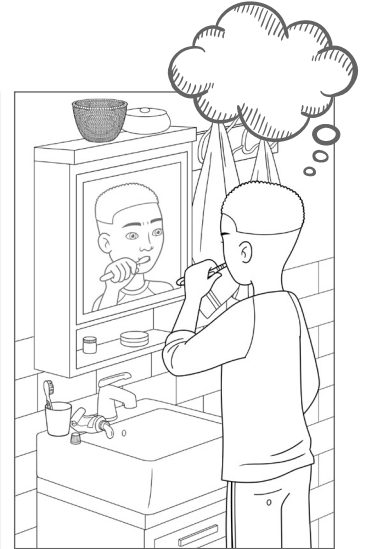
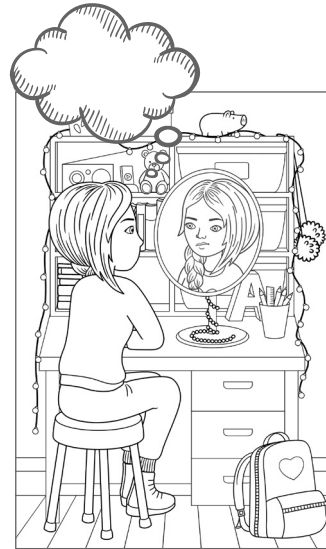
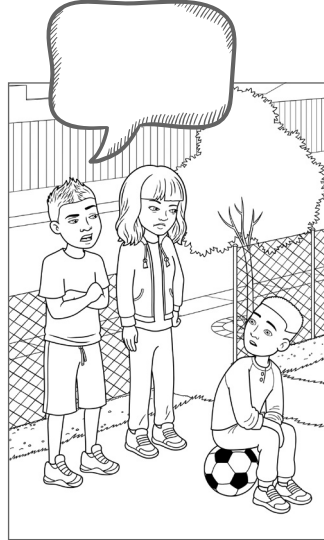
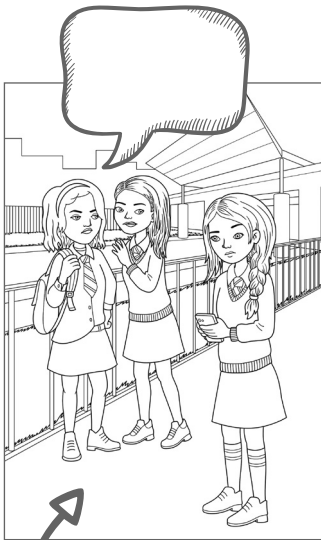
Who will you listen to when they talk about you? Why?





## LIVE IT OUT

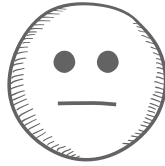
Give everyone a chance to speak...



What are they saying?

What are they thinking?

How would you feel if that happened to you?



How might you try to make yourself feel better?



Being better than others at sport or school work



Having new clothes



Having more friends



Breaking things



Something else...

God says we are...

very good!

- Does that help to make you feel better?
- When does it help?
- When does it not help?

Next time others make you feel bad about yourself, what do you want to remember?

Dear God...





I am made by God



I am made to love others



I am hurting



I am given a body



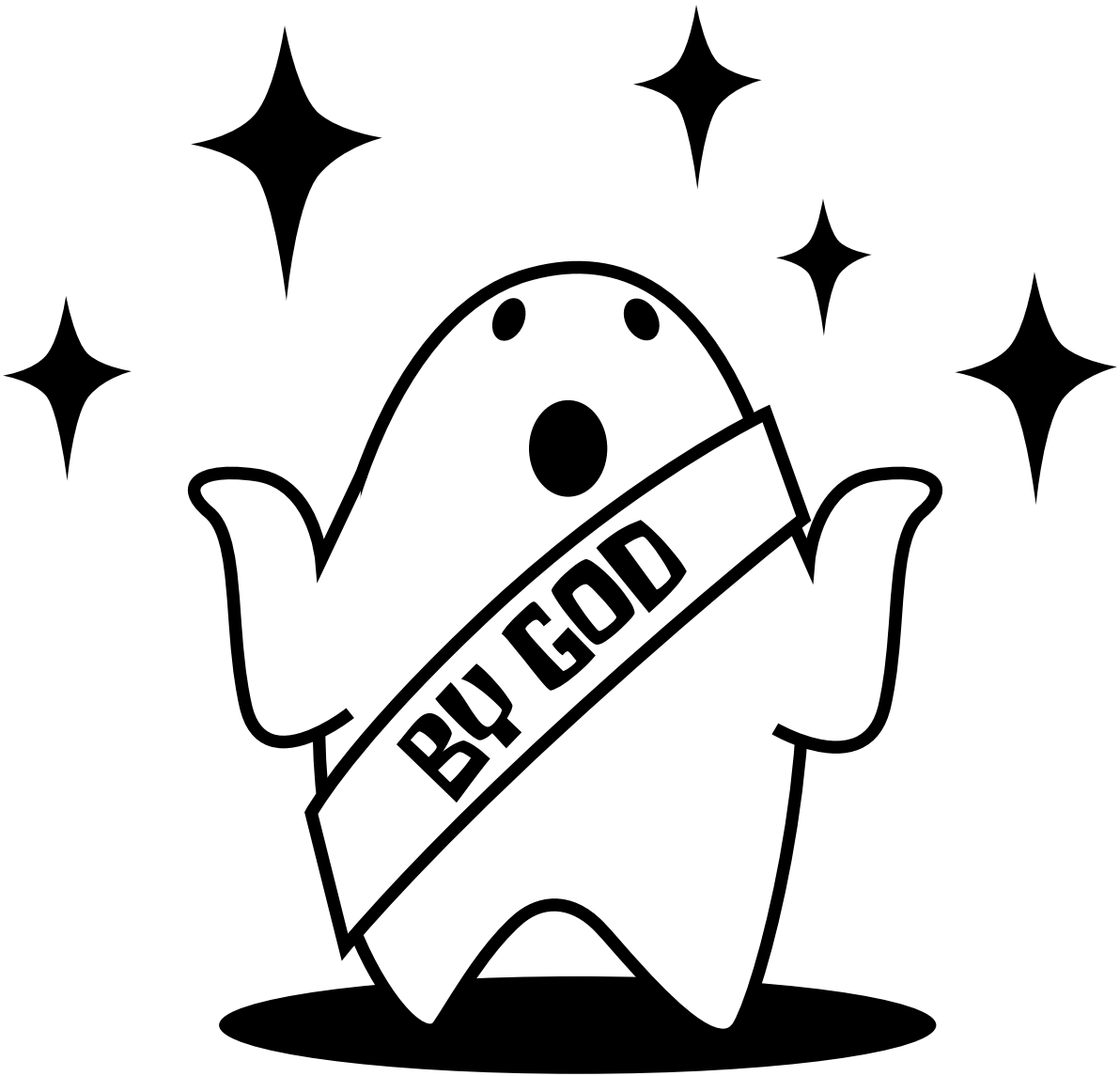
I am loved and forgiven



We are not alone



We will be like Jesus





Faith in Kids exists to encourage, inspire and equip influencers of faith in children with support, training and resources.

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