



Supplies

- Bibles*
- paper
- pens*

Tips

- Having kids list why people don't like them may seem harsh, but the reality is they're already thinking about it. This experience will help combat the negative self-talk they're already using.
- Want to make an extra impact? Bring a paper shredder for kids to use instead of tearing their papers.

Make a List

Have kids spread out around the room, and have small-group leaders give each child a piece of paper and a pen.

Say: **You're about to make a list no one else will see. You won't want anyone else to see it, so make sure you're not sitting too close to anyone. On your paper, list reasons you think people don't like you or don't want to be your friend. You can also use symbols if you don't want to write things down.**

As kids work, you and the other leaders will create your own lists, too. Your example will help demonstrate that everyone has insecurities—even adults!

Say: **We're learning that God is our friend. But we all just came up with reasons people might *not* want to be our friends. God is perfect, holy, and amazing, so why does God *want* to be our friend? Let's dig in to that.**

Dig Deeper

Say: **Let's see what the Bible has to say about how God views us.**

Read Psalm 139:13-14.

Ask: • **What do these verses tell you about yourself?**

Say: **God made you wonderful and marvelous! So if there's anything on your list about the way you look, cross it out now.** Allow time.

Read Genesis 1:27.

Ask: • **Why does it matter that we're made in God's own image?**

Say: **God made you in his own image! So cross out anything on your list that has to do with the way you were made, such as abilities you lack or personality traits you don't like about yourself.** Allow time.

Read Zephaniah 3:17.

Ask: • Describe how it feels to hear that God takes delight over you.

Say: **God delights in you and rejoices over you. So if there's anything on your list that has to do with just not feeling likeable or loveable, cross that out now.** Allow time.

Say: **First John 4:16 tells us that "God is love." God will always choose love! So if anything is left on your list...cross it out now.** Allow time.

Say: **Sometimes you may feel like the things you wrote make people not want to be your friend. But God made you just the way he wanted you, in his image, and he rejoices over you. He'll always choose to love you! God is our friend, and nothing can change that. Listen to these verses as a blessing over you.**

Read Romans 8:38-39.

Say: **Nothing we wrote can get in the way of God wanting to be our friend! Since nothing on our list can separate us from God's love, let's tear up our lists.** Allow time for kids to tear up and throw away their lists. For extra impact, kids can hand you their lists to run through a paper shredder instead.

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