



DEEPER BIBLE

What Does God Know About Me?

[15 min]

Supplies

- Bibles*
- paper*
- pens

Set It Up

Say: **We're learning that we're known by God. But what does that really mean? What does God know about me?**

Have small groups discuss this question.

Ask: • **What are some things you think God knows about you?**

Say: **Thanks for sharing. Let's dig in to what the Bible says about this question: What does God know about me?**

Count Hairs

Read Luke 12:7.

Ask: • **How many hairs do you think you have?**

Say: **Let's count and see if you're right!** Allow 20 to 30 seconds for kids to try counting their hairs. They'll likely lose count or get bored, and it will be especially difficult for kids with short hair!

Have small groups discuss this question.

Ask: • **Why can't we count our hairs?**

Say: **We don't even know how many hairs we have on our heads. But God does! That's a really detailed thing to know about us. That means God knows about even the minor details in our lives. God knows us better than we know ourselves! Think about a minor detail you're glad God knows about. Maybe a prayer you've prayed that seems silly or too small for God. Pause. God cares about those details in your life!**

List Tears

Read Psalm 56:8. Have small-group leaders distribute paper and pens.

Say: **God keeps track of every time we're sad and cry. Let's see if you can list every time you've cried in your whole life.**

Allow a minute or so for kids to attempt it. Then have small groups discuss these questions.

Ask: • **How complete do you think your list is?**

• **Why can't we remember every time we've cried?**

• **What does it mean to you that God knows when you're sad and**

cry?

Say: **We are known by God. He knows when we're sad and when we cry, because he cares about that! Even when our sadness is over and we move on, God remembers all the things that have hurt us.**

Predict the Future

Read Jeremiah 29:11. Have small groups discuss this question.

Ask: • **What's one thing you hope happens tomorrow? next year? 10 years from now?**

Say: **We have no idea if those things will happen or not. We'll just have to wait and find out. But God already knows! God knows us better than we know ourselves, and that includes knowing our future!**

Pray About the Longing of Your Heart

Say: **Let's look at one more thing God knows.**

Read Psalm 38:9.

Say: **We are known by God.** That includes the deepest longings of our hearts, the things we really wish were true. For example, if you struggle in math and wish you were better at it. Or if your parents are getting a divorce and you wish they would get back together. God may not give us everything we long for, but he knows and understands.

So let's spend some time talking with God about what we long for.

Allow time for silent prayer.

Say: **We are known by God.** He knows the deep longings of our hearts we haven't told anyone. He knows every time we've been sad and all the little details about us that we don't even know about ourselves. He knows our future! What a comforting thing to be so known and so loved by God!