

Confidence from God

Quarter 9 • Lesson 5

Focus on Character Development

1. *Connecting:* Play an acting game.
2. *Teaching:* Learn what God says about each person (Genesis 1:27; Psalm 139:13–14, 16; Luke 12:6–7; Romans 5:8; Ephesians 1:4–6).
3. *Responding:* Talk about ways to respond in confidence.

SUPPLIES

- Bible

Optional Supplies:

- Memory Verse Poster
- Pencils
- Student Pages

Teacher Devotion

God chose us to belong to Christ before the world was created. He chose us to be holy and without blame in his eyes. He loved us. So he decided long ago to adopt us. He adopted us as his children with all the rights children have. He did it because of what Jesus Christ has done. It pleased God to do it.

Ephesians 1:4–5, NIV

Confidence is trust in our worth based on accomplishments, status, or appearance. Having confidence based on these things is not wrong; however it is not permanent. If our confidence is based only on our own abilities, it will fail. It often leads to pride as well. God wants more for us—He wants us to have confidence based on who He says we are and on what He has done for us. That confidence will not fail and will not lead to sin.

Read what God says about you in the verses above. You are chosen. You are beloved. You are adopted as His child. He is pleased to do this! No matter what other voices or experiences have said about you, these words are the truth. Because of who God says you are and what He has done for you, you can walk through life with confidence. Pray for God to show you any areas where you lack confidence, and then lean on the truth of His Word.

Family Connection: Let children's families know that this week's lesson is the beginning of a unit about confidence. Encourage them to share what gives them confidence. Then they can ask their children what they learned about confidence.

LESSON TIME

1. Connecting: Play an acting game.

Teacher Tip: This month you will lead 4 classes on confidence. True, biblical confidence comes from understanding God's value of each person. Some of your children may have low confidence for many reasons. For example, if a child has experienced hard things like abandonment, abuse, or difficulties in school, that child may lack confidence to move forward in life. These lessons are very important to help children begin to see themselves as God sees them, giving them strength to overcome difficulties, and to have hope and confidence for the future.

Welcome the children as they arrive and have them stand in a large circle. Tell them that you will begin with an acting game. You will call out a statement, and the children will act as though that statement is true for them. Have the children act out each statement for a few moments, and then call out another statement.

Use these statements:

Walk as if you won a national award.

Walk as if you are the youngest child in a group.

Walk as if you are the smartest student in school.

Walk as if you are a servant who just spilled a tray of drinks in front of everyone.

Walk as if you are the leader of your nation.

Ask the children to sit down once the game is over.

- Which was your favourite way to walk? Why?
- Which was your least favourite? Why?
- How you would feel about yourself in each of these situations?

The way you walked for each situation depended on how that person probably felt about herself. For example, if you won an award, you would probably feel proud of yourself. If you were a servant who just spilled the drinks, you may have walked as if you were scared of being punished.

- In some of these situations, the person would probably walk with confidence. Who do you think would walk with confidence? Why?

For the next few weeks, we will learn about confidence.

- What do you think it means to have confidence?

Allow children to share their ideas. Then read them the following definition for confidence:

Confidence is the assurance or trust we have in who we are, our worth, and our abilities. Confidence affects the way we act and how we treat ourselves and others. True, lasting confidence comes from understanding who God says we are.

2. Teaching: Learn what God says about each person (Genesis 1:27; Psalm 139:13–14, 16; Luke 12:6–7; Romans 5:8; Ephesians 1:4–6).

God made each of us and He loves us very much. There are many verses that tell us how God values each person. Since He created us and loves us, that can give us confidence. Listen to these verses.

If possible, read the following verses directly from your Bible.

*So God created mankind in his own image,
in the image of God he created them;
male and female he created them.*
Genesis 1:27

*For you created my inmost being; you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made;
your works are wonderful, I know that full well.... all the days ordained for me
were written in your book before one of them came to be.*
Psalm 139:13–14, 16

*Are not five sparrows sold for two pennies? Yet not one of them is forgotten by
God. Indeed, the very hairs of your head are all numbered.
Don't be afraid; you are worth more than many sparrows.*
Luke 12:6–7

Our confidence does not just depend on what we can do or what others think of us. These verses show us that we can have confidence because of all the things God has done for us. He created us and loves us very much. He values us so much that He knows every day of our lives from before we were even born. He knows the number of hairs on each of our heads. He says that each of us has worth and value.

He loves each person so much that He wants us all to belong to His family. That is why He sent His Son Jesus to die for our sins. He does not want anything to keep us separated from Him. Listen to these verses about His great love for us.

If possible, read the following verses directly from your Bible.

*But God demonstrates his own love for us in this:
While we were still sinners, Christ died for us.*
Romans 5:8

If you are using the Memory Verse Poster, show it to the students.

God chose us to belong to Christ before the world was created. He chose us to be holy and without blame in his eyes. He loved us. So he decided long ago to adopt us. He adopted us as his children with all the rights children have. He did it because of what Jesus Christ has done. It pleased God to do it.

Ephesians 1:4–5, NIV

God chose you, and He wants to adopt you as His child. When you accept Jesus' gift of forgiveness, you become God's forever child.

Teacher Tip: If any of the children express interest in becoming Christians, make yourself available to answer their questions. You can download the Salvation Path below and share it with them.

- **Based on all these verses, who does God say you are?**

Allow children to share their ideas. Then explain that God says each child is special. He knew them before they were born. He wants them to be His children.

- **How could knowing who God says you are help you have confidence?**

3. Responding: Talk about ways to respond in confidence.

Sometimes the difficult things in life affect our confidence. Someone may have said hurtful things to us. Someone may have hurt us physically. When we begin to believe the truth that God says about us, we can begin to overcome these things and grow in confidence. Let's practice doing this now.

Have the children find partners. Explain that you will read 2 real-life situations and the partners will answer some questions. After each situation, ask 2 different pairs to share their answers.

Situation 1: Someone close to you says mean, hurtful things to you. She says you are stupid and no one will ever like you.

- **How would you respond if you do not have confidence in who God says you are?**
- **How would you respond if you do have confidence in who God says you are?**

Teacher Tip: If children do not have confidence, they may respond in anger. But if they have confidence in who God says they are, they may respond with kindness and forgiveness. Guide the children to understand these things.

Situation 2: You stole some money from a street vendor and are feeling guilty about it.

- **How would you respond if you do not have confidence in who God says you are?**
- **How would you respond if you do have confidence in who God says you are?**

Help your children understand that even if it is difficult, someone with confidence in who God says he is will return the money and ask FOR forgiveness. He will know that he is forgiven by God and that God still loves him.

When you have confidence in who God says you are, you can be confident in any situation. No matter what other people say to you or think of you, you can have confidence, knowing you

are God's chosen child. No matter what happens to you, you can live confidently because God loves you.

Optional: If you are using the Student Pages, allow the children to draw themselves as confident children because of who God says they are.

If possible, end class by blessing each child individually. Use the following blessing based on Genesis 1:27 and Ephesians 1:4–5. If you have too many children to do this individually, the children can bless each other. Have each child turn and face the child next to her. The children will repeat the blessing after you.

Blessing: (Child's name), **you are chosen. You are beloved. You are made in the image of God. Always remember that God wants to adopt you as His child. God loves and values you very much.**

Lead the children in singing this quarter's song, if possible.

"Agnus Dei" by Michael W Smith <https://www.youtube.com/watch?v=KVFzxazTQNM>