



True
You
kids

A place for children to discover their faith.

True You - kids

The View

What do you truly believe about your life (with God)?

What you believe determines how you live.

This question and statement apply to every person, and that search in faith begins in childhood.

The View is a training of 3 sessions, especially for (elementary school) children where we create a space for them to express their view on faith, God, and their life in their own words.

Because no matter how young they are, they sometimes carry adult life questions with them.

To reflect on what faith means in their own hearts, what it says about who they are, and the choices they can make in their lives.

From the main question '*what do you really believe and how do you see that reflected in your life?*' you discuss themes such as: How it began, Who is God, and You are you.

We create for the child a moment in the week to build a personal relationship with God through working on creative assignments and asking challenging questions.

The View is part of **True You**. A training written by Nadine de Vos in 2010 for young adult women in their search for God in life.

True You has been followed by thousands of women in the Netherlands and abroad. Soon the training was also given to teenage girls and eventually also elementary school children.

Of course, in adapted form.

True You kids - *The View* has been developed by Janneke Heinen-Muijs for the upper grade students of elementary school and can be well organized during for example, religious education classes at school.

In addition, the material is also good for use in youth groups and youth work in a congregation. During the three sessions, the children's own search is central.

Whatever background and questions the child may have. We want to provide space to be honest and sincere in giving words to that.

As teachers or facilitators (trainers), we don't want to give the answers or shape for the children. We listen and give God space to speak in the hearts of children.

In addition, there is plenty of room for you as trainer to use your talents and shape the program.

The View is a moment in the week that gives children space to clarify their view on God and to find a place for themselves.

We pray and believe that the children may see and know their Heavenly identity and destiny in God! I wish you a lot of fun working with *The View* !

On behalf of *The View* team, Janneke Heinen-Muijs

The logo for 'True You' is written in a stylized, cursive script. The word 'True' is positioned above 'You', and the letters are connected in a fluid, handwritten style. The color is a warm, brownish-orange.

Vision *The View*

The core question of *The View* is: What **view** do you have of God? And how do you see this reflected in your life? Questions like:

- *What do you see when you look at the world? What do you believe about life?*
- *How do you see God and yourself? What do you know about that?*
- *What do others think of you? And what do you think of yourself?*
- *What is the meaning of your life? bring children close to God and themselves.*

By reflecting on what you believe, you get to the core of the direction a person is heading. What you believe determines how you live.

If you believe you can't do anything, you will always hold back and possibly not fully utilize your talents.

If you believe God has a plan for your life, you will actively seek it out and take steps towards it. Unfortunately, children can develop a distorted view of themselves at a young age due to events or what others have spoken into a child's life. *The View* wants to teach children to look at themselves the way God looks at them: You are allowed to be here. You are enough. You are made exactly as I intended you to be. Live! Use all your talents. Use your life to create the world around you with God. And smile!

From this truth of God about them, God's purpose for their lives, we believe that with a strong and loving foundation, they can take the first steps towards adulthood.

The setting

The View offers upper-grade children the opportunity to speak openly and honestly about God and their perception of God. How do they experience faith and what does it offer them in their daily lives? In education, time is often set aside for tailored instruction, such as remedial teaching and enrichment. But the honest question may be asked:

- Is enough attention being paid to the religious questions that children may have?
- Is there a focus on children's experience of faith?
- Is there enough space for children to explore?

The View provides schools and/or churches with the opportunity to address this in an intimate and trusted setting.

The core of True You - kids

"You will know the truth, and the truth will set you free." John 8:32.

This is the core text of the True You Training and is also the text on which *The View* is developed.

The logo for 'True You' is written in a stylized, cursive script. The word 'True' is positioned above 'You', and the letters are connected in a fluid, handwritten style. The color is a warm, golden-brown.

We believe that when you discover the truth about God, when you know who God is, you can discover who you are. The power of learning Who you are changes everything. It speaks everything about who you can be because of that, namely a child of God.

This identity gives every person the invitation and command to rise up and shine in a world that often tells us so much differently about ourselves.

The truth about Who God is and that we are His children, gives insight into the new life in true freedom, as Jesus promised us! A change in an individual's self-image has a major impact on a life, on thoughts about oneself, and about this world.

The Truth we speak of within The View is not just a written book, but a Person. We believe it is Jesus who says: I am the Way, the Truth, and the Life. When we follow Him, we find freedom.

Core Values of *The View*

a. View of God: "the truth about who I am" The most important thing in every person's life is to learn who Jesus is. By knowing Jesus, we learn more about who God is. This has been God's purpose for humanity from the very beginning: that they know Him (John 17:3).

Jesus said: "I am the way, the truth, and the life. No one can come to the Father except through me. If you really know me, you will know my Father as well. From now on, you do know him and have seen him" (John 14:6-7).

b. Self-image: "the truth about who a child really is" The truth that God is Almighty, the Creator of heaven and earth, our Father and at the same time King over all, also tells us who our children are.

Through faith in His Son Jesus Christ, they are God's children. "So in Christ Jesus you are all children of God through faith" (Galatians 3:26).

A child's understanding of who he/she really is will change his/her life. When a person or child starts seeing themselves through God's eyes, the way they view themselves and others will be renewed. It will be a fundamental basis for them!

For the young lives of children, it is valuable to hear and discover this at the beginning of their lives. The central idea is: the View of God determines the self-image.

c. Truth vs. Lie

"When you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free" (John 8:32).

The struggle between God's Truth and the lies of the world is central. Gaining insight into this provides us with guidance for direction in our lives. God fights for us with His truth. On the other hand, the world presents us with all sorts of lies.

The lie comes from Satan or the devil. We prefer not to talk about him. But becoming aware of his presence in this world gives a clearer view of everything that is happening.

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Regarding the devil, it is written: "He does not belong to the truth, because there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies" (John 8:44).

The devil knows how to package lies in beautiful ways, making them sound like something good for our lives when we hear them.

The View wants to teach children how a lie can infiltrate your life and even your heart and ultimately influence your behavior.

By teaching children this at a young age, they are able to recognize it. And they learn how to act against it. By letting the light of God's truth shine into the lives of the children.

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Methodology

The View consists of three sessions with the following themes:

- 1.How it began.
- 2.Who is God?
- 3.You are you.

We bring the Bible close to the heart with practical assignments and ample room for creativity, combined with examples from everyday life. Preparation Participation in *The View* is voluntary. Before starting *The View*, explain (in class) what the program entails and how it works. Based on this information, which is incorporated into a presentation, the children can decide for themselves whether they want to participate or not.

TIP: You can do this by letting the children write on a piece of paper what they want and why, so that there is no pressure from peer influence.

In addition, as a facilitator, you can later read in peace why someone chooses to participate or not. For the necessary materials, it is handy to purchase a container in which to store everything.

Destination 1

"HOW IT BEGAN"

Preparation: Dress up the space cozily;

- ❖ **Set up the presentation (on the digital board)**
- ❖ **Make the table cozy (with candles and sweets, for example)**
- ❖ **Prepare craft materials for this session; Materials Needed**
- ❖ **A4 white paper**
- ❖ **Sticky notes and pens**
- ❖ **Colored pencils**
- ❖ **Colored and black wax crayons**
- ❖ **Large sheets of paper (for under the wax crayons)**
- ❖ **(Ice) sticks (to scratch off the wax crayons)**
- ❖ **Bowl of sweets**

Session Objectives:

- Children discover God's plan for the world
- Children become aware of lies and truth in the world around them.
- Children recognize lies and truth in their own lives
- Children learn from which Source, The Bible and Jesus, they can shape and direct their lives. They are introduced to and reminded of the Truth with which they can guide their lives.

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- Children discover that they have a free choice in this, separate from parents, friends, and family.

Message:

The children are (re)introduced to God's destination for our world, what went wrong, and how. They learn that not only Eve but also we have been deceived and that the Bible tells us that from the beginning (the Garden of Eden) there has been a battle between evil (the devil) and God. They discover that what happened in paradise affects our lives now. And that manifests itself in the battle between lies and truth. Along with the message that from the beginning applies: God's love for His Creation is greater. And prevails. And that becomes His rescue plan. And that God had devised a rescue plan.

Program (45 minutes)

- Start with prayer

This choice is optional. (Ask if there are any prayer requests)

- Slide 1: The setting

Explain The View to the children.

The meaning of the word. How people can look at different things in different ways. And that it can also be the case with faith.

Explain the setting: a cozy and warm place based on trust.

Make it clear that The View is a safe place and that everything can be shared. But it's important that it stays within this group. So everyone knows they can be vulnerable. Emphasize that this is based on trust.

Explain that, if there are things that you think parents or teachers should know about, this will also be discussed with the child, it is important that the children know this.

There is no right or wrong: Everyone can share their own thoughts. There is no right or wrong. It's a personal journey.

***Task:** Give the children a sticky note and a pen and let them write down in a few words or sentences what they think about when they think about faith.*

Go around and let the children each say something in turn, it's nice for the children if you also give an example yourself.

Have a brief conversation about the answers and remember: there is no right or wrong.

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- Slide 2: The destination

Explain to the children what they have learned at the end of this session: I learn...

- what God's plan is for the world
- to become aware of lies and truth
- what our hope is
- that there is a free choice for all people

- Slide 3: Watch the 1st part of the video (up to 3 minutes and 15 seconds)

Here you can place a QR code to the video:

<https://www.youtube.com/watch?v=GrGnxqfXyew>)

Introduction Video.

Explain that we're going to watch a snippet of a video that explains how it all began in paradise. Adam and Eve lived in the Garden of Eden, they lived with God. But then came the serpent...

You can summarize the video clip by explaining that God had a lot of love for Adam and Eve, He walked with them in paradise and asked them one thing: not to eat from that one tree (the tree of knowledge of good and evil). Highlight how the devil deceived Eve, not by clearly speaking a lie, but by asking a question where the truth was just slightly different (twisted), causing Eve to doubt.

The devil actually asked, "Did God really say, 'You must not eat from any tree in the garden'?" With this disguised lie, he confused her, sowing doubt in her heart. Once that happened, he said, "You can certainly eat from it! You won't die! God just doesn't want you to eat it because then you'll be like Him." And then Eve saw the delicious fruit. She had come to believe the lie and acted on it, so she chose to eat from the tree... uh-oh! From that moment on, sin entered the world and Adam and Eve had to leave the beautiful paradise. So what is sin then? Sin ultimately means missing your destination. The destination for all people and this world was to live together with God. This by walking in God's plan. When Adam and Eve thought they knew better, they stepped into a plan other than God's. That is sin. In doing so, they missed the best for their lives: God's plan! Fortunately, God came up with a rescue plan... Jesus.

- Watch the 2nd part of the video

Here you can place a QR code to the video:

<https://www.youtube.com/watch?v=GrGnxqfXyew>)

- After this clip, explain that God fortunately had a rescue plan: Jesus! He paid for all sins by dying on the cross. And after 3 days, He rose from the dead: He lives and He defeated the devil! God did this because He loves you and me so much, everyone! He wants to be your Father and take care of you. He wants you to connect with Him. Have a relationship with Him. He has a plan for your life, you are wanted, you are meant to be.

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Slide 5: The temptation.

Explain how the lie works:

It's wonderful that God has the best for you. But there is also someone who doesn't like God's plan and that's the devil. What he did to Eve was to make her believe that he had a better plan for her life. He wants to go for his plan. Namely, to destroy God's creation. By keeping people away from God, His love. And today, he still tries to do this. We don't need to be afraid of this, because the devil is of a completely different order. He is not comparable to God. No match for Him. The devil has already been defeated. Jesus defeated the devil on the Cross. He defeated that evil plan of the devil and made a way where we can live with God again, as in Eden. Until the day God renews the earth, the devil tries to pull people away from God. And he does this by telling lies. It is written about him: He is the father of lies. When he speaks, he speaks as he is: he lies. (John 8:44). How his lies work in this world and in your and my life works as follows:

- You hear a lie
- You listen to it
- You believe it
- You act upon it

Example: A friend on the soccer team says: You really can't play soccer! You can't kick a ball. You listen to this. Then you start to believe that it's true. And you decide never to play a game of soccer again. And with that, you lose joy and maybe even a talent.

Example: Someone says to you: You can never express yourself! You listen to it and soon it's your turn for your presentation! You keep thinking over and over again: 'What if I don't know? 'What if I can't figure it out?'. You start to believe in it! Then the moment of the presentation arrives...You start to stutter and stumble, then it goes well for a while, but later on, you can't find a word again...see, I knew it...I can never express myself!

What happens: You start to believe in the lies! When you know how the devilish lies work, you can also arm yourself against them.

How? Counter it with God's truth. God says: 'You are beautifully made. I have a plan for your life. You are My beloved child. I love you.

It doesn't matter if you don't know something or can't do something for a while. You are unique and special.'

When you use God's truth against the lies, they become weapons to continually fight against the lies. It can also happen that you say or do something ugly to someone else. Now that you know how a lie can work in a life, you can be more conscious of what you say or do. And if you make a mistake (which can happen to anyone), then come back to it and perhaps apologize.

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Slide 6: Activity: The Sword of God's Truth

Have the children make a drawing with colorful figures (hearts, rainbows, balloons) using crayons. Then they go over a colorful figure with black crayon. Next, they take a wooden (popsicle) stick and scrape off the black crayon.



Additional option: You could give extra meaning to the chosen colors. For example, Red = God's love, Pink = Indicates how beautifully you are made, Yellow = Your talent. When you apply this in the exercise, you can get an idea of how the child thinks about themselves. Do they have a distorted self-image?

The meaning: God made everything beautiful and good. That is the truth. The enemy wants to ruin it by spreading lies. The truth can be completely covered by the lie (black crayon), all color is gone, all joy, the cheerfulness, this is how it can go when you start believing a lie.

God's children can defend themselves against this (the wooden stick is like your sword) by opposing the truth (God's word). Jesus came as the Word of God to the earth. (John 1) To give clear sight again on God's plan. On His love for His people. The wooden stick symbolizes The cross, the finished work of Jesus, everything that falls outside God's plan, He carried. Jesus took away all the lies. By hearing and listening to God's word in your life: *you are beautifully made, you are unique, God has a plan for your life, He has your happiness in mind, not your misfortune*, God's intention becomes visible again, like the color returning under your drawing.

Extra Examples for Facilitators:

Below are examples to further deepen and strengthen session.

Make sure to pay attention to whether the children's attention is there, observe if the group needs more. Experience shows that conversations are also held during the execution of the creative task.

An example could be if you have started to believe that you cannot do something or are afraid, then the Bible says

- "I can do all things through Christ (Jesus) who strengthens me" (Philippians 4:13)

And:

- "My help comes from the LORD, the Maker of heaven and earth" (Psalm 124:8).

And if you don't feel loved, or wonder if God sees you and personally loves you, then the Bible says;

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- "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).

If you have come to believe that you are not beautiful, then the Word says;

- "I praise you because I am fearfully and wonderfully made" (Psalm 139:14).

Following in the Footsteps of Jesus

Jesus set a powerful example for us in His life on earth. In resisting lies, He gave us a powerful example. After fasting for 40 days in the desert without food or water, He was attacked by the devil. He had not eaten for 40 days, so He must have been extremely hungry. That is an important lesson: the devil often comes when we feel weak because then we are easily tempted. He tried the same with Jesus, saying, "If you are the Son of God, tell these stones to become bread." But Jesus answered, "'It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" And so the devil tried two more times, with a beautiful temptation for Jesus. But Jesus continued to fight the lies with the Truth of God, which stands firm. When you choose Jesus and combat the lies in your life with Him, you can do this by, for example, reading Bible verses and speaking them as truth over your life. Letting them circulate in your thoughts. By doing so, you drive out the lie from your life and bring color back into your life!

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Destination 2

"GOD IS GOD".

Preparation:

Decorate the space cozily;

- ❖ Set up the presentation (on the digital board)
- ❖ Make the table cozy (with candles and candies, for example)
- ❖ Prepare craft materials for this session;

Materials Needed:

- ❖ A4 white paper,
- ❖ Sticky notes and pens
- ❖ Brushes and paint (tip: include gold paint)
- ❖ Large sheets of paper (for under paint sheets)
- ❖ Jars and containers with water
- ❖ Paper towels
- ❖ Bowl of sweets

Objectives:

- Children discover how they see God
- Children learn who the God of the Bible is
- Children discover what this means in their lives
- Children learn how God sees them

Message:

The children reflect on their concept of God. They learn who the God of the Bible is and what they personally believe about Him.

Who is God?

Do you know Him?

What do you know about Him and do you believe it?

The central message will be that God is good, truth, and love. Additionally, we will revisit the previous session and focus on the devil as an opponent of that goodness, love, and truth under the guise of: Know your opponent and his tactics! The God of the Bible has unconditional love, and that love cannot be compared to the love as we know it in our society.

Program (45 minutes)

- Begin optionally with prayer (ask if there are any prayer requests)
- **Slide 1 Recap of session 1**, ask the children what they remember from last time and give a brief summary. Last time, we talked about how it all began: in paradise, Eve was deceived, and we stepped out of God's plan with His creation. Fortunately, God has a rescue plan! But what happened in paradise can also affect our lives now.

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And we see this in the battle between lies and truth. Ask the children if they remember how a lie can work. The 4 steps:

- *You hear a lie*
- *You listen to it*
- *You believe it*
- *You act on it*

• **Slide 2 The Destination**

Explain to the children what they will have learned by the end of this session:

I learn...

- Who the God of the Bible is.
- What this God means for my life.
- What I personally believe about God and how I see Him.

• **Slide 3 Task: God is....**

Every child is born and raised in a different family. This means that different thoughts and habits are held. This also applies to the concept of God. It's interesting to pay attention to this. One sees God as a stern man high on His throne, another sees a kind of grandfather figure who lovingly takes the children on his lap. It's good to give children space to articulate their concept of God. The task is to let them think about how they see God.

They can write this down in keywords on a sticky note. Note! There is no right or wrong, children express how they see or experience God. After writing, go around in a circle and let each child say something in turn.

For the children, it's nice if you also participate in this exercise. It makes you equal to the group. Have a short conversation. It's important here that the children's perceptions are allowed to exist. So, do not judge.

• **Slide 4 This is what the Bible says**

God is just

(Deuteronomy 32:4) "He is the Rock, His works are perfect, and all His ways are just. A faithful God who does no wrong, upright and just is He.

" God is good. "

For the LORD is good,

GOD'S LOVE IS FOREVER

"His love endures forever."

His faithfulness continues through all generations.

God is faithful and trustworthy.

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Read these verses and explain what they mean, as children may sometimes have no idea what 'standing for justice' means or what is meant by perfection. Explain with simple examples. Then, reflect on the following questions: **Do you truly believe that God is fair and that He makes no mistakes? Do you believe that He is trustworthy? And that He is a God of Light and Life? When do you find it easy to believe? When difficult?**

Video "Einstein goes against teacher about God"

QR CODE: <https://youtu.be/XVRCvYFVLyQ?si=pCJHzzgXkXb5pXOt>

Watch the video together. Then, explain step by step, or ask one of the children to do so. (Make sure you understand the video well in preparation.)

Make it clear that evil is the absence of God's presence, just as cold is the absence of warmth, and darkness is the absence of light.

● **Slide 5 God always was and is**
(Revelation 1:8) "I am the Alpha and the Omega, the Beginning and the End," says the Lord God, "who is, and who was, and who is to come, the Almighty."

Read the text and explain what it means. The Alpha (the beginning), the Omega (the end).

God has always been and will always be. God is always the same. This is difficult to grasp, but it also provides a certain comfort because He holds everything in His hand and surpasses everything. He ALWAYS stands above every power and force. What He promised in the past still applies today, and if He says in His Word that He loves people, it is still true today! We can trust in that because God is trustworthy, as we read on the previous slide

(Deuteronomy 32:4).

(John 14:7) "If you really know me, you will know my Father as well. From now on, you do know him and have seen him."

How do you get to know God then? Jesus explains to His disciples that we can get to know God by knowing Jesus. And how can we get to know Jesus? By His word, His stories written in the Bible. But also by making contact with Him by talking to Him and listening to Him. This last part may seem difficult, but it's definitely possible! God still speaks today. Through His word, through songs, through others, in dreams, etc.

Explain that the devil is NOT trustworthy (John 8:44!!), he can only lie because there is no truth in him. So, he will always deceive and tempt with lies. Explain that some people don't like to talk about the devil, but it's good to know who your opponent is. This is also important in, for example, a sports match, if you know the tactics and methods of the opponent, then you also know how to act. This was also discussed in the previous session. Using the truth (what is 'written') against the devil's lies.

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Slide 6 God's Truth

GOD	devil
<i>Truth</i>	<i>Lies</i>
<i>Good</i>	<i>Evil</i>
<i>Peace</i>	<i>Fear</i>
<i>Love</i>	<i>Hate</i>
<i>Forgiveness</i>	<i>Revenge</i>
<i>Healing</i>	<i>Sickness</i>
<i>Life</i>	<i>Death</i>

Slide 7 Processing: God in an Image

Let the children draw their image of God based on this session. Or about how they experience Him or which characteristics they know of Him. Questions you can ask to clarify that image are:

- How did you see God at the beginning of this session and how do you see Him now?
- Do you feel anything when you think about God's love? Warmth? Joy? Peace? Love? And how could you paint that?
- Is there a story from the Bible that comes to mind when you think of God's love?
- Is God far away or close in your life? Show that in your painting.
- Which word makes you think of God? Can you depict that? (If not, write the word on your painting).



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Destination 3

“You are you”

Preparation:

- Dress up the room cosily;
- Set up the presentation on the digital board;
- Make the table inviting (with candles and sweets),
- Prepare craft materials for this session;

Materials:

- Stationery
- Envelopes
- Memo pads and pens
- Washi tape
- Stickers or decorations
- Mirrors
- Bowl of sweets

Objectives:

- Children learn who they are
- Children hear and realize that God finds them incredibly valuable.
- Children learn that they are beloved children of God.
- Children end this session knowing that God loves them, whoever they are.
- Children learn that it's more important how God thinks of them than what people think of them.

Message:

Children are taught that they are at their best when they are themselves; a copy is always a lesser version! They are made to be themselves, not to pretend to be someone else. They are not what they do, not what they have, and not what others say about them. They may be His beloved child! You are at your best when you are yourself.

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Program (45 minuten)

- **Optionally start with prayer** (ask if there are prayer points)

Slide 1: You are you

Look back at session 2, ask the children what they remember from last time and give a brief summary. Last time, we talked about who God is, that He is trustworthy, and that He will never change. He keeps His promises and He loves you... no matter what you have done, how you look, what clothes you wear, and so on.

Slide 2: You are you, but who are you?

Let the children look at themselves in mirrors and then ask the following questions:

- Who do you see when you look in the mirror?
- What do you see of yourself? both outwardly and inwardly.
- Do you like that or not?

Let them think about who they think or believe they are. Have them write down 5 character traits, 4 beautiful and 1 less beautiful aspect of themselves on a sticky note. If they find it difficult, you can ask what their father or mother sometimes say about who they are or how they behave. Or for example, what friends or classmates, nephews or nieces think of them? Let the children each mention something they have written down. Have a brief conversation about it. It's important to take the child's opinion seriously and let it be. Do not judge.

Slide 3: What are you not?

Make the children aware of what they are not. They are not what they do, or what they have, or what others say about them. These are all things that can disappear or disappoint. Explain that sometimes children think they are liked extra because of what they do or because they wear certain (brand) clothing. They are also not what others say about them. This was also addressed in session 1, about the lies that can be told. But also, for example, being good at football says nothing about who you really are. You can be a good football player now, but if you were to get injured, then you wouldn't be anymore. Does that mean you cease to exist? Fortunately not.

Slide 4: What are you then?

YOU ARE A CHILD OF GOD, A CHILD OF THE KING!

In the previous session, we learned who God is. When you know who God is, do you know what that means for who you are?! He calls you His child! That means He is your Father. So, that's who you are... HIS CHILD. You are made to live with Him, as a child of the King. Let it sink in... The Greatest, Most Beautiful, Best King is your

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Father, and He loves you. Let them write it down; I am a child of God, the King. It's sometimes hard to believe that God loves us... no matter what!

QUESTION: When you think of a Royal child? Like a prince or princess. Who are they? What can they do because they are of Royal descent? What do they usually not do? You are a Royal Child. And that means you can live royally.

You are a Royal Child. And that means you can live royally.]

Conditional

In our society, we often learn about conditional love, that's the kind of "you scratch my back, I'll scratch yours" love. You're liked or loved because of what you do or don't do.

Example: You belong because you wear trendy or expensive clothes, or you're always picked last because you're not good at sports. This makes it hard to believe that God loves us unconditionally. People don't really know this kind of love.

Unconditional

The truth is: God loves you, whether you feel it or not, no matter what you've done or haven't done, whatever your past is, He loves you! And God doesn't love you because you love Him and chose Him, not because you give your pocket money to the mission or because you read the Bible every day or go to church every Sunday or say grace before your meals or because you wear trendy clothes. No, God loves you because He loves you. YOU ARE HIS BELOVED CHILD.

Slide 5: The Lord looks at the heart

1 Samuel 16:7 "The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."

Video: selfie-talk.

QR code: <https://www.youtube.com/watch?v=z2T-Rh838GA>]

Watch the video and ask the children what they saw, what stood out, and what they think the message is.

Appearance determines a lot, just look at how you sometimes think about someone based on how they look or what they wear. Let the children reflect on this and possibly give examples or provide an example yourself. But if we go back to the creation story, back to Adam and Eve, it says; "and God saw that it was good" and when He made people, it even said: "He saw that it was very good" So God thought people were beautiful, and because God doesn't change and neither do His thoughts, He still thinks we are beautiful! So who decides if fat or thin, blond or dark is beautiful? Me? You? Social media? Or God? If we are busy with how we or others

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You*

look, then our view can easily be clouded by what someone else or social media says about beauty, but we can listen to what God says about this, believe His truth because He never lies.

And not just on the outside. Also on the inside. God has put something unique in every person. Together we are made in His Image. You carry a piece of Him in you. We shouldn't hide that. We can show it. Even if we're different from others in that. Different is not wrong. Different makes unique. BE YOUR TRUE SELF

Slide 6: This is me!

Display the text of this card and explain that it contains everything we talked about. Then, read it aloud together so that everyone has proclaimed this text about themselves.

Slide 7: Write a letter to yourself

The children will write a letter to themselves, in which they answer at least the 3 questions of this slide. This is super fun to do.

Let the children know beforehand that this letter will be sent to them after some time. Ask them what they want to remind themselves of what they have learned now, do they want to make an appointment with themselves? Do they want to remember a certain truth? The following questions will be addressed:

1. What have you learned at The View?
2. What do you want to say to yourself?
3. What wish do you have for the future?

Explain that if they incorporate the question into their answer, it will take the form of a letter. For example, "I have learned at The View that I am beautifully made by God." Also, explain that a letter starts with a greeting (Dear..., Hey..., Beautiful...) and ends with a closing (big hug...).

Let them know that what they are writing to themselves in this letter is very valuable. And at an unexpected moment, they will receive this post from themselves.

Idea: Decorate the letters and envelopes with washi tape and other decorations.

Collect the letters and keep them for six months to a year, and then put them in the mail.

Tip: Write the month and year small on the back of the envelope so you know when the mail should be sent. And don't forget to do this ;-)

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You*

Give them out when they leave school (grade 8). This saves on postage and is a beautiful keepsake.

Closing words With *The View*

You have a wonderful program in your hands to consciously set aside time with children to reflect on the goodness and greatness of Our Heavenly Father and the redeeming work of Jesus. In addition, there is ample time and attention for the child itself, so that he or she has the space to grow in faith together with others. It is a privilege to be able to do this in freedom, and I hope that you, together with the children, enjoy the precious moments. God's blessings to you!

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For questions, you can reach me at the following email address:

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