



# WEEK 1

## PRESCHOOL LESSON GUIDE



### **BIG IDEA**

I am wonderful because God made me.

### **THE BIBLE**

**Fearfully and Wonderfully Made:** Psalm 139

### **WELCOME TIME**

*Heroes meet in the Youth Room for worship.*

#### **ACTIVITY | Musical Chairs and Share**

- Today, we are starting a brand new series called, "Sing!" We will learn some things about God. God is so wonderful and so amazing that people like to sing songs all about God! Sometimes, we call these songs "praise." Praise is just a fancy name for a song that shows how thankful we are for God.
- First, let's get to know each other better through a game called, Musical Chairs and Share!
- **INSTRUCTIONS:** Set up a circle of chairs with one less chair than the number of kids in your group. Play some upbeat worship music as the kids circle around the chairs. Once you stop the music, each kid must quickly sit on a chair. Whoever is left standing at the end of the round gets to share their favorite song and why they think it's great. Repeat until everyone has shared. If you have a large group, consider splitting everyone into smaller groups. If you have extra time, you can plan another round, asking a different question as a way to get to know everyone better.
- God's people in the Bible sang songs they loved, too. Some of those songs are saved for us in a book of the Bible called Psalms. The psalms are songs that tell about how great God is and how much God loves us. Unfortunately, we don't know what the songs sounded like, but we do know the words. Today, we are going to learn something important that God's people in the Bible wrote a whole song about.



### TEACHING TIME

#### THE BIG IDEA | I am wonderful because God made me.

- **INSTRUCTIONS:** Use hand motions to help the kids remember the Big Idea.
- **I am** (Point to yourself.)
- **wonderful** [Jump with arms in the air.]
- **because God** [Point up to the sky.]
- **made me** [Point to yourself.]

#### VIDEO | Sing, Episode 1

- **INSTRUCTIONS:** Play this week's preschool [teaching video](#).

#### SCRIPTURE | Psalm 139:1-6, 14

- **INSTRUCTIONS:** Look up Psalm 139 :1-6, 14 in your Bible and read it to the kids.
- Well, that's interesting! This Bible passage tells us God knows when you are sitting down! **Do you think God knows you are all sitting down right now?** Yes, God does!
- Now, everyone stand up. **Does God know you are all standing up?** Yes, God knows that, too!
- Now, everyone lie down. **Does God know you are lying down?** Yep! God knows that, too! Everyone can sit back up now.
- God knows everything we do because God made each of us. Verse 14 says we are each wonderfully made by God!
- I am wonderful because God made me! You are wonderful because God made you!

#### ACTIVITY | Fingerprints

- **INSTRUCTIONS:** Tell each kid to put their thumb on an ink pad and then press their thumb down onto a piece of paper. Using magnifying glasses, lead the kids to compare their thumbprints and discover that each one is unique.
- Did you know no one in the whole entire world has the same fingerprint as you? God gave every single person their own set of fingerprints that is different from every single other person.
- Our fingerprints are great reminders that God loves us. You are wonderful because God made you!

#### PRAYER

- Thank You, God, for making me and all my friends. You made each of us exactly how You want us to be. Help us to love ourselves and our uniqueness and remind us we are each wonderfully made!

### DISCUSSION TIME



### ACTIVITY | Circle Time

- **INSTRUCTIONS:** *Tell the kids to stand in a circle and do exactly as you do. Go around the circle and give each kid a chance to name a body part. It's okay for the kids to repeat a body part! Encourage them to make up their own silly moves when they name a body part.*
- I am wonderful because God made my nose. [Touch your nose and tell the kids to do the same.]
- Let's all say this together, "I am wonderful because God made me!"

### MEMORY VERSE | New Old Song

- **INSTRUCTIONS:** *Since this series is called, "Sing!" try different ways to sing the memory verse. This week, set the memory verse to a familiar tune or melody (such as Do Re Mi Fa So La Ti Do, Mary Had a Little Lamb, etc.) and have the kids sing along with you.*

## PLAY TIME

*While you're waiting for parents to pick up their kids . . .*

### ACTIVITY | Coloring Page

- **INSTRUCTIONS:** *Give each kid a coloring page along with crayons, markers, or colored pencils. Remind them of today's story, memory verse, and Big Idea as they color!*

*Encourage your preschoolers to help clean up the room while they wait for their parents.*