**Lesson Plan**

Sept. 21, 2025

### God Knows Me—God Knows Every Hurt

**Bible Story:** God Spoke with Job (Job 1–42)

**Theme Verse:** “The LORD sees the heart.” (1 Samuel 16:7c)

Teachers rally with your team a few minutes before kids start to arrive: Rally is a pre-service time for you to be equipped and encouraged in your ministry.

Read: Job 42:1-2

Share: We are teaching kids that God knows them. He knows the good, the bad, and the things that hurt. Job is an incredible example of recognizing God’s power and presence, even when life is difficult. (Read Job 42:1-2.) Kids can know that God knows their hurts, and they can turn to Him for comfort, love, and peace.

Pray: Lead the group in prayer, thanking God for time with the kids in your ministry. Ask God to open their eyes and hearts to know and experience how much He loves them.

Remember: Share important information related to today’s activities. Mention any upcoming ministry announcements.

**Pre-Service:** TeachersChoose Playlister and start the preservice slide with music

**Co-Teacher/Volunteers: Arrival time, please use either one of these options as kids arrive for the morning to build relationships with kids and encourage them to build relationships with one another.**

**Option 1:** Kids will toss a ball to one another around a circle.

**Big Goal:**Share with friends.

**What To Do:**We are going to play a game where we share a ball with our friends. I will throw this ball to someone, and then she will throw it to a friend. Be watching so that you are ready for when the ball is thrown to you. Let’s try to keep the ball in the air as we throw it up, down, and all around our circle. Where is the ball going to go? Let’s all say, “Up, down, all around!” together. “Up, down, all around!” Great job! Ready? 3-2-1 Go!

**Connect It:**We all did a great job tossing the ball up, down, and all around. Let’s say that together again. Ready? “Up, down, all around!” Way to go! You all did a wonderful job sharing the ball and passing it. That was so much fun!

**Option 2:** Kids will move around the room when music plays and pretend to be statues when the music stops.

**Big Goal:**Be a part of a team.

Supplies

##### **Music and music player**

##### **What To Do:**Hey, everyone! My name is \_\_\_\_, and we are going to play a super fun movement game called “Musical Statues.” What is it called? (Musical Statues!) That’s right! We are all going to be statues, which means we do not move until the music starts. When we hear the music play, we will move around the room. When we hear the music stop, we will freeze like a statue. We will all have to listen closely and be ready to act quickly and freeze. Let’s practice freezing. Are you ready? Freeze! (Have kids freeze in place.) Great job! Ready to play? Let’s go in 3-2-1!

##### **Connect It:**We made such a good team while playing our game. You all made some funny poses when it was time to freeze. It was so much fun playing together. Great job, team!

##### **Leader Tip: Announce a 2-to-3-minute signal before asking them to clean up their toys. Giving your group a mental head start will begin to cue their minds for what is next.**

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##### **Clean-up time:**

##### **What to do:** Teacher play clean- up song, encouraging all kids to help get things put away and ready for service.

##### **Service**

**Teacher Opener:** Welcome! My name is \_\_\_\_, and today we are learning about how God is everywhere—up, down, and all around. Let’s stand up and move up, down, and all around. Ready? First, let’s start by jumping up, up, up like this. (Demonstrate by jumping with your arms up in the air a few times.) Ready? 3-2-1 Go! (Allow responses.) Great! Next, let’s bend down, down, down, and touch our toes like this. (Demonstrate.) Ready? 3-2-1 Go! (Allow responses.) Way to go! Last one! Let’s spin all around two times like this. (Demonstrate.) Ready? 3-2-1 Go! (Allow responses.) Good job, everyone!

Today we are learning that God knows us. He knows us up, down, and all around! Let’s say, “Up, down, all around!” together. Ready? “Up, down, all around!” Terrific!

**Worship song #1:** Teachers, Co-Teachers, and volunteers worship with the kids, modeling what it looks like to give God our praise. Stand in the front of the room, or next to the kids- but not in the back.

**Bible Story Video**

What to do

* Play the Bible Story use the script below after video to help make the connection for the kids.

**Making the connection script:** Our Super Clue today is a toy doctor kit. When we are playing and pretending, we can use a toy doctor kit to “help” a friend who is hurting. God knows everything about us, even the hurts and hard things that happen. We do not always understand why we hurt, but we can always trust that **God knows every hurt,** and He is good.

Let’s say our Big Deal, “Up, Down, All Around! God Knows Me!” together. Ready? “Up, Down, All Around! God Knows Me!” Great job!

We can talk and listen to God together as we pray. Let’s thank God for knowing every hurt we have and for caring about us.

God, thank You so much for knowing every hurt we have. Thank You for even knowing the hurt in our hearts that people cannot see. Thank You for loving and caring about us. We love You. Amen.

Let's all stand and sing one last song to God together today!

**Worship song #2:** Teachers, Co-Teachers, and volunteers worship with the kids, modeling what it looks like to give God our praise. Stand in the front of the room, or next to the kids- but not in the back.

**Memory Verse Video:**

Let's stand up together and learn our Theme Verse!

##### **Leader Tip**: Choose between the Host-Led or the Video-Led option. Watch the Theme Verse Video to learn the motions. Use the Big Deal motions provided.

**Theme Verse Motions:**The LORD (Raise hands up facing inward.)

sees the heart. (Bring hands to your heart.)

1 Samuel 16:7c (Hold hands out like a book.)

**Offering**

WHAT TO DO

* Ask one of the kids to pass out the money.
* Play offering time video while kids pass the bucket.
* Ask a student(s) to come up and pray over the offering.

**Small Group Time:**

**Option #1:** Kids will decorate a paper heart.

**Big Goal:**Remember the Bible story.

**Leader Prep:**Print and cut out “Decorate A Heart” labels, one per child. Cut out large construction paper hearts, one per child.

**Craft Instructions:**

1. **Before the session, print “Decorate A Heart” labels, one per child. Cut out large construction paper hearts, one per child.**
2. **Give each child a paper heart.**
3. **Encourage kids to decorate their hearts with dot markers, stickers, crayons, and markers.**
4. **Give each child a “Decorate A Heart” label to put on their heart.**

**What To Do:** We are going to make a craft called “Decorate a Heart.” What is it called? (Decorate a Heart!) Great job! I will give each of you a heart to decorate. You can use dot markers, crayons, stickers, or markers. Then you will each place this sticker on your heart that says God Spoke with Job (Job 1–42) to remind you of our Bible story.

**Loud And Clear:**Your crafts look great! In our Bible story, Job had a lot of hurts and trouble in his life, but even when he was hurt and sad, he knew that God is good and can be trusted. God knows everything about us, even our hurts. We do not always understand why we hurt, but we can always trust that God knows and loves us, and He is good.

**Option 2:** Kids will practice saying the Theme verse while hopping from word to word on printable hearts.

**Big Goal:**Remember the Theme verse.

**Leader Prep:**Print and cut out “Hop On Hearts” printable on cardstock, one per group. Laminate or cover with clear contact paper for durability if desired. Tape each heart in a row on the floor.

**What To Do:**This is going to be such a fun way to practice our Theme verse. Take a look at the hearts taped to the ground. We are going to get in a line in front of the first heart and jump to each one as we say the Theme verse. Let’s start by practicing the verse all together. Ready? I will say it first, and you can say it after me.

The LORD sees the heart. (The LORD sees the heart.)

1 Samuel 16:7c (1 Samuel 16:7c)

Awesome! Now we are ready to hop on the hearts as we say the Theme verse. I will go first! (Hop to each heart while saying each word of the verse.)Now it is your turn! (Assist kids in remembering the words of the Theme verse. If needed, say each word for kids to repeat.)

**Loud And Clear:**Wow! You really remembered this Bible verse. This is a good verse to remember because it tells us that God does not just see how we look on the outside, but He also sees our hearts—the things we feel and think. Sometimes we have hurts, and God knows about them. God knows when our bodies hurt and when our hearts are hurting. When our hearts are hurting, we might feel alone, sad, or mad. God sees our hearts, knows what we feel, and He cares about us.

**Close out in prayer:**

WHAT TO DO

* Ask for any specific prayer requests
* Pray with the group
* Lead the group in the prayer below.

**WHAT YOU SAY:** God, thank You so much for knowing every hurt we have. Thank You for even knowing the hurt in our hearts that people cannot see. Thank You for loving and caring about us. We love You. Amen.

**End of service Activity:**

Have all kids come back together and have a seat and lead kids in the following discussions below. This is a time for side-by-side learning, where all kids have the opportunity to connect and participate.

1. **Who remembers what our Super Clue is today? (a toy doctor kit)**
2. **What does a toy doctor kit help us remember? (We can use a toy doctor kit to “help” a friend who is hurting. God knows everything about us, even the hurts and hard things that happen.)**
3. **Today we learned that God knows every hurt. Does God know our hurts, even the ones in our hearts? (Yes! God knows every hurt—the ones on our body, our physical hurts, and the hurts in our hearts, hurts in our emotions and feelings.)**
4. **How can we encourage our friends who are hurting? (Answers will vary. We can tell our friends they are doing a good job, Jesus loves them, we care about them, and so on.)**
5. **What did you learn about God today?**
6. **Do you remember today’s Big Deal? I will say it first, then you say it after me. (Use the motions below as you say the Big Deal.) Ready? Up, Down, All Around! (Up, Down, All Around!) God Knows Me! (God Knows Me!)**

**Keep It Going:** Say each phrase of the Big Deal in different ways and allow preschoolers to repeat after you. Examples could include a loud, booming voice with exaggerated motions, a tiny voice using only your fingers for motions, and so forth. Call on a new volunteer to lead each time.

**Closing:**

**Leader Tip:** Work with your Teacher to dismiss the kids in a fun, manageable, and safe way. As kids leave, make sure they have all of the crafts and papers. Share with the person picking them up something positive you observed today. Invite them back next week.