

Kids

made  e

WEEK 5



God made each of us. He created us in HIS image — unique! Each and every one of us are special and unique!

THIS MONTH'S Scripture

"I will praise you
because I am
remarkable and
wonderfully made.
Your works are
wonderful, and I
know this very well."

Psalms 139:14



Remarkable
worthy of attention; striking.

Wonderfully
in a way that inspires delight
or admiration; extremely well.

In Case You Didn't Know...

A loaf of bread made in Pompeii, Italy in first century AD was discovered. Impressed on it was a Roman bread stamp, which bakeries were required to do to prevent fraud.



I'll need
some butter
with that.



What Lies are we telling ourselves or listening to?

Sometimes the things we tell ourselves aren't lies. And sometimes the things we say might be true but are super negative and mean to ourselves. God wants us to ignore those negative thoughts and remember that when we listen to those lies we are making God's creation---**YOU** less than what he says you are!

What negative things do you say to yourself each day?
Write them down.

(My hair is too long, my nose is too big...)

Instead of THINKING... THINK THIS

Here are some ways you can turn a negative thought about yourself into a positive one.

"I'm not good at this."

"What can I learn from this?"

"I can't do it."

"I am still learning. I will keep trying."

"Others are better than me."

"I can learn from them."

"I am afraid of making mistakes."

"Mistakes help me learn and grow."

"I don't know how to do it."

"I can learn."

"I give up."

"I'll try it a different way."

Go grab your BIBLE!

Time to grab your Bible and look up these verses

What do they say about our thoughts?

Philippians 4:8-9

Mark 11:23

Proverbs 3:5-6

Galatians 6:7

Hebrews 4:12

THINK ABOUT It?

What is one thing you are going to try NOW that you haven't tried before because you believed you couldn't do it? Write it below!

