

The True You

(Mirror)

Lesson learnt:

No matter how many mistakes we make, Jesus loves us so much that while we were still sinners, Jesus died for us. (*Romans 5:8*) When we accept Jesus into our hearts, He takes all our sins upon Himself, and we are “wiped clean”.

So, before you were even born and before you ever did anything, Jesus loved you and decided to die for you so that you could be forgiven and have a place in Heaven.

Sometimes the lies people tell about us feel like they stick to us. That is when we need to remember **what God says about us!** Jesus wipes all those lies away and reminds us that He loves us and nothing can ever separate us from that love.

Items needed:

- A mirror
- White Board markers (Black and Red)
- Cloth/sponge (To clean the mirror)

Instructions:

Link to video demonstration: <https://youtu.be/XZiThDjhtnQ>

Today I want all of you to look in the mirror and tell me what you see. Yes, you can see yourself!

Tell me, why do we look in the mirror in the mornings? I don't know about you, but when I take a look in the mirror in the mornings I check to see if my hair is all neat, that I don't have toothpaste or breakfast stuck on my face and that I'm ready to walk out the door.

But sometimes when I look in the mirror, I can't help but notice some dirty spots. Can you see them? (*Point the mirror back at the children and allow for response.*)

At this point, there are two directions you can take the lesson.

<p>Option 1: The sins I have committed VS Jesus' forgiveness and unconditional love for me</p>	<p>Option 2: The lies people have told about me VS the truths that God says about me</p>
<p>You don't see them? Well, when I look in the mirror, sometimes I remember:</p>	
<p>some of the bad things I have done, and it feels like they are written all over the mirror.</p> <p><i>(After mentioning each sin/ bad thing use the black, white board marker to write over the mirror)</i></p> <p>e.g. stealing, bad words, being nasty, lying</p>	<p>all the bad things people have said about me, and it feels like they are written all over the mirror.</p> <p><i>(After mentioning each lie use the black, white board marker to write over the mirror)</i></p> <p>e.g. I'm stupid, I'm ugly, nobody loves me</p>
<p>All these things make me feel like I am dirty and really sad. And maybe you feel the same.</p> <p>When Jesus looks at us how do you think He sees us?</p>	
<p>The truth is Jesus sees and knows about all our sin. We can't hide anything from Him, no matter how hard we try. BUT... Jesus loves us and that is the best news we could ever hear. Because Jesus loves us so much, He was sent to earth and He willingly died so that when we believe in Him we are forgiven. <i>(Wipe the mirror clean.)</i></p> <p>Now when Jesus looks at us He sees that we are forgiven, loved, chosen, wanted, special and His children. <i>(Use the Red white board marker and write down all the bold words as you say them)</i></p>	<p>When Jesus looks at us, He sees us very differently. <i>(Wipe the mirror clean.)</i></p> <p>The Bible tells us that God created us in His image. He knows how many hairs we have on our heads. He Loves us.</p> <p>No matter what anyone says about us, Jesus says that we are forgiven, loved, chosen, wanted, special and His children. <i>(Use the Red white board marker and write down all the bold words as you say them)</i></p>

