

Adventures with GOD!

MY FIVE SENSES ARE A GIFT FROM GOD (B.3.WINTER.2)

Biblical Reference	Psalms 34:1-8, Matthew 9:27-30
Key Verse	Psalms 139:14
Key Concept	God gave me my five senses and with them I can praise and honor God.
Educational Objectives	At the end of the class today, the children will be able to: <ol style="list-style-type: none"> 1. Name the five senses and describe how we use each one. 2. Draw pictures that represent how they can praise God through their senses. 3. Say the Key Verse.

Life Application

God has given us our bodies. God created us with our senses (taste, touch, etc.) and through our senses we can know God better. We honor God through our actions and the way that we use our senses. This week we will think about the practical ways that we can use our senses to praise God and serve others.

Possible Activities and Class Plan

Activity	Materials	Time
My GROW Adventure	GROW Adventure materials	5 minutes
Opening Prayer	Candle	1 minute
Bible Reading	Bible	5 minutes
Experiment	Paper bags, boxes, table, cloth, paper, pens	15 minutes
Bible Exploration	Illustrations, Bible, gift	10 minutes
Craft	See instructions	15 minutes
Key Verse Activity		5 minutes
My GROW Adventure	Review	5 minutes
Closing Prayer	Candle	1 minute

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INSTRUCTIONS

My GROW Adventure with God Weekly Review: As children enter take time to have them reflect on their adventure with God booklets and either discuss or use art materials to express their journey during the past week. You may wish to add any art work, written poems, prayers or songs to a GROW wall in the room. You can find my GROW Adventure with God materials at CovChurch.org/children/adventures-with-god.

Opening Prayer: Gather children around a candle. Light the candle, and explain that we are entering into a special time with God. Encourage the children to hold their hands out in front of them, palms up, as a sign they are ready to receive what God has for them today.

Prayer Example: Lord God, thank you for making us, for loving us, for forgiving us, and guiding us. We know you are here with us right now. As we enter into your word, the Bible, help us draw close to you, to understand and to listen to what you have to say to us. Amen

(For safety sake, you may wish to extinguish the candle after the prayer.)

Bible Reading: Explain that as we read the Bible, we do that first to spend time with God. Children can remain with hands out stretched, palms up, to receive the word as it's being read. Alternatively they can be invited to draw what they hear. Read Psalm 34:1-8 two times, and ask children to respond.

Question Examples: What did you notice in this passage? How does it make you feel? Was there anything you would ask God about that you didn't understand or was confusing? Is God saying anything to you through the passage?

Experiment: You will need to set up the station for this experiment before class time. Place several paper bags on a table. In each bag you will put a different object: something soft (cotton ball, small stuffed animal), something hard (metal or wood), something scratchy (sand paper), something smooth (a mirror, or something glass), something squishy (playdough).

Blindfold some of the children, and with the help of the other children, guide them to the table. They can put their hands in each of the bags to feel what is inside. They should not talk or say what they touched. When they have had a chance to feel what is inside each of the bags, they can take their blindfold off and on a piece of paper describe what they felt.

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Then choose different children to blindfold. Take out bowls with different things in them that the children will smell. Let them smell one at a time. You can use things like vinegar, lemon juice, tuna, cinnamon and garlic. After they have had a chance to smell, they can take off their blindfolds and describe what they smelled.

Next choose a few more children to blindfold. They will need to listen and identify different sounds. Have different instruments available and let the children who aren't blindfolded play them one at a time (recorder, tambourine, drum, flute, guitar, etc.) You can also use household objects like an alarm clock, a telephone, etc.

For the taste experiment, have a few things that the children can taste. Make sure you are aware of any food allergies. Be careful with your food choices. Consider a piece of chocolate, a salty cracker, etc. Choose a few representatives to blindfold. Children will taste and describe what they are tasting.

Lastly, play a game that uses their sense of sight. You can play "I spy." For example, choose an object without telling the children what it is, and then give them a hint by saying, "I spy something blue." They should take turns guessing what the object is. Then give other children the opportunity to be the one who chooses the object.

At the end of these experiments, ask them what it was like. What did they learn? Who created us with our senses?

Bible Exploration: Before class, take time to wrap a box with gift wrap. A shoe box works well. Wrap the top and bottom separately so that you can use this "gift" over several weeks. Insert a copy of each illustration (pages 6-10) into the box.

Open your Bible and show children the book of Psalms. Review what they learned last week, in terms of God creating us and our bodies. Review the key verse for today, Psalm 139:14.

Then, from the gift-wrapped box, take out one illustration at a time and have discussion on the senses. Tell them that the Bible mentions that our senses are a gift from God. Ask them what a "sense" is? Ask them how many senses we have. Remind them that we have 5 senses. And God gave us different body parts that are related to these senses. Continue the dialogue showing each of the illustrations and asking what sense they represent.

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On a large piece of paper, draw a simple circle to represent a face. Ask volunteers to come and draw the different parts of the face (eyes, nose, mouth, ears) to represent sight, smell, taste and hearing. Draw a body, and then have volunteers draw hands to represent touch.

Dialogue with them about how our 5 senses help us know God. How do we know that our bodies are important to God? Many times Jesus healed people when their bodies didn't work and when they were sick. Ask the children to think of stories in the Bible where this is true? For example, he restored sight to the blind. He helped those who were lame to walk again. He healed the lepers so they could touch and feel again.

Read the story of Jesus found in Matthew 9:27-30. Talk about the experience of the blind men. How would it have been to be blind? What other senses would they have used even more given the fact they could not see? Talk about the fact that some people are not able to use all of their senses but this makes them special because they develop the senses they do have in an incredible way. Ask the children how they imagine the men felt when they could see.

Key Verse Activity: See page 11.

Today's GROW Adventure with God Review:

G=God's Word: What is the story? (Give children an opportunity to express their understanding of the story).

R=Relationships: Is there anything in today's Bible story that shows us how we should or shouldn't share God's love with others? (Remind children that sometimes God uses the stories of the Bible to show us how we shouldn't act toward God or others. give them a chance to consider how we might show God's love instead).

O=Outward Action: Is there anything in the Bible story that shows us how we should help or serve God or others? (Explore concrete ways the children could live this out in the coming week).

W=Worship: Is there anything in the Bible story that shows us how we should accept God's love for us and others? Ask: How do you feel about God? What would you like to say to God?



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Closing Prayer: Gather children around the candle again. As you light the candle explain that the flame is something that is present in the light and the darkness. The candle reminds us that God is always with us. Is there anything anyone wishes to say to God? After children have responded, close the prayer time.

Prayer Example: Lord God, we thank you that you are always with us and always love us. It's good to be with you. Thank you for what we have learned today. Thank you for being with us and for teaching us through the Bible. Help us to remember what you have taught us today and to live it out when we leave. Amen



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ILLUSTRATION

Sense of taste



Adventures with GOD!

ILLUSTRATION

Sense of sight



Adventures with GOD!

ILLUSTRATION

Sense of hearing



Adventures with GOD!

ILLUSTRATION

Sense of smell



Adventures with GOD!

ILLUSTRATION

Sense of touch



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KEY VERSE ACTIVITY

PSALM 139:14A

The children will make a wreath using cut out hand prints. They will trace their hand and cut out at least 10 hand prints. They will write each word of the Bible verse (Psalm 139:14a) on each of the hand prints. Then using tape, glue or staples they will connect the hands in a circle to make a wreath.

