



Facilitator's Guide

To foster openness and connectivity among the youth, arrange the seating in a circle for the entire session. This setup allows everyone to see each other, promoting a sense of inclusion and encouraging honest sharing.

About This Topic: Being a "child of God" is one of the most beautiful truths we can embrace. It's a reminder that each of us belongs to God's family, fully loved and accepted just as we are. This session is about helping youth and young adults understand that they are not alone, they are deeply loved, and they have a unique place in God's heart. We want participants to walk away feeling loved, seen, and inspired to live confidently as God's children.

End Goal: By the end of this session, participants will understand that they are children of God, feel a deeper sense of love and belonging, and have simple, practical ways to remind themselves of this truth throughout their week.

1. Introduction

Why This Topic? Have you ever felt like you didn't belong? Sometimes life makes us feel like we're not good enough or that we must "prove" ourselves to others. But guess what? God's love for you doesn't work that way. As His child, you're already loved, already accepted, and already part of His family. Today, we're going to explore what it means to be a child of God and how it changes everything.

What Does It Mean? Being a child of God means you belong. It's like being part of a family where you're loved no matter what. No matter what mistakes you make or how you're feeling, you're still God's child. Knowing this can change the way we see ourselves and how we treat others.

2. Preparation Checklist

Things Required:

- Bible or Bible app for scripture reading
- Paper, sticky notes, or index cards
- Markers or pens
- A speaker or phone for worship music (optional)
- The song "I Am a Child of God" (optional, to be played during prayer or reflection time)

Before You Start:

- Write "I am a child of God" on a big poster or board.
 - Pick a short worship song that reflects the message (optional).
 - Review the discussion questions and key points to feel prepared.
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3. Welcome, Introductions, and Opening Prayer

Leader's Dialogue: "Welcome, everyone! Today, we're talking about something super important—what it means to be a child of God. Did you know that God sees YOU as His child? Not just a random person or a face in the crowd—He knows your name, your heart, and your story. Today, we're going to talk about how being God's child changes the way we see ourselves and how we live our lives."

Opening Prayer: *"Heavenly Father, thank You for calling us Your children. Sometimes, we forget how much You love us. As we learn about being Your children today, open our hearts and help us feel Your love. Help us to know that we are never alone and that we belong to You. Amen."*

4. Opening Activity

Game 1: "Family Tree Connections"

About the Game: This activity helps us see that we're all part of a bigger family. It's a fun, interactive way to visualize how we're connected as God's children.

What You Need:

- A big sheet of paper or whiteboard
- Markers or pens

How to Play:

1. Draw a big tree with lots of branches.
2. Write "God's Family" at the bottom of the trunk.
3. Each participant writes their name on a "leaf" (draw a small leaf on the board or write it on sticky notes).
4. Add each name to the branches of the tree.

Faith Connection: This activity shows how each of us is connected to one another in God's family. The branches remind us that while we're all unique, we're all part of the same big family with God as our Father.

Game 2: "Pass the Crown"

About the Game: This game reminds participants that as children of God, they are royalty. It's a simple yet symbolic way to highlight their identity as children of the King.

What You Need:

- A toy crown, paper crown, or any symbolic "crown" object

How to Play:

1. Everyone sits in a circle.
2. Play some background worship music, such as "I Am a Child of God."
3. As the music plays, participants pass the crown around the circle.
4. When the music stops, whoever is holding the crown must stand up and say one of the following:
 - "I am a child of God because..." (and complete the sentence)
 - Share a short prayer or thank God for being His child.
5. The game continues until everyone has had a chance to share.

Faith Connection: This game reminds everyone that they are royalty because they belong to God's family. Passing the crown symbolizes the shared responsibility and privilege we have as His children.

5. Scripture Reading

Read 1 John 3:1-2 Aloud: Ask a participant to read the passage aloud or read it yourself. Encourage participants to listen carefully.

"See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when Christ appears, we shall be like him, for we shall see him as he is." 1 John 3:1-2

After reading the scripture, encourage the youth to share the verses that stood out to them or resonated with them. Invite them to express their thoughts or provide their personal reflections on these verses. Once everyone has shared, you can summarize their key points and offer your own reflection. If you haven't had the opportunity to prepare your reflection in advance, you may refer to the discussion paragraph provided below for guidance and inspiration.

Leader's Reflection:

(this can be used as an example, but feel free to create your own reflection)

Every single one of you is chosen. This passage reminds us that God isn't looking for perfection—He's looking for open hearts. God has called each of you for a purpose. No one is left out. When God looks at you, He sees someone He loves, someone with potential, and someone with a role to play in His story. You're not a 'maybe' to God—you're a 'yes.'

Being chosen means you are part of something bigger. It means you're not alone. Sometimes, we feel like we're not good enough, smart enough, or strong enough. But God's choice isn't based on any of that. He chooses us because He loves us.

So, how can we live like people who are chosen? We put on compassion, kindness, humility, gentleness, and patience. We're not perfect at it, but we keep trying every day. Take a moment to think about which of these 'clothes' you're going to wear this week. Will it be kindness? Patience? Maybe it's compassion. God's calling is for each of us to live out this love in real, practical ways.

6. Small Group Reflection Questions

Facilitators, encourage the group to openly share their thoughts and experiences. Each person's perspective is valuable, and the goal is to deepen everyone's understanding of what it means to be a child of God. Ensure that everyone has the chance to participate and let the conversation flow naturally.

If it is a large group, it could be divided into small groups for discussion within each group. Then, invite one or two participants from each group to share a key insight from their discussion.

Discussion Questions:

1. What does it mean to you to be "chosen" by God?
 2. How does it feel to know that God chose you on purpose, not by accident?
 3. Which of these "clothes" (compassion, kindness, humility, gentleness, patience) is hardest for you to put on daily?
 4. How can we remind ourselves every day that we're chosen by God?
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7. Challenge

Leader's Dialogue: "This week's challenge is called the 'Love Note Challenge.' Each day this week, write down one thing that reminds you that you're a child of God. It could be something you see, hear, or feel. Maybe it's a song, a kind word from a friend, or a small moment where you feel at peace. Write it on a note and keep it somewhere you can see it. By the end of the week, you'll have a collection of love notes from God to remind you that you are His child. You can also share one of these notes with a friend who might need encouragement."

8. Concluding Prayer

Leader's Dialogue: " Before we close, think about one thing you're taking away from today's session. Hold on to that thought as we pray."

Closing Prayer: *" Heavenly Father, thank You for calling us Your children. Thank You for reminding us that we're never alone and that we're loved beyond measure. Help us to walk with confidence, knowing we're part of Your family. Be with us this week as we live as Your children, sharing love, kindness, and hope with others. As we listen to the song 'I Am a Child of God,' remind us that this is our identity now and forever. Amen."*