

MY
HEART
MATTERS
THE CURRICULUM

Wholeheart
MINISTRIES

6+ YEARS

My Heart Matters: The Curriculum
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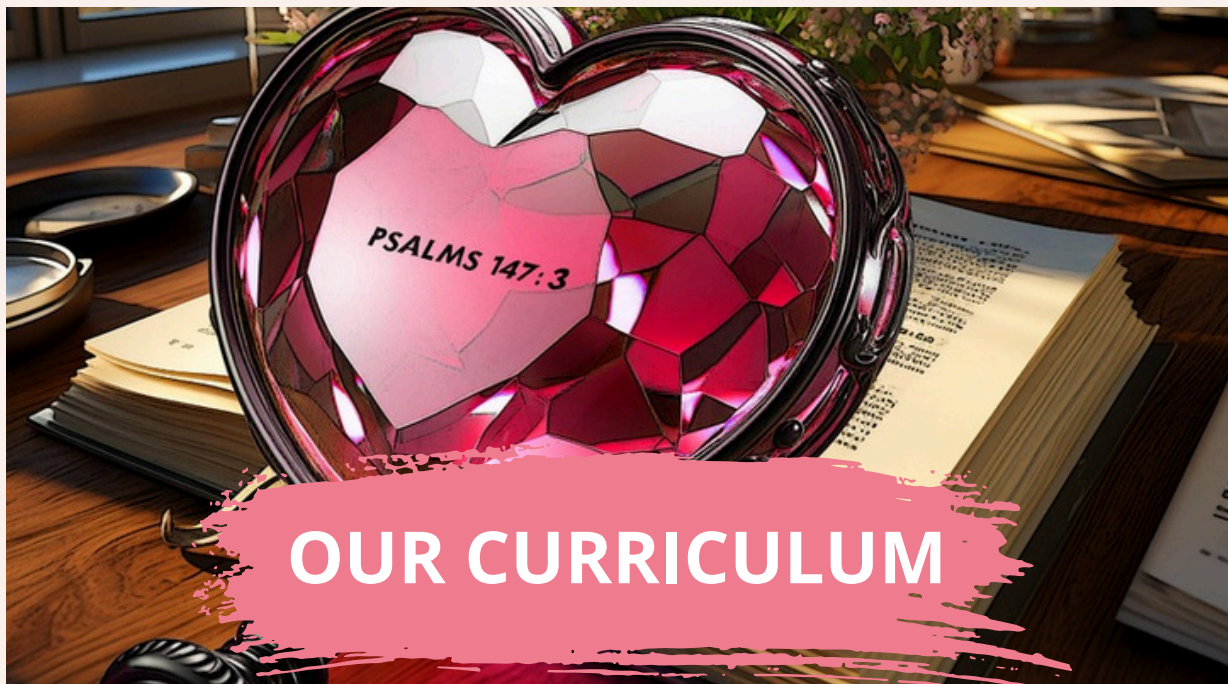
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SECTION ONE

ABOUT THE CURRICULUM





OUR CURRICULUM

Welcome to our Curriculum. It is dynamic and Holy Spirit-led, designed to help children discover their God-given identity and walk in the fullness of who they were created to be.

This curriculum is created to partner with the Holy Spirit, teaching and equipping children to stand strong in their freedom, joy and everything God has for them.

SESSION PLAN

Each week's session follows a plan designed to create an atmosphere for the children to receive from God and to draw out the gold from every lesson. Below, we set out the key sections that form one complete session. Let's work through the plan together to help equip you for your weekly session....

EXPLORATION: Introduces the topic to be explored and outlines the key points.

OBJECTIVES and TONE: Outlines the goals and outcomes for each session and provides guidance on the tone to adopt throughout the session.

KEY SCRIPTURE: This is the main scripture for the session. Reading several days before and reading in different versions may help for deeper insight.

ICEBREAKER: Activities created to introduce the exploration topic, help children to get comfortable and to open up and share.

HEART RECAP: A summary of the session using simple memorable bullet points.

SESSION OUTLINE: The core of the session, combining Scriptures, activities and context related to the topic.

MINISTRY TIME: After each session, there will be time for children to connect with God, express their feelings (including hidden hurts) and to receive healing. Encourage them to speak about their emotions, as this helps them release pain and invite God's healing. Be sensitive to the Holy Spirit, asking for His guidance to minister to the children powerfully and effectively.

To help guide ministry time, use this 4-step process: "S.T.O.P" created to help the children open their hearts to receive.

S - STOP: Help children to be still, lifting their hands ready to receive from the Lord.

T- THINK: Ask them to reflect on anything that made them sad, angry or upset.

O - OPEN: Encourage the children to allow the Holy Spirit to search their hearts and to reveal any hidden hurts. (Remind them that the Holy Spirit knows them).

P - PRAY: Invite the children to 'pour out their pain' by telling the Holy Spirit about how the memory/incident made them feel. Then lead the children in prayer, and pray for each child to be filled up with God's love.

SALVATION CALL: In each session give the children an opportunity to give/ rededicate their lives to God. This can be repeated in each session to allow every child (or newcomers) the opportunity to accept Jesus.

3-2-1 HEART CHECK: This is designed to recap key points of the session and includes:

- THREE** - Reflective questions
- TWO** - Scriptures or declarations
- ONE** - Prayer

Bonus: You can make this fun by counting down with the children and then shouting heart check e.g. "It's heart check time....Three, two, one....HEART CHECK!"

Takeaway: This may include an activity, homework or something similar to help children remember the lesson learnt from the session, throughout the week.

PRAYER TEMPLATES AND MINISTRY EXAMPLE

Here are some examples and templates of different styles of prayers created to help you.

POURING OUT PAIN PRAYER TEMPLATE

This style of prayer is used to help the children open up and recognise their pain, so that they can pour it out and give it to their Heavenly Father.

Dear Daddy God,

Thank You that You love me, and You care about the things that make me feel sad. It upset me when [share experience of what hurt them] and it made me feel [share emotion sad/angry/upset/confused/lonely].

Please take away the [pain/sadness/heaviness], bring Your healing power and heal my heart. I give you my [emotion: anger/sadness/loneliness]. Amen.

SALVATION CALL PRAYER TEMPLATE

This prayer is for children who want to accept Jesus as their Lord and Saviour (Best Friend).

Dear Lord Jesus,

Thank You for loving me. Thank You that You have a special plan for my life. I ask You to come into my heart today and be my Lord and my Best Friend. Please forgive me for all the wrong things I have done. Thank You for forgiving me when I say sorry.

I give my life to You, and I want to follow You always. Please help me to love You, listen to You, and walk in Your ways every day. In Jesus' name. Amen.



MINISTRY TIME (WORKED EXAMPLE)

Johnny remembers last week at school he got really upset that he did not have anyone to play with during lunchtime break/recess.

Before leading him in prayer, you may ask Johnny these questions to help him express and pour out how he felt:

- What happened?
- I'm so sorry that happened to you – did you find it difficult? Why?
- How did it make you feel?

By asking questions, you help Johnny identify any hidden hurts and put language to his experience.

Once Johnny has shared how he felt, lead him in prayer. You may use the prayer template (below) for guidance – however, when praying always be led by the Holy Spirit.

Dear Jesus,
It made me feel really sad and lonely when I had no one to play with. It made me feel like I was not good enough and that no one wants to be my friend, it made me feel really alone....

MINISTRY TIME (WORKED EXAMPLE CONTINUED)

Now that Johnny has poured out his pain, we are going to fill that void with the love of God through prayer and biblical declarations.

Dear Jesus,

Thank You that You love me, and that You chose me before I even knew who You were. Thank You that You promise never to leave me, and You always keep your promises which means I am never alone. Thank you that You care about the things that make me sad and that You have good plans for me. Thank You that You want me to have good friends. Help me to remember that I am never alone and that You are always with me.

DECLARATIONS

With your encouragement Johnny should now make some bold strong declarations (you can get him to repeat after you if that helps.)

I Declare:

“I am never alone because God is always with me.” - Hebrews 13:5

“When things make me upset I can go to God because He cares for me.” - 1 Peter 5:7

“God made me special, and He has a good plan for my life.” - Jeremiah 29:11

“When the enemy/Satan tries to make me sad/angry/disappointed, I know God wants to heal my heart and make me feel better.”

Ask Johnny how he’s feeling, noting some children may feel lighter and happy soon after, while others may take time to process their emotions.



F.I.G.H.T FOR FREEDOM

F.I.G.H.T FOR FREEDOM

This acronym will help the children get the best out of this curriculum and to equip everyone to stand strong, like soldiers, for their freedom in Christ.

F – Foster Connection

Make sessions personal and relatable through real-life stories and personal testimonies, that help the children understand their identity in Christ.

I- Involve Through Interaction

Children learn best through hands-on activities, games, and discussions. Incorporate role-playing, crafts, and storytelling to reinforce key identity principles. This provides creative ways to bring healing and identity teachings to children.

G- Give Space for Expression

Create a safe, judgment free environment where children feel valued and free to share their thoughts and emotions openly.

H – Highlight Truth with Scripture

Anchor sessions in the Word of God, using memory verses to strengthen their understanding of their identity in Christ.

T – Team up in Prayer and Community

Prayer and community are powerful tools. Pray over children and involve families through community platforms to extend learning and support beyond the session. You can create a private Facebook community or WhatsApp group where you share the session topic and key scriptures with parents/guardians and any testimonies too.

SECTION TWO

TEACHING SESSIONS





SESSION 1: MY PRECIOUS HEART AND MY FEELINGS

EXPLORATION:

This session helps children understand that their hearts are special and deeply loved by God. They will learn that God cares about everything they think and feel. They will learn that talking to Jesus about their feelings helps to "set them free."

OBJECTIVES:

1. Children will understand that their hearts are special and precious to God.
2. They will learn that God cares about their thoughts and feelings.
3. They will discover that talking to Jesus about their feelings can bring peace and freedom.

KEY SCRIPTURES:

- Proverbs 4:23 (NLT) "Guard your heart above all else, for it determines the course of your life."
- Proverbs 4:23 (NIV) "Above all else, guard your heart, for everything you do flows from it."
- Lamentations 2:19b "... Pour out your heart like water before the face of the Lord"
- Psalm 56:8 (NLT) "You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book."

ICEBREAKER: My feelings matter/ Heart Toss

To help children open up about their feelings and understand that their hearts matter to God.

Materials: A heart shaped cushion, soft ball (or something easy to throw), a list of simple feeling prompts (happy, sad, scared, excited, lonely, thankful, etc.)

Instructions:

1. Children sit in a circle.
2. The leader tosses the heart/ball to one child and calls out a feeling (e.g., "happy"). The child who catches it shares something that recently made them feel that way.
3. Then they toss the heart/ball to another child, and the leader calls out a new feeling. Continue until everyone has had a turn or time allows.
4. Conclude by explaining that just like we shared these feelings with each other, we can always share our hearts and feelings with Jesus. He listens, and He cares."

SESSION OUTLINE:

Begin by reading Proverbs 4:23. Explain that when the Bible talks about our "heart," it means the deepest part of us (as a whole) –our thoughts, feelings, choices. It's who we really are, deep down. Share that God created us in His image, which means God made our hearts like His – we are capable of great love and a wide range of feelings. Refer to the different feelings mentioned in the Icebreaker ask them to re-share and ask them what made you feel that way?"

God's Heart and Our Heart: Explain that God's heart is huge and full of love for us. Because He loves us so much, He also has many feelings, just like we do. When good things happen to us, He is happy; when we are sad or hurt, He is sad too. He genuinely cares about how we feel, what we think, and He knows us better than anyone.

Feelings are Like Butterflies:

Read Lamentations 2:19b: "Pour out your hearts like water to the Lord." Explain that this verse tells us how God wants us to deal with our feelings. Introduce the analogy: "Feelings are a bit like butterflies: they need to be set free." This means that when we keep our feelings bottled up inside, they can feel trapped and heavy. But the way to "set our feelings free" is by talking to Jesus about them. We tell Him everything – the good things and the bad things that happened, and exactly how they made us feel. He loves to listen to us.

The Gift of Tears:

Share that God gave us the ability to cry and it is another God-given way to release our feelings. The Bible says our tears are precious to Him. Read Psalm 56:8 (NLT): "You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book."

Show children a bottle full of water as an example of God's bottles filled with his children's tears. This shows how much He values even our tears.

Praying When Horrible Things Happen:

Reassure children that talking to Jesus, even though we can't see Him, is real and important. He is always there and will never leave us alone.

Activities:

Option 1: "Feeling Faces" Drawing

Materials: Paper, markers, pre-drawn outlines of faces (or children draw their own).

Instructions:

1. Give each child paper and crayons and ask them to think about different feelings they've had today or recently.
2. As they name feelings (happy, sad, angry, scared, worried, excited, etc.), draw or have them draw faces expressing those emotions on the paper. For each feeling, ask: "What made you feel that way?" and "How can we tell Jesus about this feeling?"
3. Emphasize that Jesus understands and cares about all these feelings, not just the happy ones.

Option 2: "Heart Jar" of Feelings & Prayer Partner

Materials: A clear jar (representing their heart), small slips of paper, pens/markers.

Instructions:

1. Provide a clear jar and small slips of paper. Explain that sometimes feelings get "trapped" inside our hearts. Have children write or draw a feeling they've had recently on a slip of paper and put it in the jar.
2. Explain that when we pray, we can "pour out" our feelings to Jesus. Guide children to find a quiet spot and take a slip of paper from their jar.
3. Explain to them that we are about to "talk to Jesus" about that feeling, telling Him what happened and how it made them feel,

MINISTRY TIME

Help the children identify any words spoken or experiences that may have been trapped or buried down in their hearts. Encourage them to speak about their emotions, as this helps them release pain and invite God's healing. Be sensitive to the Holy Spirit, asking for guidance to the children powerfully and effectively.

Dear Lord Jesus,

I open up my heart to You. If there are any feelings trapped inside my heart, please help me to let them go. I want to tell You about my day... (Pause and encourage children to quietly share what happened and how they felt, telling Jesus about the good things and the bad things.) Thank you that you love me and that you care about every little detail in my life, the big and small things. Thank you for healing my heart. Amen

Allow the room to settle: Suggest to the children "Let's take a quiet moment to let the room settle". Some hearts might be feeling tender, and giving space before we move on helps the children care for themselves and each other well."

SALVATION CALL:

Give the children an opportunity to give/ rededicate their lives to God. This can be repeated each session to allow every child (or newcomers) the opportunity to accept Jesus.

3-2-1-HEART CHECK:

(You can make this fun by counting down with the children and then shout heart check e.g. "It's heart check time....Three, two, one....HEART CHECK!")

THREE – Reflective questions

1. Why do you think God cares so much about your heart??
2. How does it help you when you talk to Jesus about your feelings—even the hard ones?
3. If your feelings are like butterflies, which one do you need to let fly free and talk to Jesus about today? (It could be a happy one or a hard one— He wants to hear them all!)

TWO– Scriptures or declarations

1. Declaration: I give all my worries and cares to Jesus, because He cares for me. (1 Peter 5:7)
2. Declaration: Jesus cares about every feeling I have. I can talk to Him anytime, and He will help me. (Based on Psalm 139)

ONE - Prayer:

Dear Lord Jesus,

Thank You for loving me. Thank You that You care about me and how I feel at all times.

Thank You that You will never leave me on my own. Thank You that I can talk to You about anything, anytime I want. Thank you that Your love keeps me safe and protects me.

I love You. In Jesus' name I pray. Amen.

TAKEAWAY:

Remind the children of these 5 practical steps for praying (you can use actions/sounds to make these steps memorable):

1. Find a quiet place where they can be alone.
2. Tell Jesus what happened and how it made them feel.
3. Encourage them to ask Him to "wrap them up in His love."
4. Explain that it's okay to cry while talking to Jesus.
5. Picture Jesus right beside them as they pray.



SESSION 2: WORDS THAT HEAL, WORDS THAT HURT

EXPLORATION:

For the children to recognize the powerful impact of words, both kind and hurtful. Children will learn how Jesus heals them from the pain of hurtful words and helps them believe God's truth about themselves.

OBJECTIVES

By the end of the session, children will:

1. Understand that words have the power to heal or hurt.
2. Learn hurtful words are like splinters in the heart—but Jesus can heal them.
3. Begin to believe and speak God's truth about themselves, not the lies they've heard.

KEY SCRIPTURES:

Proverbs 15:4 (NLT) "Kind words heal and help; cutting words hurt people..."

John 8:44 (NIV) "He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies."

ICEBREAKER: Compliment catch / Verbal volleyball
Materials: A soft ball or beanbag.

Instructions:

- 1.Children sit in a circle. Throw the ball to a child and ask them to say a kind word or compliment (e.g., "You're kind," "You're funny"). Then they toss it to someone else and do the same.
- 2.Continue until everyone has had a turn.

This helps children experience how uplifting kind words can be and sets the tone for the session.

SESSION OUTLINE:

Start by discussing how God created the entire world simply by speaking words ("Let there be light!"). This shows just how powerful words are. Read Proverbs 15:4. Explain that just like God's words are powerful, our words are powerful too because we are made in His image.

Ask: "Can you think of a time someone's words made you feel happy or encouraged? How did that feel inside?" Then, "Can you think of a time someone said something mean or ugly to you? How did that feel? Did it make you feel bad about yourself?"

Hurtful words being like "splinters."

Explain that while words can't make you bleed, they can cause deep pain in your feelings and heart. The Bible says mean words feel like being "stabbed" because they can hurt our feelings and make us feel small or unimportant. Introduce the idea of hurtful words being like "splinters." Just like a physical splinter needs to be taken out to prevent infection, nasty things said to us can be like splinters in our hearts. If we keep them in, they can make us believe lies about ourselves (like "I'm stupid" or "I'm not good enough").

Emphasise that Jesus does not want us to believe these cruel things. He wants to heal our hearts and take those hurtful words out. He wants us to know the truth: that we are smart, we are special, and He loves us just as we are. When we tell Him about the hurtful words, He removes their power over us. Remind them of John 8:44 – the devil is the father of lies, and he wants us to believe bad things about ourselves.

Activities

Option 1: "Splinter Removal" Prayer

Materials: Small paper "splinter" shapes or small bandages.

Instructions:

- 1.Provide each child with a small paper "splinter" shape they can draw or write a hurtful word they heard on. (Or simply provide a small bandage.)
- 2.Explain that when we pray about hurtful words, Jesus removes them from our hearts.
- 3.Guide children to find a quiet space. Instruct them to tell Jesus what was said and how it made them feel. As they pray, they can symbolically "remove the splinter" (by throwing it away) or place the bandage on their finger, representing Jesus' healing in their heart.

Option 2: Affirmation Mirror

Materials: Small handheld mirrors, or access to a larger mirror.

Instructions:

1. Provide each child with a small handheld mirror or have them go to a larger mirror.
2. Guide them to look at themselves in the mirror. Explain that Jesus says wonderful things about them. Instruct them to say out loud, with confidence: "I am smart. I am special. Jesus loves me just as I am."
3. Encourage them to practice this at home, daily reminding themselves of God's truth.

MINISTRY TIME:

Help the children identify any words spoken or experiences that may have been trapped or buried in their hearts. Encourage them to speak about their emotions, as this helps them release pain and invite God's healing. Be sensitive to the Holy Spirit, asking Him for guidance on how to minister to the children powerfully and effectively.

Heavenly Father,

People have said things that hurt my feelings. Maybe they did not mean to be unkind, but their words hurt me. (Pause and encourage children to quietly tell the Lord what was said and how it made them feel.) Thank You, Lord, for taking these words out of my heart. Thank You that I am like You. That means I am smart. It means I am special. Thank You that You love me. Thank You that I can talk to You about anything, anytime I want. I love You, Lord. In Jesus' name, I pray, Amen.

SALVATION CALL: Give the children an opportunity to give/ rededicate their lives to God. This can be repeated each session to allow every child (or newcomers) the opportunity to accept Jesus.

3-2-1-HEART CHECK:

(You can make this fun by counting down with the children and then shout heart check e.g. "It's heart check time....Three, two, one....HEART CHECK!")

THREE - Reflective questions

1. What do we do when something hurts our feelings?
2. What do you think Jesus says about you when you're feeling sad or hurt by someone's words?
3. How can you help someone else who's feeling hurt by words?

TWO- Scriptures or declarations

1. Declaration: "Kind words heal and help me." (Proverbs 15:4)
2. Declaration: "I am loved, I am smart, and I belong to Jesus."

ONE - Prayer:

Dear Lord Jesus,

Help me to always remember that when people say things that hurt me., I can always come to you and allow you to take those words out of my heart and heal the pain. Thank You for loving me so much and for telling me the truth—that I am smart, I am special, and I am Yours. Help me to speak kind words to others too. In Jesus' name. Amen.



SESSION 3: DEALING WITH FIGHTS

EXPLORATION:

This session will help the children to understand that angry conflicts can be frightening. The children will learn that Jesus is always with them, strong and kind, and will help them feel safe and peaceful.

OBJECTIVES:

By the end of this session, children will:

1. Recognize that angry conflict can feel scary or overwhelming.
2. Learn that Jesus is always with them, even when others are angry.
3. Discover that Jesus brings peace and safety to their hearts when they feel afraid.

KEY SCRIPTURES:

Proverbs 27:4 (NIV) “The rage and anger of others can be overwhelming.”

Psalms 46:1 (NLT) “God is our refuge and strength, always ready to help in times of trouble.”

ICEBREAKER: Storm and calm

Materials: None needed.

Instructions:

1. Have children sit in a circle.
2. Call out "Storm!" – everyone makes storm sounds (e.g., stomping feet, clapping like thunder).
3. Then call out "Calm!" – everyone takes a deep breath, sits quietly, and closes their eyes or hugs themselves.
4. Repeat a few times, then ask: "How did your body feel during the storm?" "How did it feel during the calm?"
5. Conclude by explaining this was to help the children understand the difference between chaos and peace—and explain to them that Jesus is the One who brings calm when life feels stormy.

SESSION OUTLINE:

Read Proverbs 27:4. Discuss how intense and frightening anger can be, especially when people shout, doors slam, or things bang.

Ask: "What does it feel like inside your body when people are angry or shouting?" (e.g., scared tummy, tense, like hiding). "How does it feel when everyone is happy and calm?" Emphasize that God wants us to feel safe and never scared.

Frightening things may happen, but Jesus is always there:

Explain that while frightening things happen, Jesus is always right beside us. He will never leave us alone, especially when we feel scared or upset.

Read Psalm 46:1, reminding them God is our refuge and strength. Reassure children that Jesus is strong and kind, and He loves them very much. Even though we can't see Him with our eyes, we can picture Him beside us (like a superhero or a comforting friend).

We might even sense Him in our hearts – a warm, happy, or peaceful feeling. Even if we don't feel anything, He is still there. Encourage them that anytime they are afraid or upset because of anger or fights, they can tell Jesus what happened and exactly how it made them feel. He wants to heal their precious heart and fill them with His love and peace.

Activities:

Option 1: "Jesus is My Shield" Visualisation

Materials: None needed.

Instructions: Have children close their eyes or look down quietly. Guide them to imagine Jesus standing right beside them. Instruct them to picture Jesus wrapping His arms around them, forming a protective "shield" of love and peace. Ask: "How does it feel to have Jesus' loving arms around you? What kind of peace does He give you?" Discuss how this feeling of safety comes from Jesus being with them.

Option 2: "Happy Space" Creation

Materials: Soft pillows, blankets, comfort toys (optional).

Instructions: Help children identify or create a "happy space" in their home, classroom, or church area (e.g., a quiet corner with soft pillows, a blanket, or a special toy). Explain that this is a designated place they can go to when they feel upset to talk to Jesus, reminding them He is always there with them.

MINISTRY TIME

Help the children identify any words spoken or experiences that may have been trapped or buried down in their hearts. Encourage them to speak about their emotions, as this helps them release pain and invite God's healing. Be sensitive to the Holy Spirit, asking Him for guidance on how to minister to the children powerfully and effectively.

"Heavenly Father, people sometimes get angry and it upsets me. I don't like it when they shout or when things bang. It makes me scared and sad. (Pause and encourage children to quietly tell the Lord about anything they have remembered that made them scared or sad, telling Him what happened and how it made them feel.) Thank you that you will never leave me on my own. Please help me to always remember that You love me and that You are beside me right now. Please fill my heart with Your love. Please fill my heart with Your peace. Thank You that I can talk to You about anything, anytime I want. In Jesus' name, I pray, Amen."

SALVATION CALL: Give the children an opportunity to give/ rededicate their lives to God. This can be repeated each session to allow every child (or newcomers) the opportunity to accept Jesus.

3-2-1-HEART CHECK:

(You can make this fun by counting down with the children and then shout heart check e.g. "It's heart check time....Three, two, one....HEART CHECK!")

THREE - Reflective questions

- 1.What does it mean when we say that God is our refuge and strength?
- 2.How does it feel to know Jesus is with you even during scary or angry times?
- 3.What can you do or say when you feel afraid because of someone else's anger?

TWO- Scriptures or declarations

- 1.God is my safe place and my strength (Psalm 46:1)
- 2.Jesus is always with me; I don't ever have to be afraid.

ONE - Prayer:

Dear Lord Jesus,

Sometimes people get angry, and it makes me feel scared or upset. Thank You that You are always right beside me, keeping me safe like a shield of love. Please fill my heart with Your peace and help me remember I am never alone. Thank You that I can always talk to You when I'm afraid and you will help keep me safe and take away fear. In Jesus' name. Amen



SESSION 4: YOU ARE GOD'S SPECIAL TREASURE

EXPLORATION:

Children will understand that they are God's chosen and uniquely valuable treasure. Children will learn to bring their feelings of being "left out" or "unwanted" to Jesus, who will reassure them of His love and belonging.

OBJECTIVES

By the end of this session, children will:

1. Understand that they are chosen by God and are precious to Him.
2. Learn Jesus cares deeply when they are hurt.
3. Begin to replace lies about their worth with God's truth about who they are.

KEY SCRIPTURES:

Deuteronomy 7:6b (NLT) "Of all the people on earth, the Lord your God has chosen you to be his own special treasure."

Jeremiah 8:21 (NLT) "I hurt with the hurt of my people..."

Psalms 139:14 (NIV) "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

ICEBREAKER: Treasure Talk (call out)

Materials: None

Instructions:

1. Children to sit or stand in a circle.
2. One child is chosen as the “treasure” and sits in the middle.
3. Each child around the circle takes a turn saying one kind thing or encouraging word to the treasure (e.g., “You’re funny,” “You’re kind,” “You’re brave”).
4. Rotate until everyone has had a turn as the treasure. (If there are too many children, split into smaller groups)
5. Conclude by asking the children how they felt? Hopefully each one of them should have felt seen, valued, and loved—just like they are by God.

SESSION OUTLINE :

Read Deuteronomy 7:6b: "Of all the people on earth, the Lord your God has chosen you to be his own special treasure." Emphasize that God specifically chose them and sees them as an incredibly valuable "treasure." Explain that God's plan was for us to always feel loved and secure. But because people make mistakes, sometimes we feel hurt or pushed away. Ask: "What does it mean to feel 'left out'? Can you think of a time at school, with friends, or even at home, when you felt like you didn't belong or were pushed away?"

Our hearts were created for love, not hurt

Explain that because our hearts were made to receive love, it genuinely hurts when people push us away or make us feel unwanted. This can make us think lies about ourselves, like "I'm not good enough" or "It's my fault." Reassure children: These thoughts are lies! Jesus wants them to know the truth.

Chosen and loved

Read Psalm 139:14, reminding them they are "fearfully and wonderfully made."

Read Jeremiah 8:21: "I hurt with the hurt of my people..." Explain that Jesus feels sad when we are sad. He understands how much it hurts to feel left out or unwanted. He wants to take away that pain. Reinforce the core truth: You are very, very special to Jesus. He chose you, He picked you, and you absolutely belong to His family. You are always good enough because God designed you perfectly. You will never be on your own because Jesus is always beside you.

Activities:**Option 1:** “Special Treasure” Craft

Materials: Paper hearts or pre-cut treasure chest shapes, glitter, stickers, colourful paper, glue.

Instructions:

1. Provide children with materials. Have them decorate their heart/treasure chest.

2. As they decorate, remind them that they are God's special treasure, uniquely designed and loved by Him. They can label it "God's Special Treasure" or "My Heart, God's Treasure."

Option 2: "Belonging Circle" & Affirmation Cards

Materials: Small cards with affirmations (e.g., "I am chosen," "I am loved by God," "I am special," "I belong").

Instructions:

1. Have children stand in a circle, holding hands. Discuss how everyone in the circle belongs and is connected.
2. Emphasize that in God's family, everyone always belongs and is loved, and no one is ever left out by Jesus.
3. Provide small cards with affirmations. Children can pick a card and say the affirmation out loud and keep it as a reminder of God's truth about them.

MINISTRY TIME

Help the children identify any words spoken or experiences that may have been trapped or buried in their hearts. Encourage them to speak about their emotions, as this helps them release pain and invite God's healing. Be sensitive to the Holy Spirit, asking for guidance to the children powerfully and effectively.

"Heavenly Father, sometimes people push me away and it makes me feel awful. I don't know why they don't want me to be close to them. It hurts my feelings and makes me think I'm not good enough. (Pause and encourage children to quietly tell the Lord about anything specific that happened that hurt them or made them feel left out. Tell Him what happened and how it made them feel.) I ask You to heal my heart. Thank You, Jesus, that You chose me. Thank You, Lord, that You picked me. I'm so glad that You love me very much and I belong to Your family. Thank You that I am already good enough because You designed me. I will never be on my own because You are always beside me. Thank You that I can talk to You about anything, anytime I want. I love You, Lord. In Jesus' name, I pray, Amen."

SALVATION CALL:

Give the children an opportunity to give/ rededicate their lives to God. This can be repeated each session to allow every child (or newcomers) the opportunity to accept Jesus.

3-2-1-HEART CHECK:

(You can make this fun by counting down with the children and then shout heart check e.g. "It's heart check time....Three, two, one....HEART CHECK!")

THREE – Reflective questions

1. How do you think Jesus feels when you're sad or hurting?
2. What does it mean to be "God's special treasure"?
3. How does it make you feel to know that God chose you to be His special treasure?

TWO – Scriptures or declarations

1. Declaration: "I am God's special treasure. He chose me."
(Inspired by Deuteronomy 7:6b)
2. Declaration: "I am fearfully and wonderfully made." (From Psalm 139:14)

ONE – Prayer:

Dear Lord Jesus,

Sometimes I feel left out or like I don't belong, and that makes my heart hurt.

Thank You that You chose me first and love me just the way I am.

Please help me to always remember that I am Your special treasure and you have good plans for me. You made me wonderfully and You will always work things out for me.

Thank you that I always belong in Your family. Thank You for staying close to me and helping me feel safe and loved. I love you Lord Jesus. Amen.



SESSION 5: IT'S NOT MY FAULT!

EXPLORATION

Children will understand that they are not to blame for other people's mistakes or for bad things that happen because of the devil. Children will learn to give all their worries and concerns to God, trusting Him to care for them.

OBJECTIVES

By the end of the session children will:

1. Understand that they are not responsible for others' mistakes or bad things caused by the devil.
2. Learn to reject false guilt and declare God's truth over their lives.
3. Discover and practice giving their worries to God, knowing He cares deeply for them.

KEY SCRIPTURES:

1 Peter 5:7 (NLT) "Give all your worries and cares to God, for he cares about you."
John 8:44 (NIV) "He [the devil] was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies."

ICEBREAKER: Blame or truth?

Material: None but before the session prepare a few scenarios to ask the children

Instructions:

1. Read out short, playful scenarios (e.g., "Your little brother breaks the vase," "Your friend is grumpy and won't talk to you").
2. Ask: "Is this your fault?" Children shout: "It's NOT my fault!"
3. Then say together: "Jesus knows the truth!"
4. This icebreaker is a fun call-and-response game created to help children recognize false blame and replace it with truth.

SESSION OUTLINE:

Ask: "Do you ever worry that arguments at home are your fault? Do you wonder what you did wrong when bad things happen? Do you ever blame yourself when adults make mistakes?" Introduce the idea that there is a devil, and he is a liar (John 8:44). Explain that the devil wants to trick us into thinking bad things are our fault, even when they're not.

Declare confidently: "IT'S NOT MY FAULT!" Emphasize that children are NOT responsible for things that other people say or do, especially when adults make mistakes. The devil whispers lies into our ears to make us feel responsible, but Jesus wants us to know the truth: IT'S NOT YOUR FAULT.

Discuss the feeling of "worry." Explain that worry is horrible – it can make our tummy churn and thoughts go round and round. But the important truth is that worry never makes anything better; it only makes things worse. Read 1 Peter 5:7: "Give all your worries and cares to God, for he cares about you." Explain that Jesus doesn't want us to worry about anything. He cares about us and is very good at solving problems. So, He wants us to give Him all our concerns and problems. When we give them to Him, we don't have to carry them anymore.

Activities:**Option 1:** "Worry Cloud" Release

Materials: Paper, crayons/markers, a "worry bin" (trash can or box).

Instructions: Have children draw a large "worry cloud" on paper. Inside the cloud, they can draw or write things they are worried about or things they wrongly blamed themselves for. Guide them to tell Jesus about these worries and feelings of blame. Then, have them crumple the paper tightly and throw it into a designated "worry bin," symbolizing giving their worries to God.

Option 2: "Worry Stone" Activity

Materials: Smooth stones or small objects.

Instructions: Provide children with a smooth stone. Tell them that when they worry, they can hold the stone and imagine all their worries are bound up in this stone. Then, during prayer, they can physically "give" the stone to God (Eg placing it in a designated box or simply setting it down), symbolizing letting go of their worries and trusting God

MINISTRY TIME

Help the children identify any words spoken or experiences that may have been trapped or buried in their hearts. Encourage them to speak about their emotions, as this helps them release pain and invite God's healing. Be sensitive to the Holy Spirit, asking for guidance to the children powerfully and effectively.

Prayer:

"Heavenly Father, sometimes I feel like problems are my fault. Sometimes I feel bad when horrible things happen. But now I know that I'm not to blame. It's NOT my fault! Sometimes I worry. It makes me feel awful. (Pause and encourage children to quietly tell Jesus what is worrying them or what they mistakenly blamed themselves for, and how they are feeling. Tell Him all about it.) Thank You, Jesus, that You care about me. Thank You, Lord, that You care about the things that are important to me. I'm not going to worry anymore! Instead, I give You my worries. Thank You that You are always right beside me. Thank You that I can talk to You about anything, anytime I want. I love You, Lord. In Jesus' name, I pray, Amen."

SALVATION CALL: Give the children an opportunity to give/ rededicate their lives to God. This can be repeated each session to allow every child (or newcomers) the opportunity to accept Jesus.

3-2-1-HEART CHECK:

(You can make this fun by counting down with the children and then shout heart check e.g. "It's heart check time....Three, two, one....HEART CHECK!")

THREE – Reflective questions

1. How does it help to know that Jesus cares about your worries and wants to carry them for you?
2. What do you think Jesus says to you when you feel worried or blame yourself?
3. How can you give your worries to God when your heart feels heavy?

TWO- Scriptures or declarations

1. Declaration: "God cares about me, so I can give Him all my worries (1 Peter 5:7)
2. Declaration: "The devil is a liar, but God tells me the truth" (John 8:44)

ONE – Prayer:

Dear Lord Jesus,

Sometimes I feel like things are my fault, even when I didn't do anything wrong. Sometimes I worry about things that are too big for me. But now I know the truth: It's not my fault, and I don't have to carry these worries. Right now, I give them all to You. Thank You that You care about me and want to help me. I trust You, Jesus. Amen.



SESSION 6: THE POWER OF LETTING GO (FORGIVENESS)

EXPLORATION

Children will understand that forgiveness is choosing to release anger and hurt towards someone who wronged them.

Children will learn how forgiving others sets them free from negative feelings.

OBJECTIVES

By the end of this session, children will:

1. Understand that forgiveness means choosing to let go of anger and hurt.
2. Discover that forgiving others helps them feel lighter, happier, and free from negative emotions.
3. Be reminded of Jesus' example and learn to trust Him with their pain.

KEY SCRIPTURES

Mark 11:25 (NIV) "... If you have anything against anyone, forgive them..."

Luke 23:34 (NIV) "Jesus said, 'Father, forgive them, for they do not know what they are doing.'"

Colossians 3:13 (NLT) "Make allowance for each other's faults, and forgive anyone who offends you. Remember that the Lord forgave you, so you must forgive others."

ICEBREAKER: I let it go

Material: Paper / newspaper to be crumpled

Instructions:

1. Give each child a piece of paper (or a soft ball).
2. Ask them to think of something that made them upset or angry
3. Count of three, they throw it into a basket while shouting: "I let it go!"
4. This playful activity helps children physically and emotionally release hurt, preparing their hearts for the session on forgiveness.

SESSION OUTLINE

Discuss how horrible it feels when people are mean to us. It can make us feel annoyed, angry, or even want them to feel bad too. Introduce the term "unforgiveness" – which is when we hold onto upset, anger, or annoyance towards someone who has hurt us or done something wrong. Ask: "Why do you think holding onto anger might be bad for us? Does it make us feel better or worse in the long run?"

Forgiveness is a choice

Explain that holding onto anger or unforgiveness does not help; in fact, it makes things worse for us. It can make us feel bad every time we see that person, or keep replaying the hurtful words in our minds.

Jesus our wonderful example

Unforgiveness doesn't harm the other person; it harms us by keeping us trapped in those bad feelings. Share the incredible example of Jesus: Read Luke 23:34: "Jesus said, 'Father, forgive them, for they do not know what they are doing.'" Explain that Jesus forgave the very people who were hurting Him and putting Him on the cross. He chose to let go of His anger even in terrible pain. Explain that forgiveness is a choice to "let go" of the anger and hurt.

Letting go

Read Colossians 3:13, reminding them that God forgave us, so we must forgive others. It doesn't mean what they did was okay, or that you have to be best friends with them, but it means you choose not to let their actions control your feelings anymore. You give the pain to Jesus, and you let go of your anger towards them. You will feel great and free after you let go!

Activities:

Option 1: "Heavy Backpack" Analogy

Materials: A backpack, several heavy objects (e.g., books, small weights).

Instructions: Use a backpack filled with heavy objects. Explain that holding onto anger and unforgiveness is like carrying a heavy backpack filled with those bad feelings. Have a child try to carry it and describe how it feels. Then, as you guide them through the forgiveness prayer, have them imagine taking out one heavy item from the backpack for each person they forgive. Emphasize how much lighter and freer their heart feels when they let go of those burdens.

Option 2: "Crumpling Up Anger"

Materials: Paper, pens/markers.

Instructions: Provide each child with a piece of paper. Ask them to draw or write (without showing anyone else) the name of someone they are angry or upset with, or a situation where they felt wronged. Guide them to tell Jesus what happened and how it made them feel. Then, instruct them to crumple the paper as they say out loud: "I forgive [name] and I let go of my anger." Explain that this action helps them symbolically "crumple away" and release the negative feelings to Jesus.

MINISTRY TIME

Help the children identify any words spoken or experiences that may have been trapped or buried in their hearts. Encourage them to speak about their emotions, as this helps them release pain and invite God's healing. Be sensitive to the Holy Spirit, asking for guidance to the children powerfully and effectively.

Prayer:

"Heavenly Father, sometimes people are mean. I have been hurt, but today I am going to forgive. (Pause and encourage children to quietly bring each person who has upset them to God in prayer, one by one. Instruct them to say, 'I bring _____ to You, Lord. They hurt me and made me feel bad, but today I am going to let go. I forgive _____ for hurting my feelings. I don't want _____ to pay for what they did. I let go of my anger, Lord. I give You all my upset. I LET GO!') Thank You, Lord, for setting me free from all those bad feelings! I love You, Lord. In Jesus' name, I pray, Amen."

SALVATION CALL: Give the children an opportunity to give/ rededicate their lives to God. This can be repeated each session to allow every child (or newcomers) the opportunity to accept Jesus.

3-2-1-HEART CHECK:

(You can make this fun by counting down with the children and then shout heart check e.g. "It's heart check time....Three, two, one....HEART CHECK!")

THREE - Reflective questions

1. Why do you think Jesus wants us to forgive people who hurt us?
2. How do you feel after letting go of something that was making you angry?
3. What should you do when someone upsets you?

TWO- Scriptures or declarations

1. Declaration: "I choose to forgive because God forgave me." (Colossians 3:13)
2. Declaration: "I let go of anger and Jesus sets my heart free." (Inspired by Mark 11:25)

ONE - Prayer:

Dear Lord Jesus,
Sometimes people hurt me and make me feel angry or sad. But today, I choose to forgive. I don't want to carry those heavy feelings anymore. I let go of my anger and give it all to You. Thank You for forgiving me and helping me forgive others. I feel lighter and free because You are healing my heart. I love You, Jesus. Amen.



SESSION 7: WHEN HOPES ARE CRUSHED

EXPLORATION:

Children will understand that disappointment is a natural, painful feeling. Children will learn to bring their disappointments to Jesus for healing and renewed hope.

OBJECTIVES:

By the end of this session, children will:

1. Recognize that disappointment is a real and painful emotion.
2. Learn that Jesus cares deeply about their disappointments.
3. Experience how giving their hurt to Jesus allows Him to heal their hearts and fill them with hope again.

KEY SCRIPTURES:

Proverbs 13:12 (NIV) “When hope is crushed, the heart is crushed.”

Psalms 147:3 (NLT) “He heals the wounds of every shattered heart.”

Romans 15:13 (NLT) “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

ICEBREAKER Expectation vs Reality

Materials: None

Instructions:

- Ask: “Have you ever expected something fun or exciting to happen, and it didn’t go the way you wanted?”
- Give fun examples like: “You thought you were getting pizza, but it was broccoli!” “You were promised a game night, but it got cancelled.” “You wanted a game console and you got pens”
- Let children laugh and share stories. Then explain: “Sometimes things don’t go the way we hope—and it can be really disappointing. Today, we’ll learn how Jesus helps us when that happens.”

SESSION OUTLINE

Ask: "Have you ever been really excited about something good that you were hoping would happen, like a special trip, a birthday party, or getting a new toy, and then it didn't happen? How did that feel inside?" Explain that this feeling is called "disappointment," and it can be truly horrible. The Bible says, "When hope is crushed, the heart is crushed" (Proverbs 13:12), showing just how much it hurts when things don't work out as we expected. It can make our hearts sink and leave us feeling very sad.

Sometimes it's not fair, but Jesus wants to heal our disappointments

Acknowledge that life sometimes feels unfair when our hopes don't come true, whether it's big things (like a loved one passing away, or missing a special event) or even small things (like not getting picked for a game, or a toy breaking). Share the good news from Psalm 147:3: "He heals the wounds of every shattered heart." Explain that just like a cut on our skin heals and stops hurting, Jesus can heal the pain in our hearts when we're disappointed. He wants to take all our sadness and make us feel better. Reassure children that when they are disappointed, Jesus cares and wants to help.

When we give our disappointments to Him, He takes our pain away. Read Romans 15:13, emphasizing that the God of hope can fill them with joy and peace, and help them overflow with hope. He also has lots of good surprises in store for us, and unlike people, He always keeps His promises, even when others let us down.

Activities:

Option 1: "Broken Heart, Healed Heart" Art

Materials: Two pre-cut paper heart shapes per child, crayons/markers (dull/dark and bright/happy colors), glitter, stickers, glue.

Instructions: Provide children with two pre-cut heart shapes made of paper. On the first heart, have them draw or write about a disappointment that made their heart feel "broken" or very sad. They can use dull or dark colors. Guide them to quietly tell Jesus about this disappointment. Then, on the second heart, have them use bright, happy colors, glitter, or stickers to represent Jesus healing their heart and filling it with hope and joy. Discuss the transformation from sadness to healing.

Option 2: "Giving It To Jesus" Release

Materials: Small pieces of paper, pens/markers, a designated container or open space for release.

Instructions:

Provide children with a small piece of paper. Ask them to write or draw their current disappointment (or a general symbol of disappointment) on it. Guide them to tell Jesus exactly what happened and how it made them feel. Then, instruct them to crumple the paper tightly and throw it into a designated container or simply place it in their open palm and release it upwards, saying: "Now I give You the thing that feels unfair. I give You the part that feels wrong. I let it go and hand my disappointment to You." This symbolizes giving their burden to God.

MINISTRY TIME

Help the children identify any words spoken or experiences that may have been trapped or buried in their hearts. Encourage them to speak about their emotions, as this helps them release pain and invite God's healing. Be sensitive to the Holy Spirit, asking for guidance to the children powerfully and effectively.

Prayer:

"Heavenly Father, there are times when I have been hoping for something good to happen, and it all went wrong. Life sometimes feels unfair, Lord. It upsets me when things don't work out. It's hard, Lord. (Pause and encourage children to quietly tell the Lord about any disappointments that have made them sad, big or small. Tell Him what happened and how it made them feel.) Now I give You the thing that feels unfair. I give You the part that feels wrong. I let it go and hand my disappointment to You. Thank You, Jesus, that You have lots of good things in store for me. Even when people let me down, You keep Your promises. Thank You, Lord, that You are beside me right now. Please fill my heart with Your love and Your joy. Thank You that I can talk to You about anything, anytime I want. I love You, Lord. In Jesus' name, I pray, Amen."

SALVATION CALL: Give the children an opportunity to give/ rededicate their lives to God. This can be repeated each session to allow every child (or newcomers) the opportunity to accept Jesus.

3-2-1-HEART CHECK:

(You can make this fun by counting down with the children and then shout heart check e.g. "It's heart check time....Three, two, one....HEART CHECK!")

THREE – Reflective questions

1. What do you usually do when you feel really disappointed?
2. What do you think it means to give your sadness or disappointment to Jesus?
3. How can trusting God help you feel better when you're disappointed?

TWO– Scriptures or declarations

- 1.Declaration: "Jesus heals my heart when I feel disappointed." (Psalm 147:3)
- 2.Declaration: God fills me with hope, even when things go wrong." (Romans 15:13)

ONE – Prayer:

Dear Lord Jesus,

Sometimes I feel really sad when things don't go the way I hoped. It hurts inside, and I don't always understand why. But I know You care about me. I give You my disappointment and ask You to heal my heart. Thank You for loving me and staying close to me. Thank you that you heal my heart and fill me with hope again. Even when people disappoint me, I know you never will. I trust You, Jesus. In Jesus' name I pray, Amen.



SESSION 8: MY HEAVENLY FATHER'S LOVE

EXPLORATION

God is not like any earthly parent—He is the perfect Father—gentle, joyful, and always near. His love never changes, even when earthly parents fall short. Children will learn to receive His love and feel safe in His care.

OBJECTIVES

By the end of the session, children will:

1. Understand that God is their perfect, loving Father who never fails.
2. Learn that God's love is constant, even when people let them down.
3. Experience the comfort, joy and security of receiving God's unconditional love.

KEY SCRIPTURES:

1 John 3:1 (NLT) "See how very much our Father loves us, for he calls us his children, and that is what we are!"

Zephaniah 3:17 (NLT) "For the Lord your God is living among you. He is a mighty saviour. He will take delight in you with gladness. With his love, He will calm all your fears. He will rejoice over you with joyful songs."

Psalms 27:10 (NIV) "Though my father and mother forsake me, the Lord will receive me."

ICEBREAKER: Awesome Adults, Assemble

Materials: None

Instructions:

1. Ask: "What do you think makes someone a great dad or parent?"
2. Let children give answers (or act out answers) like: "They give hugs," "They play with me," "They help when I'm sad," etc.
3. Today's session we're going to learn about the best Father ever – God – and how much He loves us!"

SESSION OUTLINE:

Read 1 John 3:1: "See how very much our Father loves us, for he calls us his children, and that is what we are!" Ask: "What do you think God is like? Is He strict? Is He far away or close? Does He get angry easily? Does He like hugs?" (Encourage open answers). Explain that often, we imagine God is like our earthly father or mother. But all earthly parents make mistakes, even when they try their best.

God's the BEST Father

Emphasize: God is the BEST Father ever! He is unlike anyone else. Read Psalm 27:10, reassuring children that even if earthly parents are not perfect, God will always receive them. Describe His character: He is so kind and gentle, even though He is super strong. Our Heavenly Father wants us to feel safe and secure all the time. He wants us to be happy. God doesn't get angry when you make little mistakes. He has a big smile on His face when you come into His presence. He loves you when you're "good" and when you're "naughty" because His love is unconditional.

His love calms our fears

Read Zephaniah 3:17: "With his love, He will calm all your fears. He will rejoice over you with joyful songs." Explain that when we are with God, it's like enjoying the biggest, kindest cuddle in the world, and He even sings joyful songs over us! He cares about everything important to us – school, friends, feelings.

Activities:

Option 1: "God's Hug" Blanket

Materials: A soft blanket or large piece of fabric.

Instructions: Provide a soft blanket or a large piece of fabric. Have children sit comfortably. Guide them to imagine their Heavenly Father smiling at them with a huge, loving smile. Then, instruct them to wrap themselves in the blanket, imagining it's God's warm, comforting hug. Discuss how God's love feels like a gentle, reassuring embrace. Encourage them to receive His love into their hearts.

Option 2: Drawing "Daddy God"

Materials: Paper, crayons/markers.

Instructions: Give children paper and crayons. Ask them to draw a picture of what they imagine "Daddy God" looks like when He is smiling at them. Encourage them to include details that show His kindness, gentleness, joy, and immense love (e.g., a huge smile, a comforting hand, a joyful expression). As they draw, reiterate that this is truly how God feels about them.

MINISTRY TIME

Help the children identify any words spoken or experiences that may have been trapped or buried in their hearts. Encourage them to speak about their emotions, as this helps them release pain and invite God's healing. Be sensitive to the Holy Spirit, asking for guidance to lead the children powerfully and effectively.

Prayer:

"Heavenly Father, I used to think that You are like dads down here. But now I realize that You are THE BEST dad in the whole wide world. No one is as amazing as You! (If children feel hurt by their dad or mom, encourage them to quietly tell their Heavenly Father what happened and how it made them feel. Then ask Him to heal their heart and fill them with His love.)

Thank You Lord that You are interested in how I feel. You are interested in how I get on at school and You are interested in all my friendships. Thank You that You love me when I'm good and You love me when I'm naughty. You're not mad at me. You don't get angry when I make mistakes. Thank You for being so kind to me and for loving me all the time. I love You too, Daddy God, and I receive Your love into my heart. In Jesus' name, I pray, Amen."

SALVATION CALL: Give the children an opportunity to give/ rededicate their lives to God. This can be repeated each session to allow every child (or newcomers) the opportunity to accept Jesus.

3-2-1-HEART CHECK:

(You can make this fun by counting down with the children and then shout heart check e.g. "It's heart check time....Three, two, one....HEART CHECK!")

THREE - Reflective questions

1. What do you think God feels when He looks at you?
2. How is God a better Father than even the best parent on earth?
3. How does it feel to know that God never leaves you and always loves you?

TWO- Scriptures or declarations

- 1.Declaration: I am God's child, and He loves me very much! (1 John 3:1)
- 2.Declaration: - My Father God calms my fears and sings joyful songs over me! (Zephaniah 3:17)

ONE - Prayer:

Dear Lord Jesus,

Thank You for loving me all the time. You're not upset or angry with me when I mess up. You're kind, gentle, and always near. Even when people let me down, You never leave me. I feel safe in Your love. Please heal my heart and help me feel Your love wrapping around me today. I love You, Daddy God. Amen.



SESSION 9: MY AMAZING BIG BROTHER

EXPLORATION

In this session, children will discover that Jesus is not only their Saviour but also their amazing Big Brother and forever Friend. He understands their hearts, stands by their side always, and offers healing love in family and friendship struggles.

OBJECTIVES

In this session, children will:

1. Understand that Jesus is their Big Brother because they share the same Heavenly Father.
2. Learn that Jesus is a true friend who sticks closer than a brother.
3. Understand they can trust Jesus with their family and friendship hurts, knowing He will never leave them.

KEY SCRIPTURES:

Hebrews 2:11b (NLT) “We now belong to his same Father, so He is not ashamed or embarrassed to introduce us as His brothers and sisters!”

John 15:15 (NIV) “I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.”

Proverbs 18:24 (NLT) “There are ‘friends’ who destroy each other, but a real friend sticks closer than a brother.”

ICEBREAKER: “What Would a Great Big Brother Do?”

Materials: none

Instructions:

1. Ask: “If you had the best big brother in the world, what would he do for you?”
2. Write down or discuss answers like: “Help me when I’m scared,” “Play with me,” “Stand up for me,” or “Share things with me.”
3. Conclude by telling the children “That’s what Jesus does—and even more!”

SESSION OUTLINE

Read Hebrews 2:11b: “We now belong to his same Father, so He is not ashamed or embarrassed to introduce us as His brothers and sisters!” Explain that because we share the same Heavenly Father as Jesus, Jesus is our amazing “Big Brother.” Ask: “What are some things a good big brother or sister does? (e.g., protects you, plays with you, helps you). What about when siblings fight, how does that feel?” Discuss how Jesus is the BEST brother ever – even better than any earthly brother or sister.

Explain that our Big Brother Jesus is super strong and very kind. He loves us with all His heart and is always by our side, no matter what. Read John 15:15: “I no longer call you servants... Instead, I have called you friends...” Emphasize that not only is Jesus our Big Brother, but He also calls us His friend! He genuinely enjoys spending time with us and loves it when we talk with Him about anything. Refer to Proverbs 18:24 about a real friend sticking closer than a brother.

Share that sometimes our relationships with earthly brothers, sisters, or friends can be hard, leading to sadness or loneliness. Just as the book mentions, our experiences with siblings can even affect how we see Jesus as our “Big Brother.” Reassure children that Jesus understands any hurts from family or friends. He wants to step in and give us His special “BIG BROTHER love” and friendship, healing those lonely or sad feelings. He will never leave us alone.

Activities:

Option 1: “Jesus’ Arm Around Me” Sensory Activity & Sharing

Materials: Light scarves (optional).

Instructions: Have children sit comfortably. Ask them to close their eyes or look down quietly and imagine Jesus sitting right beside them, putting His arm around their shoulder. Gently place a light scarf or just your hand on their shoulder (with permission) to enhance the feeling of a comforting presence. Guide them to “tell Jesus” about anything that makes them sad or lonely regarding friends or family. Reassure them that Jesus is listening and feeling with them.

Option 2: Friendship Bracelets (with a “Jesus” bead)

Materials: String, various beads, one special bead (e.g., a different colour, shape, or a cross bead) per child.

Instructions: Provide materials for children to make simple friendship bracelets. Include one special bead that represents Jesus. Explain that these bracelets can be a reminder of their special, ongoing friendship with Jesus, their amazing Big Brother and truest friend, who is always with them. As they string the beads, encourage them to think about how Jesus is always there for them.

MINISTRY TIME

Help the children identify any words spoken or experiences that may have been trapped or buried in their hearts. Encourage them to speak about their emotions, as this helps them release pain and invite God's healing. Be sensitive to the Holy Spirit, asking for guidance to the children powerfully and effectively.

Prayer:

"Heavenly Father, Thank You for Your love for me. Thank You for being kind to me and for loving me so much that You gave me Jesus. (If children feel hurt by friends or siblings, encourage them to quietly tell the Lord what happened and how it made them feel. If they're lonely, encourage them to tell Jesus why and share their feelings.) Thank You, Jesus, for being my amazing BIG BROTHER. Thank You for loving me and staying by my side at all times. I am so happy that You call me Your friend. Wow, what a privilege to be a friend of Yours! I receive Your BIG BROTHER love into my heart. I love You too! In Jesus' name, I pray, Amen."

SALVATION CALL: Give the children an opportunity to give/ rededicate their lives to God. This can be repeated each session to allow every child (or newcomers) the opportunity to accept Jesus.

3-2-1-HEART CHECK:

(You can make this fun by counting down with the children and then shout heart check e.g. "It's heart check time....Three, two, one....HEART CHECK!")

THREE – Reflective questions

1. How does it feel to know Jesus calls you His friend?
2. If you're feeling lonely or hurt by a friend or sibling, how can Jesus help?
3. How does it make you feel knowing Jesus wants to be your big brother?

TWO– Scriptures or declarations

1. Declaration: Jesus is my amazing Big Brother, and He's never ashamed of me!" (Hebrews 2:11)
2. Declaration: Jesus is my forever friend—He sticks closer than anyone else!" (Proverbs 18:24)

ONE – Prayer:

Dear Lord Jesus,

Thank You for being my amazing Big Brother. You love me, protect me, and stay close to me no matter what. Even when friends or family hurt me, You understand and help my heart feel better. I'm so glad You call me Your friend. I love You, Jesus, and I receive Your Big Brother love today. Amen.



SESSION 10: MY AMAZING FRIEND, THE HOLY SPIRIT

EXPLORATION:

The children will learn that the Holy Spirit is God's gift to us, a loving Friend who helps, guides, comforts, and fills our hearts with joy. He is always near and wants to live inside us, bringing God's love and power every day.

OBJECTIVES:

By the end of the session, children will:

1. Understand who the Holy Spirit is and recognize Him as their personal Friend and Helper.
2. Discover how the Holy Spirit fills their hearts with God's love, comfort, joy, and power.
3. Learn to invite and welcome the Holy Spirit into their daily lives through simple faith and prayer.

KEY SCRIPTURES:

John 14:26a (NLT) "But when the Father sends the Friend, the Holy Spirit, in my name, he will teach you everything and remind you of all that I have told you."

Romans 5:5 (NLT) "And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love."

Acts 1:8 (NIV) "But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

ICEBREAKER: Holy Spirit Helper Hunt

Materials: Paper and pen (candy/stickers optional)

Instructions:

1. Hide slips of paper (and candy/stickers) around the room with words like Helper, Guide, Friend, Comforter, Power.
2. Let children search for them, then gather and match each word to what the Holy Spirit does.
3. Say together: "The Holy Spirit is my amazing Friend!"
4. This fun scavenger hunt introduces the roles of the Holy Spirit in a playful, memorable way.

SESSION OUTLINE:

Explain that God is one, but exists as three persons: God the Father, God the Son (Jesus), and God the Holy Spirit. Use the analogy: "A triangle has three sides, but it is one shape. In the same way, God is three, but One. They are family and They love each other very much." Read John 14:26a: "But when the Father sends the Friend, the Holy Spirit, in my name, he will teach you everything and remind you of all that I have told you." Introduce Him as their "Amazing Friend."

Key Teaching:

Detail the Holy Spirit's roles:

He is your Helper: When you don't know what to do, He wants to help you.

He is your Guide: When you are stuck or confused, the Holy Spirit can show you the right path or what to do next.

He is your Friend: You can talk to Him about anything. He will never leave you alone and will never let you down. He loves to talk to you too!

He is the best ever Comforter: Anytime you are sad or lonely, He wants to make you feel better. His presence feels like the kindest cuddle ever, bringing warmth and peace. (Refer to Romans 5:5 about the Holy Spirit filling our hearts with God's love).

Explain that the Holy Spirit is also super strong and very powerful! There is nothing too difficult for Him. Read Acts 1:8, emphasizing that we receive power when the Holy Spirit comes. And when He fills you with His presence, you can be strong and powerful too, doing amazing things with God's help. Emphasize that the Holy Spirit wants to "pour His love into your heart and fill you to overflowing" with His presence, power, peace, and bubbling joy. All you need to do is ask God to send the Holy Spirit into your heart, and He will come in a very special way.

Activities:

Option 1: "Receiving God's Gift" Action

Materials: None needed.

Instructions: Guide children to stand or sit with their hands open, palms up, as if they are ready to receive a special, wonderful gift. Guide them to ask the Father to pour the Holy Spirit into their hearts. Lead them in saying out loud: "I receive You, Holy Spirit, into my heart and life!" Encourage them to sit still and quietly for a moment, enjoying the feeling of receiving His presence, power, and joy into their heart.

Option 2: “Bubbling Joy” Visualisation (using a bottle)

Materials: Clear bottle with water, glitter, a few drops of liquid hand soap or dish soap.

Instructions: Prepare a clear bottle with water, glitter, and a few drops of liquid hand soap or dish soap. Explain that the Holy Spirit fills us with bubbling joy. Shake the bottle vigorously to make the glitter and bubbles "bubble up" and swirl. Discuss how this joy can bubble up inside us, even when things around us are difficult or challenging, because the Holy Spirit lives within us.

MINISTRY TIME

Help the children identify any words spoken or experiences that may have been trapped or buried in their hearts. Encourage them to speak about their emotions, as this helps them release pain and invite God’s healing. Be sensitive to the Holy Spirit, asking for guidance to the children powerfully and effectively.

Prayer:

"Heavenly Father, Thank You for sending the Holy Spirit to be with us, Your children. I open up my heart and I ask You to fill me to overflowing with the Holy Spirit now. I ask You to pour Your presence and Your power into my life. I receive Your love, I receive Your joy, I receive Your comfort, I receive Your help, I receive You as my amazing Friend. Thank You, Holy Spirit, for filling my heart and life. Thank You that You will never leave me on my own. Thank You that You will help me anytime I ask. Thank You that You will comfort me anytime I’m hurting. I am SO grateful for Your love and Your presence. You are the BEST friend I could ever have. Please help me to follow Jesus all my life. Thank You, Lord, that You love me. I love You too! In Jesus’ name, I pray, Amen."

SALVATION CALL: Give the children an opportunity to give/ rededicate their lives to God. This can be repeated each session to allow every child (or newcomers) the opportunity to accept Jesus.

3-2-1-HEART CHECK:

(You can make this fun by counting down with the children and then shout heart check e.g. “It’s heart check time....Three, two, one....HEART CHECK!”)

THREE – Reflective questions

1. What do you think it means to have the Holy Spirit as your Friend?
2. When do you need help, comfort, or guidance the most?
3. How does it feel to know the Holy Spirit lives inside you and never leaves?

TWO– Scriptures or declarations

- 1.Declaration: - “The Holy Spirit fills my heart with God’s love!” (Romans 5:5)
- 2.Declaration: “The Holy Spirit is my Friend, my Helper, and my Comforter!”
(Based on John 14:26)

ONE – Prayer:

Dear Heavenly Father,
Thank You for sending the Holy Spirit to be my Friend. I open my heart to You and ask You to fill me with Your love, joy, peace, and power. Thank You, Holy Spirit, for helping me, guiding me, and comforting me. I know You are always with me and I’m never alone. Open my eyes to see you and know you. I love You, and I want to follow Jesus every day. Amen.

SECTION THREE

FURTHER RESOURCES & ABOUT US



FURTHER RESOURCES

Our Books

My Heart Matters - A Child's 10 Day Journey with Jesus – by Jo Naughton. My Heart Matters will help your child deal with life's inevitable hurts, and it will lead them on a precious journey with Jesus. This beautifully illustrated book provides the tools to overcome the challenges of everyday life, that even the youngest of children can apply and live by.

Parents Please Read – by Jo Naughton. This book will help you lead and teach your children to know their immense worth and help ground them so that they can be secure and strong. It will also help you to bring them on a journey to intimacy with Jesus.

Both books are available at wholeheartministries.net/books.

The Heart Academy

How to Raise Secure Children

This is a 4 week zoom course run by our healing school: The Heart Academy. This course will equip adults to bring healing to children. This course will help guide you on how to lead children on a journey of healing, restoration and freedom.

There are a variety of other in-depth and life changing zoom courses. Each course is designed to bring freedom and healing that will enable you to fulfil your destiny.

In Person Events

Whole Heart Ministries is passionate about bringing healing, restoration and freedom to everyone. We have various in person and online events to bring healing and restoration. We also have twinned conferences available for adults, children and the whole family.

For more details on available resources please visit: [**wholeheartministries.net**](http://wholeheartministries.net)

We would love to hear any testimonies/video testimonies or feedback you may have. Please email us at: admin@jonaughton.com

How to stay plugged in and keep in touch

We would love to stay connected with you and help you, your children and loved ones stay on their healing journey.

Please visit wholeheartministries.net to find details about upcoming events, conferences and courses. You can also sign up to join our database so you can receive information about our events and courses.

How You Can Help

1. Sponsorship - As well as helping all families, God has called us to bring restoration to children who have been traumatised by trafficking and abuse. You can continue to help us bring healing to children by contributing towards our God-given mission to restore and heal children. Whether your sponsorship/contribution would go towards covering costs of events, resources or to underwrite elements of our events, your financial support could make a huge difference.
2. Partnership - Our partners undergird this precious ministry. Please consider becoming a 'Heal My Children' monthly partner by visiting wholeheartministries.net/heal-my-children
3. Promote - Please join us in getting this important message and expression of God's love to children and families in your nation and across the world. Please share with family, friends and across all social media platforms.

A BIG thank you and God bless you!

ABOUT US

Whole Heart Ministries

Whole Heart Ministries, founded by Jo Naughton alongside her husband Paul Naughton, exists to bring deep healing, joy, and freedom to God's people. With a powerful team of trained ministers, this ministry was birthed by God to heal hearts, restore lives, and empower believers to walk in and fulfil their God given destiny. As this ministry equips people to pursue, fight for, and maintain their freedom, our mandate is best summed up in the phrase: "Freedom Fighters."

Through the transforming work of the Holy Spirit, Whole Heart Ministries helps people break free from past pain, encounter God's love, and step boldly into their calling. This ministry equips and releases God's people to overcome constraints and live for Jesus.

Alongside this curriculum, The Heart Academy offers short Zoom courses focused on healing and destiny. Our mentoring networks support believers in growing with God and walking in their purpose. Details of these resources are available at wholeheartministries.net.

Bringing Healing To Children

In a world where children face constant pressure and identity challenges, Heal My Children was birthed on July 4th, 2023, from a God-given directive to Jo, Founder of Whole Heart Ministries, to bring healing to young hearts.

This Holy Spirit-led movement helps children overcome wounds like rejection, insecurity, and loss through God's love and truth. As they receive healing, they grow in confidence, strength, and purpose—equipped to stand firm in their faith and shine as lights in a broken world.

We offer conferences in UK and USA, courses, books, and resources for families, churches, and schools worldwide.

Visit wholeheartministries.net/heal-my-children and watch Jo share how God revealed His heart for His children.

MY HEART MATTERS

THE CURRICULUM

This is a dynamic, Holy Spirit-led curriculum designed to help children discover their God-given identity and walk in the fullness of who they were created to be.

Rooted in Biblical truth, this program guides children aged 6+ years and older through foundational topics such as the heart, dreams, self-worth, self-image, uniqueness, and individuality.

Through engaging, interactive sessions, children will learn to hear God's voice, grow in their spiritual gifts, and experience the freedom and empowerment that come from knowing who they are in Christ.

Designed specifically for children's churches, schools, small groups and families, this Identity Curriculum encourages young believers to develop a deep relationship with God, embrace their calling, and shine brightly in their unique gifts.

Each session is crafted to activate faith, nurture confidence, and equip children to make a lasting impact in the world around them.

WHOLEHEARTMINISTRIES.NET

