

HEART OF A HERO

HEALING HEARTS & GROWING STRONG IN GOD



Wholeheart
MINISTRIES

6+ YEARS

Heart of a Hero: Healing Hearts & Growing Strong in God

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A special thank you to Nana Anaman for content development and editorial support.

All visuals were taken from the illustrated book My Heart Matters which was illustrated by Mary-Grace Macharia. These illustrations have been adapted to fit the purposes of these teaching materials.

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SECTION ONE

ABOUT THE 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 HEART

EXPLORATION: This session will help children understand the importance of their heart. The heart is where our thoughts, feelings and decisions flow from. God wants us to keep our hearts pure and go to Him when we feel sad, angry, confused or hurt.

OBJECTIVES:

By the end of the session, children will understand:

1. Why it is important to look after their hearts.
2. How God helps heal our hearts when we are hurt.

KEY SCRIPTURES:

Proverbs 4:23 AMP “Keep and guard your heart with all vigilance and above all that you guard for out of it flow the springs of life.”

Proverbs 4:23 GNT “Be careful how you think; your life is shaped by your thoughts.”

Genesis 25:22: “If all is well why am I like this.”

Proverbs 23:7: “As a man thinks in his heart, so is he...”

ICEBREAKER: WHAT’S IN YOUR HEART?

Materials: A large cut-out paper heart, sticky notes, markers

Instructions:

Give each child a sticky note and ask them to write or draw something that makes them happy or sad. Stick all the notes onto the paper heart.

Discuss how our hearts can hold both good and bad things. Explain that God wants to fill our hearts with good things and protect us from negative emotions and bad influences.

SESSION OUTLINE:

Ask the children to tell you anything they know about the heart.

What does it mean when someone says, 'their heart is broken?' Does it mean their physical heart?

Establish difference between physical & emotional heart. Explain that a broken heart refers to someone being very sad about something upsetting that happened. Ask questions to help children understand their hearts and feelings.

Do you know what absorbent means?

Do you know what the most absorbent thing created is? (sponge, tissue, towel, mop?)

Answer: Your heart! Your heart is like a sponge - it takes in what you see and hear, and we must treat it with care.

Look After Your Heart

Read Proverbs 4:23 together.

Your heart is where your thoughts and feelings live.

The state of our heart determines the decisions we make.

Visual demonstration: Get a glass of clean water which represents a happy heart. Add a few drops of food colouring to represent bad decisions/ negative feelings or thoughts. Explain God made our hearts whole and happy. Explain how small things can muddy our hearts. This can affect the decision/choices we make.

Guard your heart

Protecting your heart from bad thoughts/ negativity.

Guarding your heart is like allowing the Holy Spirit to be the security man of your heart and not allowing bad/negative thoughts to come into your heart and take over.

Keep your heart

Making sure that you are keeping it clean and tidy.

Keeping your heart is like allowing the Holy Spirit to be the gardener of your heart and allow him to dig out the weeds, tidy up the flower beds, rake up the dead leaves and make the garden look beautiful and in its original state.

Why is it important to guard our hearts?

Your heart was meant for the giving and receiving of love (you can't do that if you have built walls around your heart). We should guard our hearts, with the help of the Holy Spirit. However, we should never build walls around our heart – it may stop hurtful things getting in but it also stops you giving and receiving love.

Also, Jeremiah 17:9 (TPT) tells us that “There is nothing more deceitful than the heart of man; who can understand it? Man's heart is sick, in need of healing.”

This scripture shows us two things:

1. Our hearts lie to us and
2. Our hearts need healing.

Proverbs 27:19 GNT “You see your face reflected in the water and it is your own self that you see in your heart.”

Our heart thoughts are not always accurate. Have you ever had thoughts like, “I'm not good enough” or “I'm too tall/short”...these heart thoughts are not true.

We need to get into the presence of God and see everything through His eyes. God created us and knows us. In Genesis 1, we are reminded that everything God creates is good, and that includes you!

How God heals our hearts

When we get hurt, or things make us feel sad, angry or upset, we need to go to God because, unless we deal with those hurts, they get buried deep in our hearts.

Sometimes they get buried so deep, we don't even know that they are there. We need the Holy Spirit to shine His light deep inside to reveal what's really there.

MINISTRY TIME: The purpose of this session is to help the children identify any areas of hurt, disappointment, regret or any other negative feelings buried in their hearts and give them to God.

Stop.Think.Open.Pray (STOP)

STOP – Encourage the children to be still and quieten down, suggest they raise their hands, as if waiting to receive something from their Heavenly Father.

THINK – Ask the children to ask the Holy Spirit to reveal anything that has made them feel sad/upset/angry this week.

OPEN – Invite the children to open up their hearts and allow the Holy Spirit to search their hearts and bring His healing.

PRAY – Invite the children to tell Jesus how they feel about anything that has happened. Then lead the children in prayer reminding them that their feelings matter to God and that He loves each one of them dearly.

SALVATION CALL:

You may now invite the children to accept Jesus as their Lord and Saviour. Ask the children to close their eyes and ask if anyone would like to invite Jesus into their heart to be their Lord, Saviour and their 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 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.

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 to guard your heart, and why do you think it is important?
2. How do your thoughts and feelings affect the way you live or treat others?
3. What are some ways you can keep your heart pure and filled with good things?

TWO - Declarations:

Ask the children to repeat after you.

1. My heart matters and I will fill it with God's truth, love, and kindness.
2. I will look after my heart and think about good things because my heart shapes my life.

(Inspired by Proverbs 4:23 & Proverbs 23:7)

ONE - Prayer:

Dear Lord Jesus,

Thank You for loving me SO much and for giving me a heart that was created to give and receive love. Please help me to remember that my heart matters and that I should take care of it and fill it with good things. If there are any bad thoughts or sad feelings in my heart, please help me to remember to always give them to You. In Jesus' name I pray. Amen.

TAKEAWAY:

Create cards for each child with the phrase
"My Heart Matters"



SESSION 2: GOD SEES OUR HEARTS

EXPLORATION: This session helps children understand that God does not look at things as they appear outwardly, but He looks at the heart.

OBJECTIVES:

By the end of the session, children will:

1. Understand that God values their heart more than their outward appearance.
2. Know that what God says and thinks matters, rather than people's opinions.

KEY SCRIPTURES:

1 Samuel 16:7 "The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."

Proverbs 23:7 "... as a man thinks in his heart, so is he..."

ICEBREAKER: INSIDE VS. OUTSIDE- SORTING GAME

Materials: 2 labelled boxes (What God Sees and What People See), slips of paper.

Instructions:

1. Write words like Kind, Handsome, Loves God, Wears cool shoes, Caring on paper.
2. Let the children sort the slips into the appropriate boxes.
3. Discuss how God values what's inside our hearts more than what's outside.

SESSION OUTLINE:

Read 1 Samuel 16:7 and explain how God values their character, not their appearance. Read Proverbs 23:7 and discuss how our inward thoughts affect our choices.

Sometimes people smile on the outside but have a sad or heavy heart. Explain to the children that God wants us to tell Him the truth about our feelings. He wants us to love Him, obey Him and run to Him whenever we feel sad or are hurt.

Heart Lies: Jeremiah 17:9 (TPT) tells us that “There is nothing more deceitful than the heart of man; who can understand it? Man’s heart is sick, in need of healing.”

This scripture shows us that our hearts can lie to us and our hearts need healing.

How do our hearts lie? Our hearts sometimes tell us everything is ok when really we are struggling. That’s why we need to ask the Holy Spirit to search inside our hearts and tell us how we are really doing.

Reflection: Why do you think God cares more about what’s inside than outside?

You may explain to the children that:

- Outward appearances can be false/deceptive.
- God, who created us, sees us, as who we truly are.
- When our hearts are healed and healthy, we make better decisions/choices.
- When our hearts become more like God, we will experience true and lasting change. This process is called transformation. Like a caterpillar transforms into a butterfly, it’s changed forever and can do greater things like fly!
- God cares about the condition of our hearts (what’s inside) because who we are on the inside affects our actions, words, thoughts, and relationships.

Question: How does what’s in our hearts affect those around us?

Craft Activity: Heart Collage

Materials: Paper hearts, magazines, scissors, glue, markers.

1. Give each child a large paper heart & let them cut out pictures or words from magazines that represent what’s in their heart (e.g. kindness, love, helping others).
2. Glue the pictures onto the heart & write the scripture God looks at the heart on it.

Role-Playing Activity: Reflecting God’s Image

Present scenarios like:

- Your friend is feeling sad, how do you help?
- Someone says something mean about your clothes, how do you respond?
- Encourage children to respond in ways that reflect their value in Christ and show God’s love to others.

MINISTRY TIME: Help children identify any hidden hurts or disappointments that have stopped them from seeing the best in themselves. That reflect their value in Christ and show God’s love to others.

Stop.Think.Open.Pray (STOP)

STOP – Ask the children to be still and quieten down, suggest they raise their hands, as if waiting to receive something from their Heavenly Father.

THINK – Think of any sad or angry thoughts or feelings that you have had.

OPEN – Ask the children to open up their hearts and allow the Holy Spirit to come into their hearts and bring His healing.

PRAY – Tell Jesus about any horrid feelings. Talk to Him from your heart. Lead the children in a closing prayer.

SALVATION CALL:

Invite the children to accept Jesus as their Lord and Saviour. Ask the children to close their eyes and ask if anyone would like to invite Jesus into their heart to be their Lord, Saviour and their Best Friend.... (Salvation Prayer Template is on page 3)

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 make you feel knowing that God is interested in your heart?
2. What are some of the ways our hearts lie to us?
3. Why is your heart so important?

TWO – Declarations

1. God made me special for a purpose. I am His masterpiece! (Ephesians 2:10)
2. God sees my heart and loves me just as I am! (1 Samuel 16:7)

ONE – Prayer:

Dear Jesus,

Thank You for creating me with love and purpose. Help me to see myself the way You see me. Remind me that my value does not come from how I look, but from my heart. Help me to love myself as Your masterpiece and to use my gifts for Your glory. Amen.

TAKEAWAY:

Give each child a heart-shaped card with 1 Samuel 16:7 and encourage them to write one kind thing about their character every day for the week.



SESSION 3: MY DREAMS

EXPLORATION: Dreams are special because they give us hope and direction. God often uses dreams to guide us into His purposes for our lives. However, we have an enemy who wants the painful things we go through to squash our dreams or stop us from hoping and dreaming. Having a happy heart helps us dream big for Jesus.

OBJECTIVES:

By the end of the session, children will understand:

1. God can give us dreams about our future.
2. God wants us to dream big.
3. We need to have patience and faith for our dreams to come to pass.

KEY SCRIPTURES:

Jeremiah 29:11 “For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.”

Genesis 37:5-7 “Joseph had a dream, and when he told it to his brothers, they hated him all the more. He said to them, “Listen to this dream I had: We were binding sheaves of grain out in the field when suddenly my sheaf rose and stood upright, while your sheaves gathered around mine and bowed down to it.”

ICEBREAKER: What’s Your Dream? (Balloon Game)

Materials: Balloons, permanent markers.

- Give each child a balloon and a marker.
- Ask them to write or draw one dream they have (it could be about their future, helping others, or something fun they hope for).
- Once everyone has written their dreams, toss the balloons into the air and keep them floating for 1 minute.
- Afterward, talk about the way dreams can inspire us, keep us focussed, and require effort. Let them know that God is interested in our dreams, even when it seems hard, or we have given up.
- Remind them that we have a BIG God who has BIG plans for each one of us.

HEART RECAP: Recall that in the first session we looked at the heart and why we need to look after our hearts and go back to the Holy Spirit every time we get hurt. Our hearts also affect our dreams and hopes.

SESSION OUTLINE:

Bible Story: Joseph's Dream (Genesis 37:5-11).

Storytelling:

Share the story of Joseph and his dream, emphasising how his dream came from God but took time to come true. Explain that even though Joseph faced challenges, God's plan never failed. Joseph also has to remove any negative feelings like anger or unforgiveness towards his brothers which may have been buried in his heart.

Discussion Questions:

1. What do you think Joseph felt when he had his dream?
2. Why do you think God gave Joseph a dream?
3. Do you think dreams come true right away? Why or why not?

Talking To Jesus – In the Bible story about Joseph, when he shared his big dreams with his brothers, he was teased. They didn't like his dreams. Have you ever had a dream that others have laughed at? Or you thought was impossible or too big for you to achieve? We serve a BIG God who has BIG dreams for us and He's often the One who put those dreams in our hearts. When people don't believe our dreams, it can hurt. It can even make you want to stop dreaming. In those moments, we must go to God and tell Him if people's reactions hurt us.

MINISTRY TIME: Help children identify any hurts or disappointments that have stopped them from dreaming. Once they have dealt with their sadness, they will be ready to pick up dreams they may have pushed aside.

Stop.Think.Open.Pray (STOP)

STOP – Encourage children to be still and quieten down, suggest they raise their hands, as if waiting to receive something from their Heavenly Father.

THINK – Think of any times people said things that hurt your feelings, or made you stop believing in your dreams – ask the Holy Spirit to help.

OPEN – Ask the children to open up their hearts and allow the Holy Spirit to search their hearts and bring His healing.

PRAY – Tell Jesus about your dreams, if you felt you were too small or if your dreams seemed too difficult to achieve. If you stopped dreaming tell Jesus and ask Him to revive your dreams again. Lead the children in prayer using the template below.

Dear Lord Jesus,

Thank you that you love me, thank you that my heart matters to you and that you have BIG dreams and plans for me. Holy Spirit please reveal any hidden hurts that have stopped me from dreaming or believing. I pray that you will heal my heart and help me to dream and to always dream BIG! In Jesus' name...Amen!

Activity: God's Plans for You - Jeremiah 29:11

Materials: paper, markers, stickers, glue, glitter.

1. Give each child a sheet of paper.
2. At the top, write My Dreams (or let them write it).
3. Ask the children to draw or write some of their dreams on the paper.
4. Decorate the paper with stickers and glitter to make it special.

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 dreams do you have? And how do you think God could use them?
2. Why should we trust God with dreams, even when they don't happen right away?
3. How can you listen to God and follow His plans for your future?

TWO - Declarations

1. God has great plans for my life, I will trust Him to lead me.(Jeremiah 29:11)
2. My dreams matter to God, He will help me become all He created me to be.

ONE - Prayer:

Dear Lord Jesus,

Thank You for giving me dreams and a future filled with hope. I trust that You have great plans for my life. Please help me to listen to You, follow Your ways, and believe in the dreams You have placed in my heart. When things seem hard or uncertain, help me to remember that You are always with me. In Jesus' name, Amen.

TAKEAWAY:

Give each child a small card with Jeremiah 29:11 written on it and encourage them to put it somewhere special to remind them to dream big and trust God's plans.



SESSION 4: GOD'S PLAN

EXPLORATION: God created each child uniquely, with special gifts, talents, and a purpose. This session will help reinforce how intentionally each child was made and that God has an amazing plan for each one.

OBJECTIVES:

By the end of the session, children will:

1. Understand that God has a wonderful plan for their life.
2. Know that He has designed them with special qualities to fulfil that plan.
3. Know that God made them wonderfully unique to fulfil His unique plan for them.

KEY SCRIPTURES:

Jeremiah 29:11: For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.

Ephesians 2:10: For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

ICEBREAKER: WHAT MAKES ME SHINE?

Materials: Paper stars and markers

1. Give each child a paper star and have them write or draw one thing they are good at or enjoy doing (e.g. I'm good at art, I like helping others, I have a good memory).
2. Have each child share their star with the group.
3. Emphasise that their talents and interests are part of God's plan for their lives.

SESSION OUTLINE:

Bible Exploration:

Read Jeremiah 29:11 and explain how God has a plan for each child's life.

Read Ephesians 2:10 and discuss how they are God's handiwork, created to do good works.

Discussion Questions:

What do you think God's plan for your life might include?

What unique qualities do you have?

How can you use your talents to help others?

Craft Activity: God's Plan Puzzle

Materials:

Blank puzzle templates (or cut poster board into puzzle pieces), markers, stickers.

1. Give each child a puzzle template and ask them to decorate it with pictures or words that represent their talents, dreams, and things they enjoy.
2. Put the puzzle together explaining that like the puzzle, their unique piece fits into God's plan.

Message: God made each child special for a purpose, and their lives are important.

We are not meant to be like anyone else because God designed us with His perfect plan in mind. Just like no two snowflakes are the same, we are each wonderfully made. God has a purpose and plan for each child, that only they can fulfil; He has given them everything they need to fulfil their amazing destinies. Remind each child that their gifts and talents are the tools given by God to help them fulfil their destiny.

Role-Playing Activity: Using Our Talents

Create scenarios where children can use their talents to help others (e.g. How can you help a friend who is sad? How can you use your love of singing to worship God?) Encourage children to act out the scenarios and reflect on how God gave them unique gifts to bless others.

MINISTRY TIME: The purpose of this session is to help children receive into their heart the wonderful truths of their divine design and God's plans for their lives.

Stop.Think.Open.Pray (STOP)

STOP – Encourage the children to be still and quieten down, suggest children raise their hands, as if waiting to receive something from their Heavenly Father.

THINK – Think about their unique aspects. If they had felt bad about being different, acknowledge that.

OPEN – Invite the children to open up their hearts and allow the Holy Spirit to search their hearts and bring His healing to any feelings of inadequacy.

PRAY – Tell Jesus if you didn't like the way you are. Ask Him to heal your heart. Then lead the children in a prayer that celebrates their uniqueness and thanks God that He has a special plan for their lives.

SALVATION CALL:

You may now invite the children to accept Jesus as their Lord and Saviour. Ask the children to close their eyes and ask if anyone would like to invite Jesus into their heart to be their Lord, Saviour and their Best Friend.... (Salvation Prayer Template is on page 3)

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 is something special about me that God has given me?
2. How can I use my unique gifts to glorify God?
3. How can I encourage others to appreciate their own uniqueness?

TWO - Declarations

1. We are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. (Ephesians 2:10)
2. Before God formed me, He knew me and had a wonderful plan for my life (Jeremiah 1:5).

ONE - Prayer:

Dear Heavenly Father,

Thank You for making me special and unique. I know that You have a special plan for my life, and I want to use the gifts You gave me for Your glory. Help me to love who You made me to be and to help others do the same. Thank You for creating me with love and purpose. Amen.

TAKEAWAY:

Provide each child with a card that says, God has a plan for me (Jeremiah 29:11) and encourage them to think about one way they can use their talents to help someone this week.



SESSION 5: TIME TO SHINE

EXPLORATION: This session will empower the children and remind them that they are made to shine for Jesus! They have been given God's power to overcome fear and boldly live out the dreams He has placed in their hearts.

OBJECTIVES:

By the end of the session, children will:

1. Understand they were created to shine in their own unique way for God.
2. Overcome fear and walk in confidence knowing they have God's power, love and a sound mind.
3. Explore ways that children can reflect God's love in their everyday lives.

KEY SCRIPTURES:

Matthew 5:16: Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

2 Timothy 1:7: For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline.

ICEBREAKER: Shine Your Light Relay

Materials: Flashlights or glow sticks (as props).

Instructions:

- Divide the children into teams, give the first child in each team a flashlight or glow stick.
- Set up a simple obstacle course or relay route.
- Each child runs the course holding the light and then passes it to the next person.
- After the game, explain how the flashlight represents the light of Christ in them, and they are called to let it shine for others to see.
- Share Matthew 5:16, emphasising that they are lights for the world.

SESSION OUTLINE:

Bible Exploration: Read Matthew 5:16 and discuss how their actions, words, and love can shine for Jesus. Read 2 Timothy 1:7 and explain that God gives them boldness, power, and confidence to face their fears.

What happens when I feel scared or worried?

Step 1: Disconnect

When you feel scared, anxious or worried remember that feeling does not come from God. God is good and gives good gifts. If an experience, thought or memory makes you feel anxious or worried know that the enemy is trying to stop you shining and being all God wants you to be. Once you recognise the enemy's plan we should DISCONNECT! Just like how you disconnect a device from a power source. But how do we disconnect? We do that by rejecting (not accepting) that feeling or thought. Replace that feeling with what God says about you or the situation.

Step 2: Connect to God

Talk to Jesus about how you're feeling. You can also use your voice to help change the way you're feeling. Can anyone remember where in the bible we've seen words used to create or change things? [Genesis 1: Creation, Ezekiel 37 - Dry bones, Mark 4 - Jesus calms the storm]

There's power in your mouth! If you feel nervous you can boldly declare "God has not made me nervous but made me brave!" Bold declarations and praise change things. Remember: Just because we love Jesus and accepted Him into our hearts doesn't mean that hard things won't happen, it just means we have been given the power and authority to deal with them.

When a negative thought or emotion comes, you have a choice to accept it or reject it. When we reject Satan's lies and negative emotions, we can shine even more. When we shine, the amazing gifts and qualities God has given us get to shine even more too. We can radiate God's glory in a dark world (like a torch in the dark).

Step 3: Charge up

Remember God makes you bold. He helps you to be patient, kind, not easily angered, and to keep your peace! If at any time you feel low, you can ask Holy Spirit to charge up your battery (like you would a device). You charge up by praying/speaking to God and by asking Him to help you and fill you up with His love.

Discussion Questions:

- What are some ways you can let your light shine at home, school, or with friends?
- What are some fears or challenges that might stop you from being brave?
- How can remembering God's Spirit is in you help you kick out those fears?

Activity: Fear Breaker and Dream Maker

Materials: Two large pieces of paper, markers, sticky notes.

Instructions:

1. Label one paper Fears and the other Dreams.
2. Have the children write or draw their fears on sticky notes and stick them on the Fear paper.
3. Read 2 Timothy 1:7 together, then pray and rip up or crumble the Fears paper as a group to symbolise giving those fears to God.
4. On the Dreams paper, have them write or draw their dreams, talents, or things they want to do for God
5. Hang the Dreams paper in the classroom to remind them to live boldly for Christ.

Craft Activity: Bold and Fearless Shield

Materials: Card or paper plates, markers, stickers, glitter, and craft supplies.

Instructions:

1. Give each child a piece of card or a paper plate to create a shield.
2. Write 2 Timothy 1:7 on the shield.
3. Decorate it with stickers, drawings & words like Bold, Fearless, Brave & Shine.
4. Discuss how their shield reminds them that God's Spirit gives them courage to live boldly and shine for Him.

DECLARATION TIME:

Declarations are powerful. Ask the children to stand and boldly declare the following:

1. God made me to shine, and I will let my light shine for Him! (Matthew 5:16)
2. I am not afraid because God has given me power, love and clear thoughts. (2 Timothy 1:7)
3. I am unique, loved, and chosen by God for a special purpose.
4. I will be bold and share God's love with others.
5. God's light shines in me, and I will make a difference in the world.
6. I was born to shine, and God's glory will be seen in every area of my life.
7. Jesus will be revealed and glorified in my life!

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 to let your light shine, how can you do that every day?
2. What are some things that might make you feel afraid or stop you from shining, and how can you get God's help in those moments?
3. How can you use your gifts and talents to glorify God and help others?

TWO- Declarations

1. I will let my light shine before others, so others can see the good things I do and glorify my Father in heaven.
2. I will not be afraid because God has filled me with power, love, and a sound mind.

ONE - Prayer:

Dear Jesus,

Thank You for creating me to be special and unique. I know that You have made me to shine for You. Help me to be bold, confident, and full of Your love. When I feel afraid or unsure, please remind me that You have given me power, love, and clear thoughts. I want to use my gifts to bring You glory and share Your love with others. Thank you Jesus for the freedom I find in you and help me to shine Your light wherever I go. In Jesus' name, Amen.

TAKEAWAY:

Provide each child with a small card that says:
"Let your light shine before others" (Matthew 5:16) and
Encourage the children to think of one way to let their
light shine this week, whether it's through kindness,
helping someone, or sharing about Jesus.

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.

HEART OF A HERO

HEALING HEARTS & GROWING STRONG IN GOD

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

