



## Digging Deeper:

*Read Daniel 1:1-7*

Who am I?

Our significance comes from the Creator of the universe. Together with your child, reflect on these promises from God's Word:

- I am the wonderful creation of a loving God. He knows everything about me (Psalm 139:13-14).
- I was made to reflect the image of God. My abilities to create, learn and love come from Him. I have so much in common with the Creator (Genesis 1:27).
- I am adopted into God's family, and I will live for eternity as His child (Romans 8:15).
- I've been created with a purpose. God has prepared good works for me to do, and He will " give me everything I need to carry them out (Ephesians 2:10).
- I was chosen by God, and I am special to Him (1 Peter 2:9).
- I am a citizen of heaven; this world is not my home (Philippians 3:20).
- I am never in the dark. God's Word helps me find my way in dark times (Psalm 119:105).

## Activity:

Standing Strong starts in Knowing Who/Who's you are!

### Labeled Activity

Introduction: It's not the titles people give us that determine our identity or our value as a person. It's what's inside us, what God says about us that counts.

Materials: 3 same-sized canned food items (try to use two types of food that your kids enjoy and one that is gross like dog food)

Preparation: Carefully remove the labels from the cans and swap the labels and glue them on.

Demonstration: "I brought something today I think you will enjoy – peaches! Is there anyone here who doesn't like peaches? What happens if I don't like peaches? Maybe I like applesauce instead." (*Take the applesauce label and put it onto the same can.*) "Great! Now I can have applesauce. Anyone want some applesauce with me? What? You mean we can't just change the label? Why not? It says applesauce. Oh well, let's have some peaches then." (*Open the can of dogfood.*) "Oops, this is dogfood. Looks like sometimes labels can be wrong."

Discussion: It doesn't matter what label we put on the can. Or what others say is in the can, the truth doesn't change. It doesn't change what is inside. It's not the label that's important, but what's true. Sometimes someone might label us as stupid, as a nerd, a loser or some other name. But those names don't change our identity. We are who God says we are In fact, to God, everyone of us is special. Everyone of us is beautiful. He loves everyone of us!