



# I AM LOVED

## PREPARATION

- + Service sheet outline or slide presentation with songs, prayers...
- + Book: *Guess How Much I Love You* by Sam McBratney
- + Cardboard Tube Heart Art:
  - ▶ paper
  - ▶ paint
  - ▶ cardboard tubes
  - ▶ elastic bands
- + 'God Loves You To Pieces' Picture:
  - ▶ white card
  - ▶ pens
  - ▶ pieces of coloured paper or tissue
  - ▶ glue
- + A variety of musical instruments

## INTRODUCTION/BACKGROUND

It is thought that our need to be loved starts while we are still in our mother's womb and it continues until the end of our lives. Everyone wants to love, everyone wants to be loved, everyone wants to feel connected and to belong, and our wellbeing depends highly on this need for love.

While most people think that love is an emotional need, research shows that it also has a huge impact on our abilities to think, connect, maintain our health, succeed and live long. It is therefore extremely important that young children know and understand how much they are loved, and we can encourage parents to make sure they show and tell their children how much they are loved.

We also believe that all of us need to know how much we are loved by God, and that as his precious children there is nothing that can ever stop God from loving us. In the same way that we tell other people that we love them, God wants us to tell him too and to live our lives in such a way that it shows his love to others.



## WELCOME

Welcome Song – select from the Song Bank

## BIBLE READING/THOUGHT

Talk with the children about people they love and people who love them: parents, grandparents, brothers and sisters, family, friends... Ask them what people do to show love: they are kind, caring, sharing, helping, giving...

Talk about how it's really important to know that we are loved and especially good to remember that God loves us all very much. When we praise and worship God we tell him how much we love him.

You may wish to tell the story of *Guess How Much I Love You* by Sam McBratney.

‘For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life’

JOHN 3:16 NLT

‘See how very much our Father loves us, for he calls us his children, and that is what we are!’

1 JOHN 3:1 NLT





## THEME SONG

### 'If You're Loved and You Know It'

*Tune: 'If you're happy and you know it'*

If you're loved and you know it, clap your hands. (*clap, clap*)  
If you're loved and you know it, clap your hands. (*clap, clap*)  
If you're loved and you know it then your face will surely show it.  
If you're loved and you know it, clap your hands. (*clap, clap*)

If you're loved and you know it, blow a kiss. (*Blow a kiss*)  
If you're loved and you know it, blow a kiss. (*Blow a kiss*)  
If you're loved and you know it then your face will surely show it.  
If you're loved and you know it, blow a kiss. (*Blow a kiss*)

If you're loved and you know it, give a hug. (*Hug someone or yourself!*)  
If you're loved and you know it, give a hug. (*Hug someone*)  
If you're loved and you know it then your face will surely show it.  
If you're loved and you know it, give a hug. (*Hug someone*)

## PRAYER

Thank you, God, for all the people who love me.  
Thank you for my family and friends.  
Thank you, too, that you love us all very much.  
Help us to love each other and to always be kind and caring.

Amen.



## ACTIVITY/GAMES

1. Cardboard Tube Heart Art:
  - ▶ Create a heart shape by creasing the top side of the cardboard roll to give two bumps that form the top of the heart. Then squeeze the bottom of the cardboard roll to form the pointy bottom of the heart. Wrap an elastic band around the end of the tube to hold it in place.
  - ▶ Dip this in paint and use to print heart shapes on paper.
2. 'God Loves You to Pieces' Picture:
  - ▶ On a piece of A4 white card draw a heart template in the middle.
  - ▶ Write 'God loves you' above the heart shape and 'to pieces' below it.
  - ▶ Put glue all over the heart shape and then use coloured paper or tissue paper cut into pieces to fill the heart.
  - ▶ You could also write one of the Bible verses given above on the back of the card.
3. For other ideas see [www.pinterest.com/AFMYorkshire/crafts-with-a-love-theme-valentines-day](https://www.pinterest.com/AFMYorkshire/crafts-with-a-love-theme-valentines-day)

## INSTRUMENT SONGS

Select from the Song Bank

## ADDITIONAL SONGS

🎵 *FMSB 32* 'He's got the whole world in his hands'

🎵 *SASB 807* 'Jesus loves me! This I know'

## CLOSING

Closing song or prayer – select from resources