

# God Sees the Heart

Ages 5–6 • 1 Samuel 16:7



A Sunday school session on the story of Samuel choosing David: people look at the outside, but God looks at the heart. It includes a lesson with a mystery box, a memory verse with motions, a lift-the-flap heart craft, a heart hunt game, verse cards, and a family note.

## WHAT'S INSIDE

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FOR LEADERS

# Before you teach

Five- and six-year-olds love stories with surprises. Samuel choosing the youngest brother is a perfect one. Use the mystery boxes to make the big idea concrete.

## 3.21

World Down Syndrome Day is March 21. It stands for **three** copies of chromosome **21**.

## 47

Most people have 46 chromosomes. People with Down syndrome have 47. It happens naturally, in every kind of family.

## Socks!

People around the world wear fun, mismatched socks on 3.21 to celebrate that different is good.

### SESSION AT A GLANCE (ABOUT 45 MINUTES)

|                      |                                                       |
|----------------------|-------------------------------------------------------|
| <b>Welcome</b>       | Sock check + Heart Hunt cards hidden. (5 min)         |
| <b>Lesson</b>        | Samuel, Jesse's sons, and the mystery boxes. (10 min) |
| <b>Verse</b>         | 1 Samuel 16:7 with motions. (5 min)                   |
| <b>Craft</b>         | God Sees My Heart lift-the-flap. (12 min)             |
| <b>Game</b>          | Heart Hunt. (8 min)                                   |
| <b>Pray &amp; go</b> | Prayer, verse card, and family note. (5 min)          |

### WELCOMING EVERY CHILD

- Talk with parents ahead of time: what helps their child thrive? Any sensory, communication, or mobility needs?
- Offer a buddy (a trained teen or adult) to any child who'd benefit. Buddies are friends, not babysitters.
- Use visuals: a picture schedule, the verse with pictures, and show-then-tell instructions.
- Keep a calm corner with fidgets and headphones. Taking a break is always okay.
- Give every child a real role: handing out supplies, holding the Bible, leading a motion.
- Never single out a child with Down syndrome as the example. Today is about how God made **all of us**.

### THE BIG IDEA

## People look at the outside. God looks at the heart.

People sometimes notice how someone looks, walks, or talks. God sees who we really are inside, and He made every heart. That's how we want to see our friends too.

### ROCK YOUR SOCKS SUNDAY

Invite the whole church, kids, and leaders to wear fun, mismatched socks the Sunday closest to 3.21. **March 21, 2027 is itself a Sunday**, a perfect fit! Snap a feet photo (with permission) and share it with **#Celebrate321**.

Scripture quotations are from the Berean Standard Bible (BSB), public domain. Swap in your church's preferred translation anytime.



# God Looks at the Heart

Samuel expects God to choose the tallest, strongest brother. God chooses young David, because God looks at the heart.

10 MIN

CIRCLE TIME

2 BOXES (ONE FANCY, ONE PLAIN) • PAPER HEART

## TEACH IT

1

### The mystery boxes

Show both boxes.

#### SAY

Which box do you think has something special inside? The fancy one or the plain one?

2

### Open them

Open the fancy box: just trash! Open the plain box: a big heart!

#### SAY

Wow! You can't tell what's inside just by looking at the outside!

3

### Tell the story

Tell it with energy.

#### SAY

God sent Samuel to find the next king. Jesse brought out his sons. Eliab was tall and strong. Samuel thought, "This must be the one!" But God said, "No. People look at the outside, but I look at the heart."

4

### The youngest

Count seven brothers on your fingers.

#### SAY

Seven brothers, and God said no to all of them! "Is there anyone else?" Yes, the youngest, David, out with the sheep. God said, "He's the one!"

5

### Connect it

Keep it gentle and simple.

#### SAY

People might notice how tall someone is, or how they talk, or that a friend has Down syndrome. God sees everyone's heart, and He loves every heart He made. We can look for the good in each friend's heart too!

## BIBLE PASSAGE

### 1 Samuel 16:1–13

Before class, put a crumpled paper scrap in the fancy wrapped box and a big red paper heart in the plain box.

## TALK ABOUT IT

1. Why did Samuel think Eliab would be king?
2. What does God look at?
3. What's something good God put in YOUR heart? (Kindness, love, sharing...)
4. How can we see our friends the way God sees them?

## PRAY TOGETHER

*Dear God, thank You for seeing my heart. Help me see the good in every friend, just like You do. Fill my heart with love. Amen.*

## MEMORY VERSE

# Hide it in your heart

This is the second half of 1 Samuel 16:7. Say it with motions, and let kids take turns leading.



**“Man sees the outward appearance,  
but the LORD sees the heart.”**

1 SAMUEL 16:7 • BSB



## ADD THE MOTIONS

|                                |                                    |
|--------------------------------|------------------------------------|
| <b>Man sees</b>                | Point to your eyes                 |
| <b>the outward appearance,</b> | Trace a big circle around yourself |
| <b>but the LORD</b>            | Point up                           |
| <b>sees</b>                    | Make binoculars with your hands    |
| <b>the heart.</b>              | Make a heart shape on your chest   |
| <b>1 Samuel 16:7</b>           | Hold up 1 finger, then 1-6, then 7 |

## VERSE GAMES

**Mystery box verse**

Put verse word cards in the plain box. Kids pull them out and put them in order.

**Heart hop**

Say one word on each hop to a paper heart on the floor.

**Leader's choice**

A child picks how everyone says it: whisper, robot, opera, or slow-motion.

CRAFT

1

# God Sees My Heart

A lift-the-flap card. On the outside, kids draw themselves. Lift the flap to find their heart, where they draw or write the good things God put inside.

12 MIN

SMALL TABLES

MESS: LOW

## GET READY

- ☐ Print the **craft template** on cardstock, one per child.
- ☐ Cut on the solid lines ahead of time for younger fives.
- ☐ Have a finished sample ready.

## MATERIALS

- Craft template (cardstock)
- Crayons or markers
- Heart stickers (optional)
- Scissors (for helpers)

## MAKE IT WORK FOR EVERY CHILD

- Pre-cut and pre-fold for kids who find scissors hard.
- Kids can dictate words for a helper to write in the heart.
- Offer stickers or stamps as an alternative to drawing.

## STEP BY STEP

1

### Show the sample

Open and close the flap.

#### SAY

On the outside, people see me. When I open it up... that's what God sees: my heart!

2

### Draw yourself

On the front flap, kids draw themselves: hair, clothes, and fun socks!

3

### Fill the heart

Open the flap. Kids draw or write good things inside: love, kindness, sharing, helping.

4

### Share it

Kids open their flaps and share one thing in their heart.

## TALK WHILE YOU MAKE IT

- "What do people see on the outside of you?"
- "What good things did God put in your heart?"
- "What good thing do you see in a friend's heart?"

## TIE IT BACK

**People look at the outside. God looks at the heart.**



"Man sees the outward appearance, but the LORD sees the heart." (1 Samuel 16:7)

CRAFT TEMPLATE

# God Sees My Heart: craft template

Cut on the solid outline. Fold on the dashed line so the “outside” flap covers the heart.



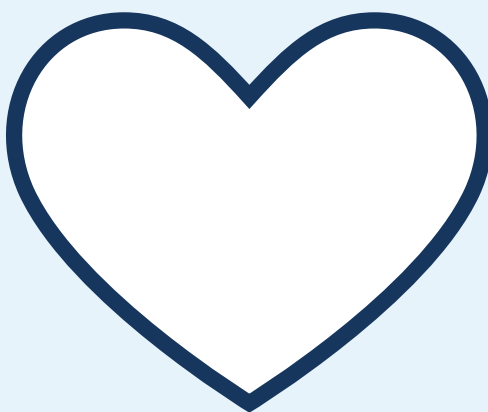
**People see...**



Draw yourself! (fun socks encouraged)

FOLD ↑

**God sees my heart!**



Draw or write the good things God put in your heart

GAME  
2

# Heart Hunt

Kids hunt for hidden paper hearts. Each heart has a kind action to do together, so we practice showing what's in our hearts.

8 MIN

WHOLE GROUP

CLASSROOM

MESS: LOW

## GET READY

- ☐ Print and cut the **Heart Hunt cards** (last page) on colored paper.
- ☐ Hide them around the room before kids arrive: some easy, some tricky.

## MATERIALS

- Heart Hunt cards
- A basket

## MAKE IT WORK FOR EVERY CHILD

- Hide some hearts at a low, easy-to-reach height and some in plain sight.
- Pair kids up so everyone finds at least one.
- Read cards aloud for non-readers, or pair them with a reading buddy.

## STEP BY STEP

1

### Ready, set, hunt!

Kids search for hearts and bring them to the basket.

2

### Read & do

Pull out one heart at a time. Read it, and everyone does the kind action together.

3

### Big finish

Everyone makes a heart with their hands.

#### SAY

When we do kind things, we show what God put in our hearts!

## TALK ABOUT IT

- “Which kind action was your favorite?”
- “Who can you do one of these for this week?”

## TIE IT BACK

♥ **People look at the outside. God looks at the heart.**  
 “Man sees the outward appearance, but the LORD sees the heart.” (1 Samuel 16:7)

TAKE-HOME

# Memory verse cards & family note



**"Man sees the outward appearance,  
but the LORD sees the heart."**

**1 SAMUEL 16:7**

Celebrate 3.21 · #Celebrate321

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**FOR FAMILIES**

## Today we learned: God sees the heart



Today your child learned the story of Samuel choosing young David, and that "man sees the outward appearance, but the LORD sees the heart." We talked about seeing friends the way God does, including friends with Down syndrome. World Down Syndrome Day is March 21 (3/21), for three copies of chromosome 21.

**ASK YOUR CHILD**

"Who did God choose to be king, and why?" and  
"What's in YOUR heart?"

**TRY AT HOME**

Make your own mystery boxes at home. Then each night this week, name one good thing you see in each family member's heart.

**PRAY TOGETHER AT HOME**

*Dear God, thank You for seeing my heart. Help me see the good in every friend, just like You do. Fill my heart with love. Amen.*

Wear fun, mismatched socks on 3.21 and share a feet photo with [#Celebrate321](https://www.instagram.com/celebrate321). More free family resources at [Celebrate321.org](https://celebrate321.org).

GAME PRINTABLE

# Heart Hunt cards

Print on red or pink paper, cut apart, and hide around the room before class.



|                                                                                                                                             |                                                                                                                                   |                                                                                                                                 |
|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <br><b>Give a friend a high-five!</b>                      | <br><b>Say "I'm glad you're here!"</b>           | <br><b>Share a smile with 3 friends</b>      |
| <br><b>Say one nice thing about the person next to you</b> | <br><b>Help clean up something</b>              | <br><b>Wave to someone new</b>              |
| <br><b>Give a gentle hug (if they want one!)</b>         | <br><b>Say a thank-you prayer for a friend</b> | <br><b>Invite someone to play with you</b> |
| <br><b>Cheer for a friend: "You can do it!"</b>          | <br><b>Hold the door for someone</b>           | <br><b>Say "God made you wonderful!"</b>   |