



Activity

Materials:

Blank paper
Scissors

Coloring utensils
Yarn/String

When God calls Jeremiah, he is a boy. For this reason, Jeremiah doubts whether or not he can do what God wants him to do. He doesn't think he knows how to speak the way God wants him to. God, on the other hand, doesn't think Jeremiah's age is a problem. God knows Jeremiah has the gifts necessary to do what needs to be done, regardless of his age. God doesn't make assumptions about Jeremiah, honors his gifts, and promises to be with him as he uses them.

Sometimes, we might feel the way Jeremiah feels. We may get asked to do something—or even want to do something ourselves—but we might have doubts about ourselves. We may feel we're too young, too old, or don't have the proper gifts. It can be helpful for us to remember we are enough, we are blessed with gifts from God, and, with help from God and others, there are plenty of things we can achieve. One way to do this is by making a Gift Mask.

Take a piece of paper and cut it in half lengthwise. Cut out two holes for your eyes and a triangle at the bottom center of the mask for your nose. On your mask, draw some things that make you feel good about yourself. They can be pictures of happy memories, activities you enjoy, or things that make you smile. Next, draw pictures of people in your life who help and support you. When you're done, attach yarn/string to your mask and put it on. Look at yourself in a mirror and remember all the gifts God has blessed you with.

Alternate Activity

God needed Jeremiah to deliver a message to the people. Jeremiah knew this was a big deal, and our text tells us about some of his feelings. Maybe he was nervous about what he was asked to be, protesting because he believes he's just a boy. Since God told him, "do not be afraid," maybe he was also afraid. Whatever he was feeling was completely okay; all our feelings are valid. If you were in Jeremiah's shoes, how would YOU feel?

Listen as your leader reads the following sentences out loud. After each one, make a face to show how you would feel in that situation.

Would you be happy? Sad? Nervous? Scared? Angry? See if you feel the same or different than Jeremiah might have felt. **Note:** Use a Feelings Wheel for extra help identifying other emotions.

- God surprises you by coming to talk to you.
- God tells you about how well God knows you.
- God gives you a job to do, but you think you're too young to do it.
- God says God knows your gifts and has faith in you.
- God says God will be with you and will help you.



Micropractice

Touch your hand to your mouth, and remember God touched Jeremiah's mouth. God promised to give Jeremiah the words to say. Whenever you touch your lips, ask God to help you find the right words for every situation.



Download a graphic to share with your community and on social media. You can download it here: illstrtdm.in/minirevCAE4



Prayer

Thank you, God, for blessing us with many gifts. We know we are capable of many things, regardless of our age. Be with us, God, and help us have courage to use our gifts for justice. Amen.