



LESSON

1

**LIVE IT OUT  
AT HOME**

Each week, your family can read God's Word, discover more about the lesson and share in an activity together.

## **BIG POINT: I AM CHOSEN**

### **Bible Reading**

Ephesians 1:4 (NIV), "God chose us to belong to Christ before the world was created. He chose us to be holy and without blame in his eyes. He loved us."

### **Family Devotional**

God chose us before we were even born. God doesn't choose you because of how good you are, how cool you are or because you're a certain kind of person. God chose you because HE LOVES YOU, because of Jesus, in God's eyes you're holy, blameless and loved.

God chose David to be king. To everyone else David may not have looked like he would be king material. He was the youngest of eight brothers and he was out tending to the sheep when the prophet Samuel came to anoint a future king. When Samuel was looking at David's brothers, God said to him, 1 Samuel 16:7 (NIV), "Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."

In the Bible we read about who God says that we are. God says that we are chosen, and we can believe what God says about us. Say together, "I am chosen".

### **Activity: This or That?**

Play a game of 'This or That' by asking each other which you would choose from the two options given. Use the list below or think of your own.

Toast or Cereal

Summer or Winter

Ice Cream or Cake

Boots or Sandles

Beach or Mountains

Books or Music

Stay up late or Wake up early

Play outside or Inside

Dog or Cat

Blue or Red

### **Pray Together**

Dear God,

Thank You for choosing me. Help me to believe that I am who You say I am.

Help me to always remember that I am chosen. In Jesus' name, Amen