

## Thank You, God, for My Hands

**Text:** Psalm 139:1-18

**Aim:** To teach that God made our hands.



### Preparation

**Read Psalm 139:1-18 and answer the following questions:**

- What does God know about my thoughts, my words and my actions? (139:1-4)
- What did God have to do with my conception and my development within the womb? (139:13-16)
- Think about the wonder of God's intimate knowledge of each and every one of us.

Pray for the children you teach, remembering that God made them and knows them intimately.



### Visual Aids

**Before your lesson, gather the following visual aids:**

- Different things to demonstrate how we can use our hands e.g. cuddly toy; sliced apple; crayons and paper; photograph of a child and dog; beanbag; clothing with buttons; playdough.



### Lesson

Show the children your hands and ask them, "What are these called? These are my hands!" Can they say 'hands'? Get them to repeat the word.

Ask the children to hold out their own hands in turn. Then the group can say, "Those are Charlie's hands," "Rachel's hands..." etc. Count and wiggle fingers. Compare the size of your hands with their hands, showing them that you have big hands and they have small hands.

Tell the children that God made our hands. Ask the children what we can do with our

hands. Talk through the following list, accepting answers and demonstrating each action:

- Hold things (hug a cuddly toy and pass it around the group so each child gets to cuddle the toy).
- Pick up and eat (give each child a slice of apple to eat). **Be aware of possible allergies.**
- Draw (the children take turns to draw a circle on a sheet of paper placed in the middle of the group using a crayon).
- Stroke or pat (picture of a child with their dog)
- Catch and throw (throw a beanbag up in the air and catch it. You could try to throw the beanbag back and forth with slightly older children. You could also just get each child to have a chance to throw the beanbag if they are not old enough to catch it).
- Do up buttons (an item of clothing with buttons).
- Clap hands (try clapping a simple rhythm for the children to copy).
- Push and pull (use playdough for this).
- Point (ask the children to point to their noses, eyes etc).

Comment again on how wonderful our hands are. We should say thank you to God for making our hands



## Activity

Choose either Activity A or Activity B from the Media section of this webpage.

**Activity A** - Print Activity A onto paper for each child and write their name on it.

Have some poster paints (face paints make clean-up easier); a bowl of warm soapy water; a few paintbrushes; and some styrofoam packaging trays.

Help the children one at a time to make their own handprints on their page. This needs to be done systematically to avoid chaos.

Use a few different colours to paint a thin layer of paint on a styrofoam tray. You could do this in stripes or blotches.



Depending on the age and ability of the children you may need to hold their wrists and get them to press down with both hands on the painted tray and then directly onto their page and straight into the soapy water! Put the page to one side to dry.

Remind the children that God made our hands and that they are all different. They help us to do many different things.

**Activity B** – Print Activity B onto paper (one copy for every two children). Cut the page in half so that each child receives one strip of paper with five figures on it. Do not cut the five characters out yet, simply give the children each a complete strip to colour.

When they are done roll each strip into a tube length-ways ensuring that the characters are on the outside. The tube need only be big enough to fit easily over the child's thumb (usually the largest diameter finger).

Glue along the edge behind the figures and secure the tube. The tube is likely to be a few layers thick which is perfect.

Now use a pair of scissors to cut the characters apart by snipping through the tube as marked. Help the children to put the characters on the correct fingers.

You could use this craft to play Game Option 1.

Remind the children that God made our hands and our fingers so that we can do many different things with them. How wonderful God is!



## Game Idea

**Option 1: Finger Rhyme.** Learn the action rhyme (based on 'Tommy Thumb'):

*Tommy Thumb, Tommy Thumb,  
Who made you?  
God made me, God made me,  
How do you do?*

Repeat for each finger: Peter Pointer, Middle Man, Ruby Ring and Baby Small. Get the children to hold up fingers/puppets from Activity B and wiggle them for each character.

**Option 2: Spot the Difference.** Using a collection of dolls and soft toys, spend some time counting those with fingers and counting how many fingers they each have. Separate toys with hands from those without. How many hands do the children have? How many fingers do they have? Count them off together a few times.

**Option 3: Playdough.** Play with playdough, commenting on the fact that we can use the hands that God gave us to make e.g. a snail, a snake, a flower.

Get the children to make a handprint in the dough. Can they see any lines from their hands in the dough?

## Prayer

*Thank you, God, for making my hands. Amen.*

You could also encourage the children to pray. They must think of one thing they can do with their hands and thank God for it.

## Reinforcement

Print the Reinforcement Slip page from the Media section of this webpage and give one slip to each child to take home. This will encourage parents to reinforce today's lesson. Alternatively, you could copy the text below and edit as appropriate for your context. This can then be printed or emailed to parents.

### **Today your child learned to thank God for making their hands.**

To reinforce this lesson this week:

1. Ask your child to perform simple tasks e.g. opening and shutting a door; picking up items; turning the pages of a book. Each time ask them "Who made your hands?"
2. At bath time, wash hands, splash and hold water in cupped hands. Ask your child "Who made your hands?"
3. Draw around your child's hands on coloured paper. Cut them out and stick them to a cupboard, fridge or notice board. Do the same for your entire family. Can they identify whose hands are whose? Ask "Who made Daddy's hands? Who made Mummy's hands?" etc.

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