

Thank You, God, for My Feet

Text: Psalms 1; 37:30-31; 40:1-2; 119:105; and 2 John 6

Aim: To teach that God made our feet.



Preparation

Read Psalms 1; 37:30-31; 40:1-2; 119:105; and 2 John 6. Answer the following questions:

- Walking in the Bible often denotes the direction of our lives. How are we to walk? (2 John 6)
- What are the two choices we have? (Psalm 1:1-2, 6)
- How do we know which is the right way to go? (Psalm 119:105)
- How do we keep our feet from slipping? (Psalms 37:30-31; 40:1-2)

Think about the importance of studying God's word and how this helps us to avoid falling into sin. Pray for each child you teach, that God will enable you to teach clearly and lovingly.



Visual Aids

Before your lesson, gather the following visual aids:

- Different things to demonstrate how we can use our feet e.g. a ball; shoes; music player; washbowls of warm and cool water; door mat; plastic bag.



Lesson

Sit the children down on the floor in a circle with feet pointing inwards. Ask the children to tell you what their feet are called.

Point to a child's foot and ask "Whose foot is this? This is Jack's foot." Do the same for each child.

What can we do with our feet? Get children to demonstrate:

- Walking
- Stamping loudly
- Running
- Kicking (a ball)
- Jumping
- Standing on one leg
- Dancing to music
- Putting them in warm and cold water
- Feeling rough and smooth surfaces (doormat and a plastic bag), etc.

Ask them “Who made your feet?” God made our feet. Comment on how amazing our feet are. We must thank God for our feet.



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. Get the children to take turns standing on their page while you draw around their feet (some children may prefer to keep their shoes on). They can then colour in their page.

Remind the children that God made their feet.

Activity B – Print Activity B-1 onto paper for each child. Print Activity B-2 also onto paper (one copy for every four children), and cut out one set of six footprints for each child. Fold along the line before cutting so you can cut out two footprints at a time. Place a set of footprints in an envelope for each child.

The children need to colour the path on Activity B-1 brown and then glue the footprints in place. You may need to apply the glue for them.

Remind the children that God made their feet.



Game Idea

Option 1: Funny Shoes. Have a collection of funny shoes or slippers for the children to try on – they don’t have to be the correct size. Remind the children that God made our feet and they are all different. Don’t forget to keep track of which child owns which pair of shoes!

Option 2: Dance. Play a dancing game e.g. ‘Hokey-cokey’, ‘Here We Go Round the Mulberry Bush’ or ‘The Grand Old Duke of York’.

 Prayer

Thank you, God, for our feet. Amen.

You could also encourage the children to pray. Get them to think of one thing they can do with their feet 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 feet.

To reinforce this lesson this week:

1. Ask your child to perform simple actions e.g. go and get a toy; run around the room. Each time ask "How did you do that? Who made your feet?"
2. At bath time, count toes, kick, wash feet and wiggle toes. Ask your child "Who made your feet?"
3. Play 'This Little Piggy Went to Market'. Ask "Who gave you toes and feet?"
4. Practise jumping - how far can your child jump? Ask "Who gave you feet so that you could jump?"
5. Using paints, stamp a print of your child's foot onto white paper (face paints are easier to clean). Cut them out and stick them on a board, fridge or cupboard. Do the same for your entire family. Ask your child to identify whose feet are whose. "Who made Daddy's feet? Who made Mummy's feet? Who made your feet?"