

# Explore It

## FOR LEADERS

SESSION  
10

### A LOVE FOR ME

 **John 3:1-21** Jesus teaches Nicodemus

Please refer to the Introduction document for more details

Ask the children to bring to the session ten little hearts cut out of paper or heart-shaped sticky notes.

### Start it

Play a quiz with your group. Include some really easy questions and some really hard ones.

- **Say:** Some questions are easier to answer than others, just like it was in our quiz. In our story today we are going to hear about Nicodemus, a man who went to Jesus with lots of questions.

### Tell It

- **Say:** Nicodemus was an important religious leader. He went to Jesus and asked him some really difficult questions, big questions to which he needed answers. He wanted to know all about Jesus, and why Jesus was doing and saying the things he was. Jesus spent a lot of time talking with Nicodemus, even though it was night time. He loved Nicodemus and he wanted to help him understand. But the things that Jesus was saying were difficult for Nicodemus to understand and Jesus had to keep explaining. Nicodemus had to stop trusting himself and learn to trust in God.

**Share screen:** Show an image of Nicodemus and Jesus while you outline the story.

Read John 3:1-21, or just sections of it if you feel the whole passage would be tricky for your group to understand.

- **Say:** One of the things that Jesus told Nicodemus has become one of the most well-known parts of the Bible. It is about how much God loves us. We read it in verses 16 and 17. The important thing for us to know is that God loves each one of us and he wants us to be truly alive through Jesus, so that we can know him and live for him!

**Share screen:** Show your children John 3:16-17 and read it together.

Show the children how to use the annotate function (if you are using Zoom). Allocate each child a colour that they should use. Ask them each to write their own name around this Scripture and then use the stamp function to stamp as many hearts as they can. (Who can stamp the most?!) Your Scripture will most likely end up covered in hearts. Tell the children that this is how much God loves each one of us!

With an older group you could also talk about how we can go to Jesus to answer our difficult questions. Explain that sometimes the answers are in the Bible, and sometimes we just need to trust that God knows the answer and he is in control.

## Sing It

This happy fun song reminds us how wonderful it is that God loves us.

'God Loves Me' (Doug Horley)

Official video here: <https://www.youtube.com/watch?v=53aWByCa0hk>

A lyrics video here: <https://www.youtube.com/watch?v=QEn10ocsWYA>

## Action It

**Ask:** Who loves their Mum? (or Dad/brother/sister etc). Do they have to do something before you can love them?

Allow time for response and discussion.

● **Say:** God loves us already and has proved it by sending Jesus to tell us how much he loves us! You can know that God loves you - not because of anything you have done, or what you look like or how much you have, but because he made you. You are his precious child.

Ask each person to lay out their ten little hearts and give them one minute to write 'God loves me' on as many of the hearts as they can. Then ask them to try to stick them on their face! If they gently lick the paper it should stick. Can they get all ten stuck on their face? This should promote lots of fun and giggles! Tell the children that really knowing and understanding that God loves us is really important. It makes us feel good.

**Share screen:** Share the following Scripture and see if the children can say it aloud without the hearts falling off their faces!

**The Father has loved us so much! He loved us so much that we are called children of God.  
And we really are his children.**

(1 John 3:1 *ICB*)

Challenge the group to memorise this verse by the next session.

## Pray It

Shout it out! Ask each person in the group to shout out 'God loves me!' one at a time, and then all together. How loud can you go?!

You could also use the words of the memory verse as a prayer, asking each child to read it aloud and substitute their own name (or 'me' instead of 'us') when they say it.

## Explore It

Remember to share the Explore It (For Me) and Explore It (Together) ideas for children and families.