What's in Your Heart?



As the Lord forgave the sins of a paralyzed man He detected critical thoughts in the hearts of those who witnessed Him. This points to the Lord's omniscient knowledge of all human hearts. This activity prompts students to reflect on the thoughts of their hearts, and to create a heart containing a loving thought to give to others.

1. Can we know the thoughts of our hearts? What might give us clues? (Thoughts and feelings in our minds.) It can be easy to know what we are thinking or feeling at any given moment, but more difficult to have a clear idea of what we're thinking, loving or intending on a *deeper,* ongoing level.
2. It can be tempting to assign motives and thoughts to others. At what times is this legitimate? What can we know of what's in another person's heart?
3. The Lord has the power to know what's in our hearts at all times. He sees our inward thoughts—and makes them known to us so we can change our hearts, to make them loving and forgiving.
4. What thoughts and feelings would you like the Lord to find in your heart? Brainstorm good thoughts and kind feelings you'd like others, and especially the Lord, to find in your heart.
5. We're going to write (or draw) good thoughts to share on small paper hearts. Choose between blank hearts with a word bank (p. 2) or pre-filled hearts (p. 3). If using a blank sheet, use a sharpie to write or draw a thought on each heart.
6. Completely cover the words on the hearts with crayon. You may color the entire heart if you wish. Use colored or clear crayons.
7. Paint the hearts with the dish soap/paint mixture using a paint brush. Allow to dry, and then add a second layer of paint. It takes at least two layers to cover the words.
8. When dry, cut out the hearts, and give them to other people. Invite them to scratch off the paint using a coin to revel the word underneath.

Materials Needed

Scratch Off Heart Templates (pp. 2-3) printed on regular or stiff paper, liquid dish soap, acrylic craft paint in a variety of colors, scissors, paintbrushes, crayons (including clear or white crayons), sharp-pointed permanent markers (e.g. Sharpies), coins for scratching paint off

Prepare in Advance

Prepare scratch-off paint by mixing 1 tablespoon of dish soap with 1 tablespoon of acrylic paint. This makes enough to cover 3 sheets of hearts.

New Church Concept From Our Hearts

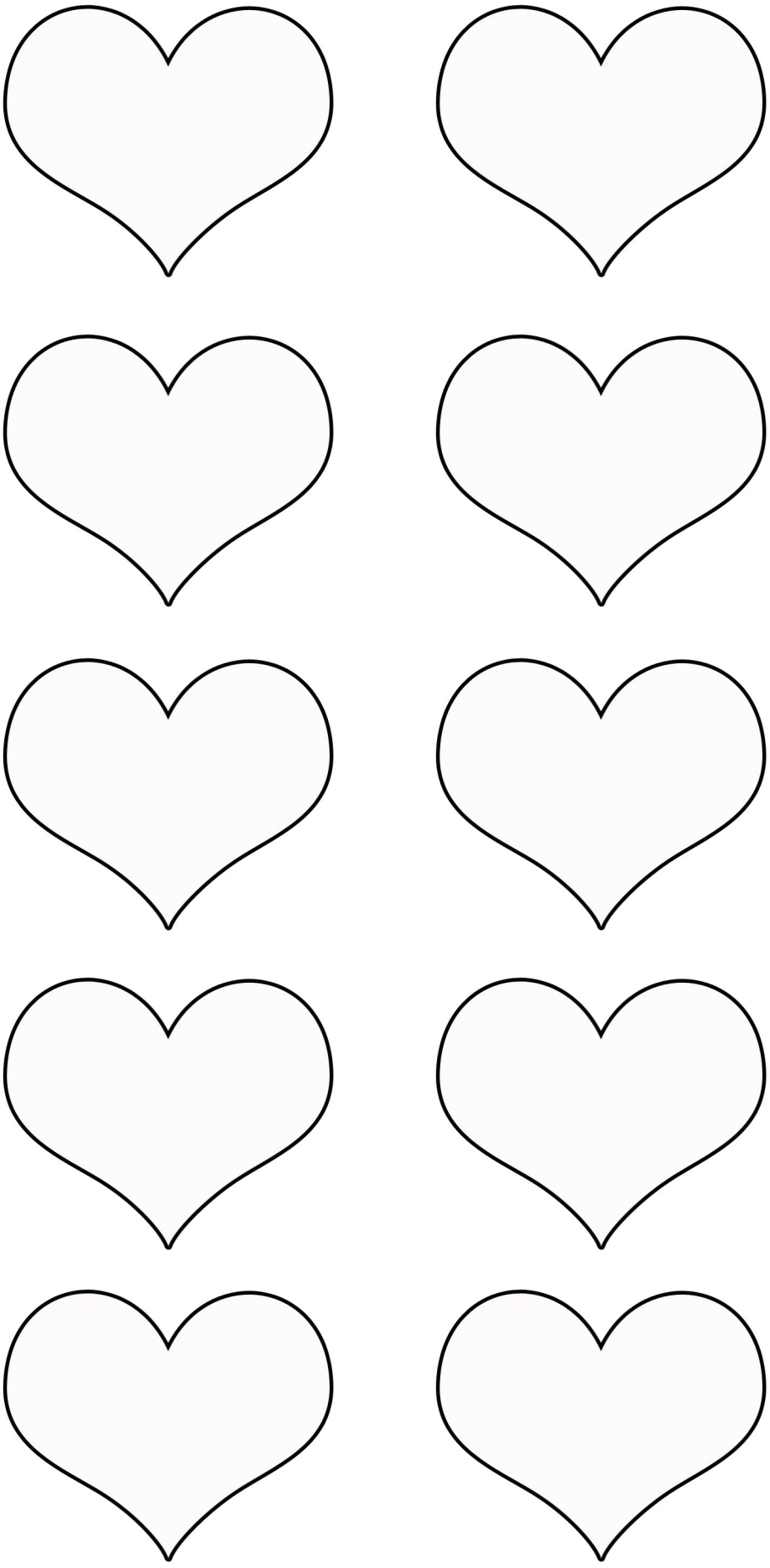
Good people out of the good treasure of their hearts bring forth what is good; evil people out of the evil treasure of their hearts bring forth what is evil. Out of the abundance of the heart the mouth speaks. (Luke 6:45; Matthew 12:35) In the Word, the heart means our will, and this is the source of our thinking and speaking." See *Doctrine of Life* 51

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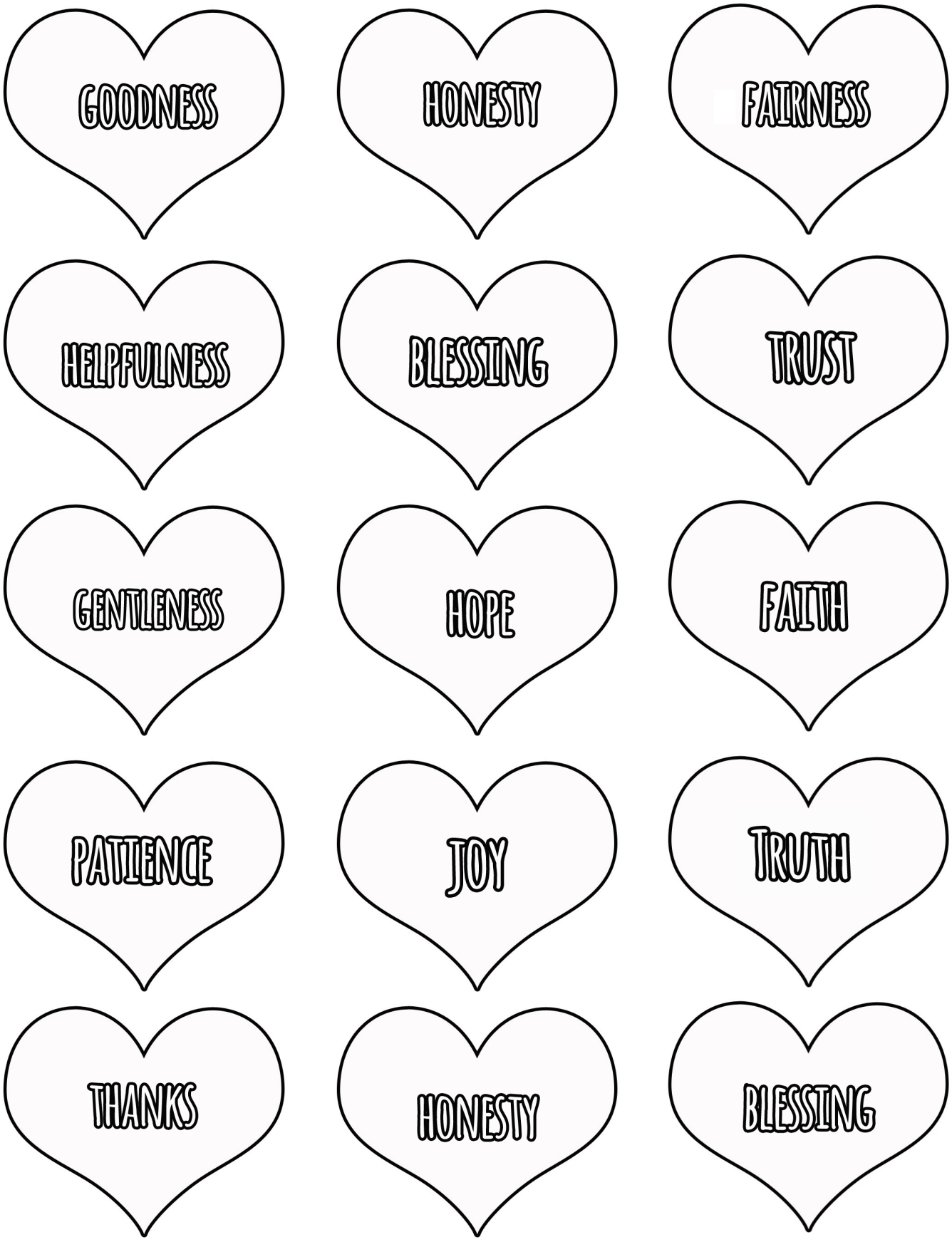
Word Bank

Blessing
Compassion
Fairness
Faith
Forgiveness
Generosity
Gentleness
Goodness
Helpfulness
Honesty
Hope
Joy
Kindness
Love
Patience
Peace
Thanks
Trust

Or use symbols such as smiley faces, peace signs, etc.



Scratch Off Heart Templates



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