

## It's What's on the Inside that Counts (1 Samuel 16:7)



When God looks at a person, He cares about who they are on the inside more than how they look. It seems like our world has this a little backward, judging people by their appearance. Through this lesson your class will learn that it's what's on the inside that counts.

**Bible Reference:** 1 Samuel 16:7

God cares about who we are in the inside, not outward appearances.

Read the following Bible verse: "But the Lord said to Samuel, "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." 1 Samuel 16:7.

*Say: God uses people no matter what they look like. The outside may be pretty but it's what's on the inside that counts. That means we should spend more time trying to be a good person than worrying about how we look. Just like an apple, the good stuff is on the inside.*

**Activity: Apple Craft** <https://nontoygifts.com/paper-roll-apple-core-craft/>

### **Activity: Beautiful on the Inside**

Before the Activity: Stand in a circle and give each child an apple to hold. Tip: If you don't want to use real apples, just give each child a red beanbag or red paper crumpled up into a ball.

During the Activity: You will say things that your kids can do to show inner beauty versus outer beauty. If the action you say shows inner beauty, then the kids will throw the apple in the air once and catch it. If it is outer beauty they will stay still.

1. A new Haircut. (outer beauty)
2. Helping a friend draw a picture. (inner beauty)
3. Reading the Bible. (inner beauty)
4. Showing off your new shoes. (outer beauty)
5. Not whining. (inner beauty)
6. Doing your chores. (inner beauty)
7. Hugging your mom. (inner beauty)
8. Taking care of your pet. (inner beauty)
9. Brushing your hair. (outer beauty)
10. Helping your sister play a game. (inner beauty)

When you are finished say: *There is nothing wrong with being beautiful on the outside. It's good to take care of yourself and make yourself look good, but it is more important to be beautiful on the inside.*

### **Activity: Apple Toss**

Before the Activity: Use tape to draw a starting line on the ground. Set three baskets out at various differences from the starting line. Use apples (red beanbags or crumpled up red paper) as the ball.

During the Activity: Give each child an apple and have let them take turns trying to make it into each basket.

Say: *Today we learned that it's what's on the inside that counts. As each of you takes a turn at the apple toss cheer them on. Try to think of something kind and encouraging that you can say to them. God wants you to be a kind and loving person so let's be kind and encouraging today!*

## Snacks

Have apple slices for snack. Ask your child to tell you why the apples are so good. Then ask them to tell you how people are good. Apples are perfect for snack time because most children love them! They're healthy, and delicious!

### Apple Snack Activity For Kids

This snack is a fun twist on the idea of making pizza but uses apple slices instead of bread. You can certainly get creative with your own unique combinations.

#### Ingredients:

- Apples
- Peanut Butter (if you have allergies in your classroom or home, you can substitute another nut butter, sunflower seed butter, or cream cheese)
- Assorted toppings - we used raisins, shredded coconut, mini chocolate chips, and crisped rice cereal.

#### Assembling

Prepare the base of your pizzas ahead of time by cutting the apples horizontally so that you have circular slices. Carefully remove any core and seeds. You can do this step ahead of time and store your slices in the refrigerator sprinkled with a few drops of lemon juice to prevent browning.

Fill small cups with a small portion of each topping for each child.

At snack time, spread a thin layer of peanut butter (or your chosen spread) on the apple slice. This part is best done by an adult but can be done by older children with supervision.

Present each child with their apple slices and small cups filled with each topping. Invite them to top their own "pizza". Make sure everyone has washed their hands well first!

## Apple Muffins

Apple spice muffins - three ingredients!! Delicious and easy! Very easy and quick apple spice muffins. Uses only three ingredients that you usually have at home!

### Ingredients

- 1 apple (peeled and diced)
- 2 cups apple sauce
- 1 box Spice cake mix

### Instructions

1. Preheat oven to 350 Fahrenheit.
2. Peel and chop apples so they are about 1/4 inch pieces. You don't need to be exact!
3. Add chopped apples and a big teaspoon of dry cake mix into a bowl. Stir to cover apple bits. Set aside
4. Add 2 cups of apple sauce to cake mix. I used a mixer to combine well. About 2 minutes on medium.
5. Add the cake mix coated apple bits to the dough.
6. Stir together.
7. Spray your muffin tin with cooking spray (or use paper muffin liners).
8. Scoop a large scoop of dough into each muffin well. To about 3/4 full.
9. Makes 12 nice sized muffins.
10. Bake for about 18-20 minutes, until toothpick comes out clean.

### Notes

These are great served warm with a scoop of ice cream!

## **Mirror Activity**

Before the Activity: You will need a mirror. Have the class sit in a circle with you.

During the Activity: Say: *When you look in this mirror, you are going to see someone that God loves very, very much. Let each child look in the mirror. You see someone who is beautiful on the outside. But how can we see your beauty on the outside? When you are kind and loving you show beauty on the inside. When God looks at you He sees the inside.*

## **Stem Activites**

Link to Stem activities using apples: <https://www.naturalbeachliving.com/apple-science-experiments/>