



# BeBeautiful

## BeSpace activities to bring a sense of identity and inner beauty to your life...

Christians believe that God wants them to become more like him and that he will help them to change for the better. Sadly, people judge people by what they look like on their outside e.g. your skin colour or hairstyle, the clothes you wear, if you have money, and the friends you have. Christians believe that God looks at the person on the inside and that beauty comes from him and from within. This encourages Christians to want to change, to become more like God, in the way they respond to different situations – to not judge, to be patient, peaceful, gentle and loving etc...

### 1. Transforming Pennies



Can you find a dirty penny or a two pence piece? The dirtier the better. Our lives sometimes can be a bit like the coin. Made dirty and tarnished by the wrong things we do that we wish we hadn't done – or by the things that have hurt us.

Christians believe that if they ask Jesus for help, that he will help them to become more like him and take away the dirt and the pain. That He will change their lives – for good.

Make a mixture of 1 tablespoon of salt and half a cup of vinegar in a lidded container. Think about something that you know that you have done wrong or that has hurt you. Drop your coin into the mixture, close the lid tight and give it a shake. After a few minutes carefully take your coin out of the mixture and put it into a glass of fresh water to wash the salt and vinegar solution off. What does your coin look like now? Hopefully nice and shiny! You have transformed the coin in a way that symbolises how Christians believe God transforms their lives. Put your coin somewhere safe, where you will see it every day as a reminder that Jesus could change your life... you just need to ask him for help.

### 2. Popcorn Kernels



Christians believe that God never leaves them and is always there in times of change and challenge. They believe that God sent his Holy Spirit to help them in all sorts of different ways. Sometimes we can have a hard heart to what God wants to do with our lives. We might not want to do something, like being a good friend to someone, or perhaps we have a wrong attitude about something.

Do you have any popcorn kernels? If you do, have a look and feel of them. *What are they like?* They are actually very hard. *What happens when you heat the kernels up?* If you can, heat up your popcorn kernels. *How have they been changed?*

The heat helped to transform the hard kernels into something we'd like to eat... well most of us! Without the heat nothing would have happened. In the same way, we can ask God to help us. His power can help us to do more than we ever could alone – something that might be very useful to remember when we are facing changes or challenges in our lives! God does not leave us alone and His power can help and can even change us!

### 3. Playdough or Putty creations

Christians believe that God is a good creator and designer and can mould them into being more like Jesus, if they ask him to help them. It's a bit like an artist tweaking their design, creation or masterpiece to make it even better. Try making a model of yourself with play dough or putty. While you do this reflect on or pray to God about an area of your life that may need to change and ask God to help you change.



#### 4. Litmus paper challenge

In times of peer pressure and social expectations, it can be really hard for children and adults to feel like they are valued for who they are. Christians find it helpful to know that God looks at us through different eyes and sees our value and gifts – even when others don't.



For this activity you will need litmus paper (can be bought online for 99p) plus various liquids safe for children to touch e.g. washing up liquid, milk, hand soap, lemon juice, different drinks, vinegar etc... For each liquid you have, dip the litmus paper into it. See what happens.

**Q: Could you tell what colour the litmus paper would change to, just by looking at the liquid?**

**Q: What can't you tell about a person just by looking?**

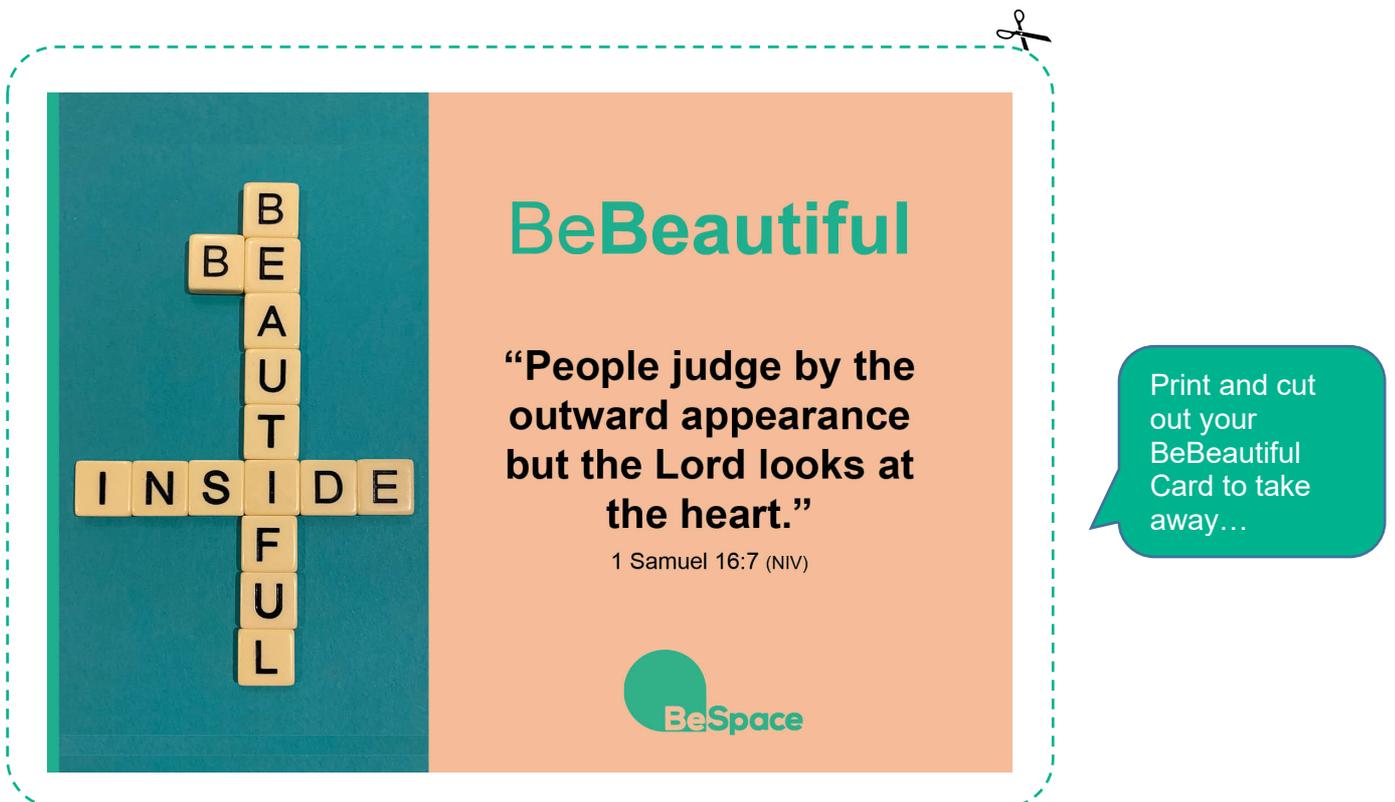
**Q: What would someone know about you by just looking?**

**Q: What does it mean to look at the heart?**

**Q: What would you like God to see in your heart?**

Each liquid has a different PH level and will change the colour of the litmus paper. You don't know what colour the paper will turn to until you test it. You can't judge by what you see on the surface. That's often the same with people! Reflect or pray about what you would want God to see in your heart and ask God to help you to see other people's hearts, rather than judging them by their appearance.

(Activity #4 was adapted from Flame Creative Kids: [flamecreativekids.blogspot.com](http://flamecreativekids.blogspot.com))





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**“People judge by the outward appearance but the Lord looks at the heart.”**

1 Samuel 16:7 (NIV)



Print and cut out your BeBeautiful Card to take away...