



# What Does the Heart Say?

Life Sunday Children's Message

**Bible verses:** Isaiah 40:2a "Speak tenderly [*speak to the heart*] to Jerusalem." Luke 1:47 "[A]nd my spirit rejoices in God my Savior."

**Materials:** Three rather large hearts cut out of poster board: One with a smiley face, one with a sad face, and one with a sad face and prominent tears coming from the eyes.

We all have a heart! Put your hand over your heart. Sometimes we use the word "heart" to tell how we feel. For example, we can have a Happy Heart! **[Hold up smiley heart.]** That makes us smile. Smile everyone, be happy!

Sometimes when we do something wrong we have a Bad Heart. **[Hold up sad face without tears.]** We feel bad because we know we should not have done that. Show me what you look like when you feel bad.

Sometimes when things go wrong or our pet dies or our grandpa dies we have a very Sad Heart **[Hold up heart with tears.]** Let's all look sad and pretend like we are crying.

Does God want us to have Sad Hearts? **[Hold up Sad Heart.]** No! Does God want us to have Bad Hearts? **[Hold up Bad Heart.]** No! Does God want us to have Happy Hearts? **[Hold up Happy Heart.]** Yes!

Because God wants us to have Happy Hearts, the Bible says that God speaks to our hearts. When we have a Bad Heart, **[Hold up Bad Heart.]** God speaks to our hearts and says, "I am God your Savior. I love you. I sent Jesus to die for you. I forgive you the bad things you do. Be happy and do better next time."

When God speaks to our Bad Hearts we can have Happy Hearts **[Hold up Happy Heart.]** and our hearts can speak to Him, and what does the heart say, "My heart rejoices in God my Savior." Say that with me, "My heart rejoices in God my Savior."

When we have a Sad Heart, **[Hold up Sad Heart.]** God speaks to us and says, "I am God your Savior. I love you. Jesus rose from the dead for you. He is with you. He will help you feel better. He can give you a happy heart once again."

When God speaks to our Sad Hearts, we can have Happy Hearts **[Hold up**



**Happy Heart.]** once again and our hearts can speak to Him, and what does the heart say? "My heart rejoices in God my Savior." Say it with me again. "My heart rejoices in God my Savior."

I think you are catching on! Let me see if I'm right.

When God speaks to our hearts, what does the heart say? **[Coach them a little.]** "My heart rejoices in God my Savior."

When God speak to bad hearts, **[Hold up Bad Heart.]** what does the heart say? "My heart rejoices in God my Savior." **[Hold up Happy Heart.]**

When God speaks to sad hearts, **[Hold up Sad Heart]** what does the heart say? "My heart rejoices in God my Savior." **[Hold up Happy Heart.]**

Put your hand over your heart again. When God speaks to *your* heart, what does the heart say? "My heart rejoices in God my Savior." **[Hold up Happy Heart.]**

When God speaks to the hearts of all the people here **[Motion to congregation.]**, what does the heart say? "My heart rejoices in God my Savior." **[Hold up Happy Heart.]**

Yes, no matter what our hearts might feel like, whether they feel bad **[Hold up Bad Heart.]** or sad, **[Hold up Sad Heart.]** we have a God who is our Savior. We know He loves us. We know He forgives us. We know He will help us feel better.

Yes, no matter what, when God speaks to our hearts, what does the heart say? "My heart rejoices in God my Savior." **[Hold up Happy Heart.]**

Let's pray: Lord God, thank You for speaking to our hearts when they are bad and when they are sad and giving us happy hearts once again. Help us rejoice in You as our God and Savior. Use us to help others have happy hearts! In Jesus' name, Amen.

**[At your discretion, you may give them some heart shaped object—candy, cookies, a "Valentine," a heart with "Rejoice" printed on it, etc. Be creative!]**