

# Appearances

## UPPER ELEMENTARY LESSON PLAN

**Theme:** Outside Appearances Are Not Important

**Scripture:** Isaiah 53:2-3

**Memory Verse:** He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem. - Isaiah 53:3

## The Children's Sermon

Hey there, friends! Today, we're going to talk about something really interesting: Jesus' appearance. Now, when we think about Jesus, we often wonder what He looked like. Was He tall or short? What color were His eyes? Did He have long hair? But you know what? The Bible doesn't tell us much about Jesus' appearance. And there's a good reason for that.

The people who wrote about Jesus in the Bible wanted us to focus on something way more important than His looks. They wanted us to pay attention to His inner beauty - the kind and loving things He said and did, and His message of love and forgiveness. That's what really matters.

And that's Jesus' message to us, too. He doesn't want us to worry about what's on the outside—like the color of our skin, the clothes we wear, how short or tall we are, or how much money we have. Nope, Jesus wants us to focus on the inside stuff, the heart stuff.

So, let's talk about what focusing on the inside means. It means being kind, loving others, helping people who need it, and being a good friend. When we do these things, we're showing the world what Jesus is like. We're showing them Jesus' love through our actions.

Now, you might wonder, "How can I show Jesus' love?" Well, it's in the little things. Like sharing your toys, standing up for a friend, or saying kind words. Every time you do something good, you're giving people a little glimpse of Jesus' heart.

But here's something super cool: when we focus on showing love, we start to see people the way Jesus does. We won't care so much about what someone looks like on the outside because we'll be too busy loving them for who they are on the inside. And guess what? That makes us feel happy and full of joy, too!

Now, I want to tell you a story about a time Jesus showed love. There was a man who couldn't see, and back then, people thought if you had something like that, you did something wrong. But Jesus didn't see him that way. Jesus saw his heart and knew he needed love and healing. So, Jesus healed him, showing everyone around that it's not about what's on the outside but what's on the inside that counts.

This story teaches us that Jesus' appearance isn't about how He looked. It's about His actions, His love, and how He saw people's hearts. And that's how He wants us to see people, too.

So, my challenge for you this week is to do one thing every day that shows Jesus' love. It could be a smile, a hug, a kind word, or even just listening to someone who needs a

friend. And remember, it's not about getting anything in return; it's about showing that love because that's what Jesus did.

Dear Lord, help us not to focus on the outer appearance of ourselves and others like the world does. Instead, help us to concentrate on how we look from the inside so that others will see You through us. Help us to see people the way You do and to love them with Your love. Amen.

## Bible Memory Verse

**He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem. - Isaiah 53:3**

You Will Need:

- Plain white paper
- Watercolor paints
- Paintbrushes

Get Ready:

- Gather all materials on a table covered with newspaper or a plastic sheet to protect the surface.
- Prepare small cups of water for the watercolor paints.

Do This:

1. Ask the children to think about the meaning of Isaiah 53:3 as they paint a portrait of what they imagine when they hear the verse. Encourage them to express the emotions of being 'despised', 'rejected', and 'in pain' through their artwork.
2. While they paint, discuss how Jesus felt these emotions and how He understands our pain and rejection.
3. After everyone has finished their painting, allow the children to share their artwork with the group, explaining the emotions and thoughts they tried to capture. Conclude by reminding them that Jesus loves and accepts us all, no matter what.

## Bible Interactive Experience

You'll Need:

- A variety of plain and decorative pots or containers (at least one per child)
- Seeds (flowers or easy-to-grow plants)
- Potting soil
- Watering cans or cups
- Bible or printed excerpt of Isaiah 53:2-3
- Decorative materials (stickers, paint, markers)
- Plant care instruction sheets

Get Ready:

- Arrange tables or workstations with materials spread out for easy access.
- Pre-print or have the Bible passage (Isaiah 53:2-3) available for reading.
- Prepare a short explanation of how a plant's growth from a plain seed relates to the scripture's message about outward appearances.

Do this:

1. Start by reading Isaiah 53:2-3 together, discussing the meaning behind the scripture, emphasizing that Jesus wasn't recognized for who He truly was because of His appearance.
2. Hand out the plain pots or containers to each child, explaining that these represent us - ordinary on the outside but with great potential within. Allow them to decorate their pots with the materials provided, encouraging creativity.
3. Once the pots are decorated, move on to planting the seeds. Guide the children through filling their pots with soil, planting the seeds, and watering them. As they work, discuss how, like the seeds, our true worth and potential are not always visible from the outside.
4. Conclude by handing out the plant care instruction sheets and explaining that just like these plants need care and time to grow, our inner qualities and faith need nurturing too. Encourage them to place their pots somewhere they'll see daily as a reminder of the lesson.

## Snack Activity: Hidden Treasure Cakes

You'll Need:

- Cupcake mix and necessary ingredients (eggs, oil, water)
- Frosting (preferably green to symbolize life)
- Small, clean, plastic trinkets (to represent the hidden value in each of us)
- Cupcake liners
- Mixing bowls and spoons
- Oven and cupcake baking tin

Get Ready: Preheat your oven according to the cupcake mix instructions. Prepare the cupcake batter as directed on the package.

Do this:

1. Before filling the cupcake liners with batter, place a small plastic trinket at the bottom of each liner. Remind the children that just like the trinket is hidden and not immediately visible, the worth and value of a person is not always seen from the outside. This relates to Isaiah 53:2-3, where it describes that Jesus did not come in an outwardly glorious form but was of humble appearance.
2. Fill the liners with batter, covering the trinkets, and bake according to the package instructions. While the cupcakes are baking, discuss with the children how people often judge by appearances, but God looks at the heart.
3. Once the cupcakes are done and cooled, have the children frost them. As they eat their cupcakes and discover the hidden trinket inside, reinforce the lesson that what's inside us is more important than outward appearances, and that everyone has value and worth in the eyes of God, just like Jesus did.

## Game Activity: Hidden Treasure: The Unseen Value

You'll Need:

- A variety of boxes or envelopes
- Small prizes or tokens (stickers, stamps, etc.)
- Printouts of Isaiah 53:2-3

Get Ready: Place a small prize or token inside some of the boxes or envelopes, leaving others empty. On the outside of each container, attach a different appearance descriptor (e.g., 'shiny', 'plain', 'colorful', 'dull'). Scatter these around your play area, making sure there's a mix of 'valuable' and 'valueless' appearances. Prepare a discussion area with the printouts of Isaiah 53:2-3.

Do this:

1. Invite the children to explore the play area and choose a box or envelope based solely on its appearance. Emphasize that they should pick the one they're most drawn to visually.
2. Once everyone has chosen, gather in the discussion area. Allow each child to open their chosen container and discover if there's a prize inside.
3. Read Isaiah 53:2-3 together and discuss how this Scripture relates to the activity. Highlight that just as some unassuming boxes contained treasures, the passage describes someone who was overlooked and undervalued by appearance but held immense value. Encourage a conversation about not judging by appearances and recognizing the worth in everyone.

## Craft Activity: The Unseen Beauty Flower Pot

You'll Need:

- Plain terracotta flower pots
- Paints and paintbrushes
- Permanent markers
- Potting soil
- Seeds (flowers or herbs)
- Isaiah 53:2-3 printed on paper

Get Ready: Print out Isaiah 53:2-3 on paper and cut it into strips. Each child should have one strip. Gather all materials on a large table, making sure there are enough pots, paints, and brushes for each child.

Do this:

1. Start by discussing Isaiah 53:2-3, focusing on how Jesus was not recognized for who He truly was because of His appearance. Emphasize that true beauty and value come from within, not from how we look on the outside.
2. Give each child a plain terracotta pot. Ask them to paint the pot however they like, encouraging them to express the beauty that comes from within. While they paint, discuss how our actions and character can reflect Jesus' love and beauty to others, even if we're like the 'tender shoot' or 'root out of dry ground' mentioned in Isaiah 53:2.
3. After the pots dry, have the children use permanent markers to write Isaiah 53:2-3 on their pots. They can also write or draw something that represents inner beauty or a quality of Jesus they admire.
4. Fill the pots with soil and plant seeds in them. As they plant, remind them that just like these seeds, what's inside us can grow into something beautiful and impactful, even if it's not immediately visible on the outside. Finish by praying together, asking God to help us see and nurture the beauty within ourselves and others.

## Prayer Activity: Heart Gardens: Seeing Beyond the Outside

You'll Need:

- A Bible or printed copy of Isaiah 53:2-3
- Plain white paper (one per child)
- Coloring markers or crayons
- Seeds (any kind, but small ones like mustard seeds are great for the metaphor)

Get Ready: Read Isaiah 53:2-3 and reflect on its meaning about how Jesus was perceived by others and what true beauty and value are.



Do this:

1. Begin with a group discussion about what people value in appearances and the importance of looking at the heart, as God does. Use Isaiah 53:2-3 to guide the conversation.
2. Give each child a piece of plain white paper and ask them to draw two gardens: one that looks beautiful on the outside but is empty inside, and another that might look ordinary on the outside but is filled with flowers (representing kind deeds, love, faith, etc.) inside. Explain how this is similar to how people can appear one way on the outside but be very different on the inside.
3. Have the children share their drawings with the group and explain the meaning behind their gardens. Conclude by planting a seed in a pot as a class, discussing how, like seeds, the beauty and potential within us grows over time and isn't apparent from the outside. This can be a metaphor for how God sees and values us, beyond our external appearance.