

Faith Talk - Activity

"I Know Who I Belong To" — A Confidence Game

Theme: In 1 John 5:18-21, John reminds believers that they belong to God, that God keeps them safe, and that they can know this for sure. This activity helps kids practice the confidence of knowing they belong to God's family and are kept safe by Him.

What You Need:

None required (optional: a soft pillow or blanket, and a small treat/sticker as a "true prize")

How to Play:

Set the Scene: Explain that sometimes people try to trick us or tell us things that aren't true — like a "fake prize" versus a "real prize." Today we're practicing how to know the difference and stay confident in what's true.

The "True or Fake" Game: One person hides behind a couch or around a corner and calls out two options in a silly voice — one true, one obviously false. For example: "I am a fluffy kitten!" vs. "I am (child's name)'s mom/dad who loves you!" The child has to shout out which one is TRUE and run to give that person a hug.

Take Turns: Let each child have a turn being the "voice," making up their own silly true/false pairs (about family members, pets, or things they know for sure).

Add the "Kept Safe" Twist: After a few rounds, have the "hider" pretend to be something scary or unsafe (a monster, a wolf) — the child should confidently say "That's not real!" or "I'm safe with my family!" instead of playing along.

The Point:

Just like the kids in this game learned to recognize truth from pretend and ran toward what was real and safe, 1 John 5 reminds us that God's children can be confident about who they belong to and that God keeps them safe from things that try to trick or harm them.

The goal isn't fear of "the fake stuff" — it's confidence in what's true: I belong to God, and He keeps me.

End by having each person say out loud, "I belong to God's family, and I am kept safe"