

IDENTITY IN CHRIST

1ST GRADE

OBJECTIVE

Help your child understand that their identity comes from God, not from what they do or what others say.

WHAT TO KNOW

First graders are starting to notice what makes them unique. They may compare themselves to others, feel pressure to fit in, or want to be liked. This is a great opportunity to show them that their value isn't based on how they perform, what they look like, or how many friends they have—it's based on who God says they are. They are fully known and deeply loved by their Creator.

Your words as a parent matter deeply in this season. When you speak God's truth over them—that they are chosen, forgiven, loved, and created with purpose—you help shape their self-image. Remind them often that they don't have to earn God's love or try to be someone else. They belong to Him just as they are. Learning this now helps them build a foundation of confidence that can carry them through the rest of childhood and beyond.

TRUTH FROM THE BIBLE

Therefore, if anyone is in Christ, the new creation has come. The old has gone, the new is here! 2 Corinthians 5:17 NIV

When we believe in Jesus, we are made new. That means our identity is no longer based on what we do or what others say—it's based on who God says we are.

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. Ephesians 2:10 NIV

We are God's masterpiece, made on purpose and with purpose. He created us to do good things and reflect His love in the world.



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TALK ABOUT IT

- What makes you special?
- Who does God say you are?
- Are there times when you forget how special you are to God?
- What are some things God says are true about you?
- How do you feel knowing that you belong to Jesus?
- What can you do when someone says something that hurts your feelings or makes you feel left out?

LIVE IT OUT

Make a fun craft using a mirror to help your child remember who they are in Christ. Write Child of God across the top of the mirror, and let your child decorate it with encouraging words or drawings that reflect how God sees them—like loved, chosen, kind, or made on purpose. Hang the mirror where they'll see it often, like on the bathroom mirror or bedroom wall, as a reminder that their identity doesn't come from what others say, but from who God says they are.

You can also go on a Truth Walk together. While walking around your neighborhood, take turns speaking God's truth over each other—simple statements like You are loved, You are forgiven, You are God's masterpiece, or You belong to Him. These moments will help your child connect their everyday life to their true identity in Christ in a way they'll remember.

PRAY TOGETHER

Ask God to help your child remember their identity in Christ and to live with confidence as someone deeply loved and created for a purpose.

"God, thank You for making me and loving me. Help me remember that I belong to You and that You made me to do good things. Amen."

