



ART CENTER - YOUR HEART

Have red construction paper folded in half. Show children how to **DRAW** an ear on the fold or trace the half heart pattern onto their paper.

CUT OUT the ear shape while the paper is still folded. Open up and it will be a heart.

Have each child **WRITE** his or her name on one side of the heart. On the other side, **WRITE:**

Do not let your heart be troubled; believe in God, believe also in Me. John 14:1

To help children memorize and internalize the verse, **SING** along with the song “Do Not Let Your Heart Be Troubled” on the video. After the children have sung it a couple of times, have each family member **SPEAK** his or her own name after the phrase, “Do not let your heart be troubled, _____.” **REPEAT** this phrase for each family member before finishing the song together.

Remind all that we do not need to be “troubled” (sad or afraid or worried) when we believe in Jesus, because He is always with us and cares for us.