**Condiment Creations**

**Topic: You are fearfully and wonderfully made**

**Bible: Psalms 139:14**

Supplies:

* A variety of summer time picnic condiments in squeeze bottles: ketchup, mustard, mayonnaise….

Directions:

1. Using the usual summer time condiments as “styling mousse” people will be creating the best hairstyles on their friend.
2. Ask students to volunteer with a friend for a creative upfront game.
3. Select a few pairs, as many as you like.
4. It might be a good idea to have a couple guy-guy teams, and girl-girl teams.
5. Once the partners are up front, ask which one is the most creative.
6. The person who is most creative will remain standing, while the other one has a seat.
7. Once they are in position, hand each standing person a couple of the condiments and explain the game.
8. They will have 2 minutes using the condiments to create the best and most creative hairstyle on their seated partners.
9. Give points for color, height, originality, etc…

Say: Okay that was really creative work everyone! That is actually kind of what we want to talk about today- creativity.

Ask:

* How creative do you think you are?
* What are the ways that you are most creative?

Say: Everyone is creative in some way or the other, even if we don’t think so. Sometimes our creativity isn’t even typical ways like art or music. Some of us are creative in how we play sports, or how we think about things like math and science. That is the way God as the CREATOR has created us. Listen to this verse…

Read: Psalms 139:14

I praise you because I am fearfully and wonderfully made; Your works are wonderful.

Say: Isn’t that an interesting verse? It uses the word “fearful” and “wonderful” to describe how God has made us. The condiment creations today were little scary, but is that really what this verse means…

Ask:

* What do you think it means to fearfully made?
* Do you ever look in the mirror and praise God for how you look?
* If there was one thing you could change about yourself, what would it be?
* Why is it important for us to remember that we are God’s special, wonderful creation?

Say: God took the plain and ordinary and made it wonderful when He created us. We need to look at ourselves through His creative eyes of love! We need to look at ourselves with awe and respect…that is what “fearfully made” means.

Close in prayer.