



TODAY'S TOPIC:
Judging by Appearances
 You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Can you know how good a book will be

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> ● Salt ● Sugar ● Regular and hardboiled egg ● Optional: geode ● Optional: books 	<ul style="list-style-type: none"> ● Put sugar in a salt shaker and salt in a sugar bowl ● Hardboil an egg 	<p>Know that you cannot really understand or know the worth of something if you look only at outside appearances.</p>

SHOW: Show salt shaker and sugar bowl. (Note: there is sugar in the salt shaker and salt in the sugar bowl.) Ask if anyone would like a small taste. Talk about which is which. What made you think there was sugar in the bowl and salt in the shaker?

ASK: Every day we make choices and decisions and judgements based on how something looks. But how something looks is not the whole story.

SHOW: Hardboiled egg and regular egg. Can you tell which one is hard boiled just by looking? What you see on the outside does not always tell you what's on the inside.

ASK: Has anyone ever made a judgement about you because of how you look? What if I really don't like the color blue, and I think everyone who wear's blue must be dumb because I think blue is a dumb color. Is that fair?

ASK: Does how someone looks tell you about how kind they are, what their talents or skills are?

SAY: It is normal to notice how something looks, but

- Looks can be deceptive.
- The value or worth of something or someone may not be related to how it looks.
- You may not know the whole situation and need to take a deeper look.

SHOW: Geode – rock side first cupped in your hand. What do we notice about the outside? Now show the inside. What do we notice about the inside? If you judged only by the outside you would miss some cool things about this rock.

SHOW: Books. What are some of your favorite books? Did what's on the cover make you want to read the book? Would the book still be as good if it had a plain cover?

SAY: There is a famous saying “Don't judge a book by it's cover.” That means don't judge something or someone by how they look. And that's is our affirmation.

AFFIRMATION: I will not judge a book by it's cover. X4

AFFIRMATION –I will not judge a book by it's cover. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .