

Heart Cookies

Note: This activity uses the same supplies as the taste test in the lesson introduction, except for salt.

Materials

- ☐ Heart-shaped, plain cookies, one per student (or more—see Option in the Instructions below)
- ☐ Frosting (store bought or homemade)
- ☐ Cookie decorations (e.g., sprinkles, mini chocolate chips, decorative icing, etc.)
- ☐ Plastic knives, one per student
- ☐ Paper plates, one per student
- ☐ Bowls for frosting and decorations, several per table/group
- ☐ Optional: cups and drinks/water
- ☐ Optional: small plastic bags

Instructions

Place a cookie for each student on a plate along with a plastic knife. Divide frosting in bowls for every 4–6 students. Divide and place cookie decorations on each table.

Direct students to use the knives to spread frosting on their cookies then decorate. Encourage them to be creative and use the cookies as a reminder of how God looks at the heart. If time, have students show their finished cookies to the class before they eat them with their drinks/water.

Option: you may want students to decorate two cookies, one for them to eat and one for them to give away. Bring plastic bags for students to take the extra cookies home.

Suggested Discussion

In the taste test at the beginning of the lesson, we learned that we can't always judge things by their outward appearance. One of the cookies had extra salt, which ruined its taste even though it looked good on the outside. The cookie that wasn't nicely decorated was the one that tasted the best. Those cookies remind us how God looks beyond our outward appearance to our heart. He wants to see a heart that loves and obeys him. That's why he chose David rather than any of his older brothers to be the next king; he knew that David had a heart that desired the same things as God.

As you decorate and then eat your cookies, pray that God will give you a soft, obedient heart like David.