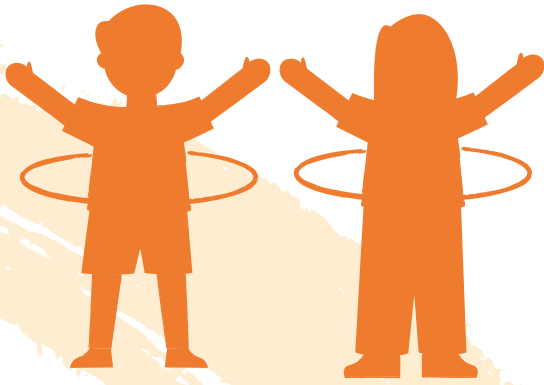


# Thoughts on Inside Out



What can someone tell about you from looking at you? Your height, the colour of your hair, eyes, skin? Maybe what you like wearing? They wouldn't be able to know what is going on inside of you – your thoughts and feelings – unless you speak or act, bringing your **inside out**.

## The Bible says

'God does not see the same way people see.

People look at the outside of a

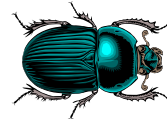
person, but the Lord looks at the heart.' *1 Samuel 16:7*

'Guard your heart above all else, for it is the source of life.' *Proverbs 4:23*

'You know my thoughts before I think them. Even before I say a word, you already know what I am going to say.' *Psalms 139:2,4*

*What do you think about these verses?*

## Fact



To evert means to turn something inside out. Some animals have skeletons, called exoskeletons, on the outside of their body instead of the inside. Insects, spiders and shellfish are some of these animals.

## Idea



The phrase 'to know something inside out' means to know it thoroughly, completely.

Who knows you inside out?

Do you let people know you inside out? Do you share how you are feeling? Sometimes it's easy to communicate what is going on inside us – we can't help but smile when we are happy. Sometimes it's harder to share how we feel, especially with difficult feelings. But if we keep those feelings **inside** us, they can start to get bigger and hurt us. They need to be let **out**!

## Do

Find or draw a shell. As you hold it, think about what can be seen on your outside and what can't be seen on your inside. How can you bring your inside to the outside?

## Pray

Thank you for our insides and outsides. Help us to share what is inside us when we need to, with people who care for us.