

Adventures with GOD!

MY FEELINGS ARE A GIFT FROM GOD (B.3.WINTER.5)

Biblical Reference	Psalm 139:1-4, various texts in Matthew
Key Verse	Psalm 139:1
Key Concept	My feelings and emotions are a gift from God that help me to express what I feel.
Educational Objectives	At the end of the class today, the children will be able to: <ol style="list-style-type: none"> 1. Name different emotions they experience and the events that cause them. 2. Demonstrate how feelings can be expressed in good ways and bad ways. 3. Explain how God helps us to express our emotions in a way that doesn't hurt others.

Life Application

Our feelings/emotions are a gift from God. Many people are fearful of their emotions. Sometimes they don't know how to express what they are feeling, or they are scared to express what they truly feel. But God made us with emotions, and we can see that even Jesus demonstrated emotions when he was on earth. Our emotions are a gift, and we need to know how to express them in a way that doesn't hurt others.

Possible Activities and Class Plan

Activity	Materials	Time
My GROW Adventure	GROW Adventure materials	5 minutes
Opening Prayer	Candle	1 minute
Bible Reading	Bible	5 minutes
Game	Cards	15 minutes
Bible Exploration	Mirror, gift, signs, illustrations, Bible	10 minutes
Craft	See instructions	15 minutes
My GROW Adventure	Review	5 minutes
Closing Prayer	Candle	1 minute

Adventures with GOD!

INSTRUCTIONS

My GROW Adventure with God Weekly Review: As children enter, take time to have them reflect on their adventure with God booklets, and either discuss or use art materials to express their journey during the past week. You may wish to add any art work, written poems, prayers or songs to a GROW wall in the room. You can find my GROW Adventure with God materials at CovChurch.org/children/adventures-with-god.

Opening Prayer: Gather children around a candle. Light the candle, and explain that we are entering into a special time with God. Encourage the children to hold their hands out in front of them, palms up, as a sign they are ready to receive what God has for them today.

Prayer Example: Lord God, thank you for making us, for loving us, for forgiving us, and guiding us. We know you are here with us right now. As we enter into your word, the Bible, help us draw close to you, to understand and to listen to what you have to say to us. Amen

(For safety sake, you may wish to extinguish the candle after the prayer.)

Bible Reading: Explain that as we read the Bible, we do that first to spend time with God. Children can remain with hands out stretched, palms up, to receive the word as it's being read. Alternatively they can be invited to draw what they hear. Read Psalm 139:1-4 two times, and ask children to respond.

Question Examples: What did you notice in this passage? How does it make you feel? Was there anything you would ask God about that you didn't understand or was confusing? Is God saying anything to you through the passage?

Game: Using the illustrations on pages 5-6, copy and cut out so that there are two of each facial expression. Place them face down. Children take turns flipping over two cards to find matching expressions. If a child finds a match they are given another turn. Find a way to involve all of the children.

Adventures with GOD!

Bible exploration: Pass a mirror around, and ask each child to make a face that expresses a certain emotion. Have them say what emotion they are expressing. When everyone has had a turn, ask them what they noticed about the different expressions. What were the different feelings or emotions that were expressed? Take out the gift box, and pull out a slip of paper with the word “Emotions.” Ask them what they’ve learned about how God created them. Are any of them completely alike? Do they all have the same abilities? Who is made in God’s image?

God has given us emotions so that we can express what we feel. Sometimes we are happy, sad, frustrated, satisfied, scared, etc. God knows our feelings. Psalm 139:1-4 says God knows everything about us. We don’t all feel the same thing at the same time, and we don’t always express our feelings in the same way. Ask them how they express their feelings: joy, fear, frustration.

Jesus experienced different emotions, and we can read many stories about how he expressed his feelings. Divide the children into three groups, and have them look at different emotions that Jesus experienced and expressed. Give each group one of the following Bible passages, and ask them what Jesus felt and how he expressed it:

Matthew 12:12-13

Matthew 9:35-37

Matthew 26:45-50

God wants us to learn how to express our feelings in a way that won’t hurt others. We are responsible for how we act. Have children give examples of good/positive ways to express sadness and anger and examples of negative ways. It is important to recognize our feelings and know that we can express them to God.

Craft: Ask each child to share an experience they had in the past week and how it made them feel. Using the illustrations on pages 7-11, have children choose a copy of one that best fits how they feel. Or they can use the blank face to create something different. Have different materials available for the children to color/decorate their illustrations like markers, buttons, yarn, etc. Encourage them to use their creativity!



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Today's GROW Adventure with God Review:

G=God's Word: What is the story? (Give children an opportunity to express their understanding of the story).

R=Relationships: Is there anything in today's Bible story that shows us how we should or shouldn't share God's love with others? (Remind children that sometimes God uses the stories of the Bible to show us how we shouldn't act toward God or others. Give children a chance to consider how we might show God's love instead).

O=Outward Action: Is there anything in the Bible story that shows us how we should help or serve God or others? Explore concrete ways the children could live this out in the coming week.

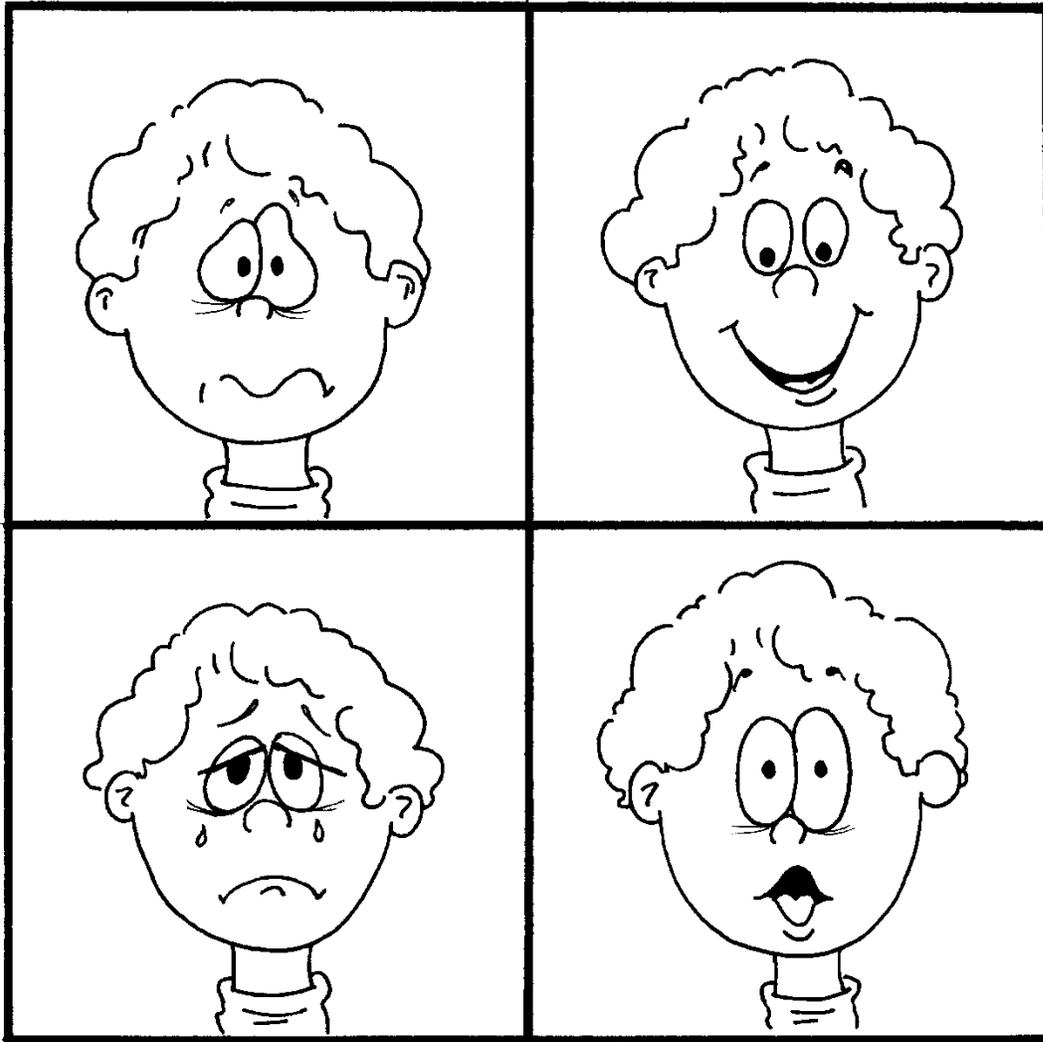
W=Worship: Is there anything in the Bible story that shows us how we should accept God's love for us and others? Ask: How do you feel about God? What would you like to say to God?

Closing Prayer: Gather children around the candle again. As you light the candle explain that the flame is something that is present in the light and the darkness. The candle reminds us that God is always with us. Is there anything anyone wishes to say to God? After children have responded, close the prayer time.

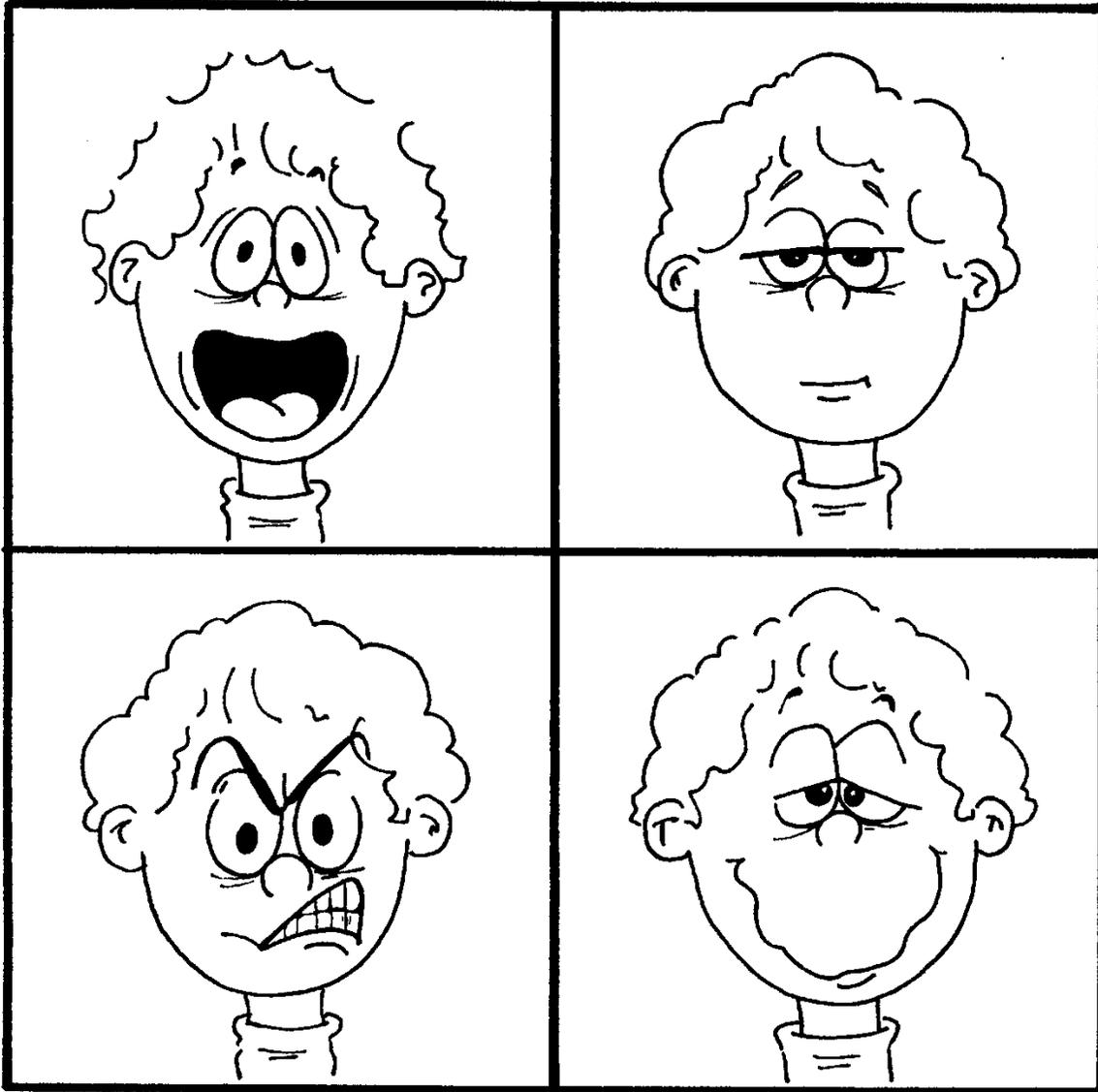
Prayer Example: Lord God, we thank you that you are always with us and always love us. It's good to be with you. Thank you for what we have learned today. Thank you for being with us and for teaching us through the Bible. Help us to remember what you have taught us today and to live it out when we leave. Amen

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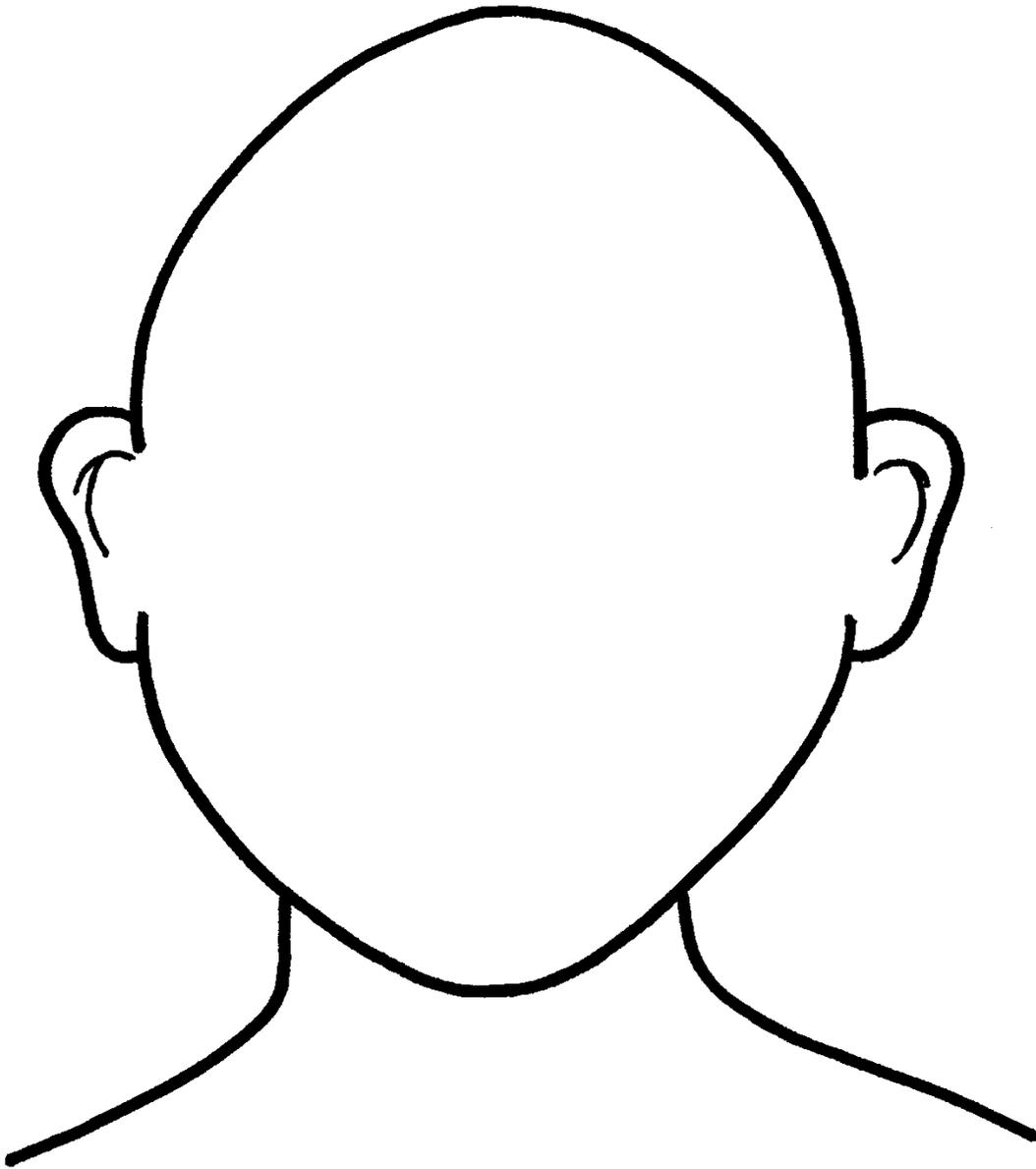
MEMORY GAME



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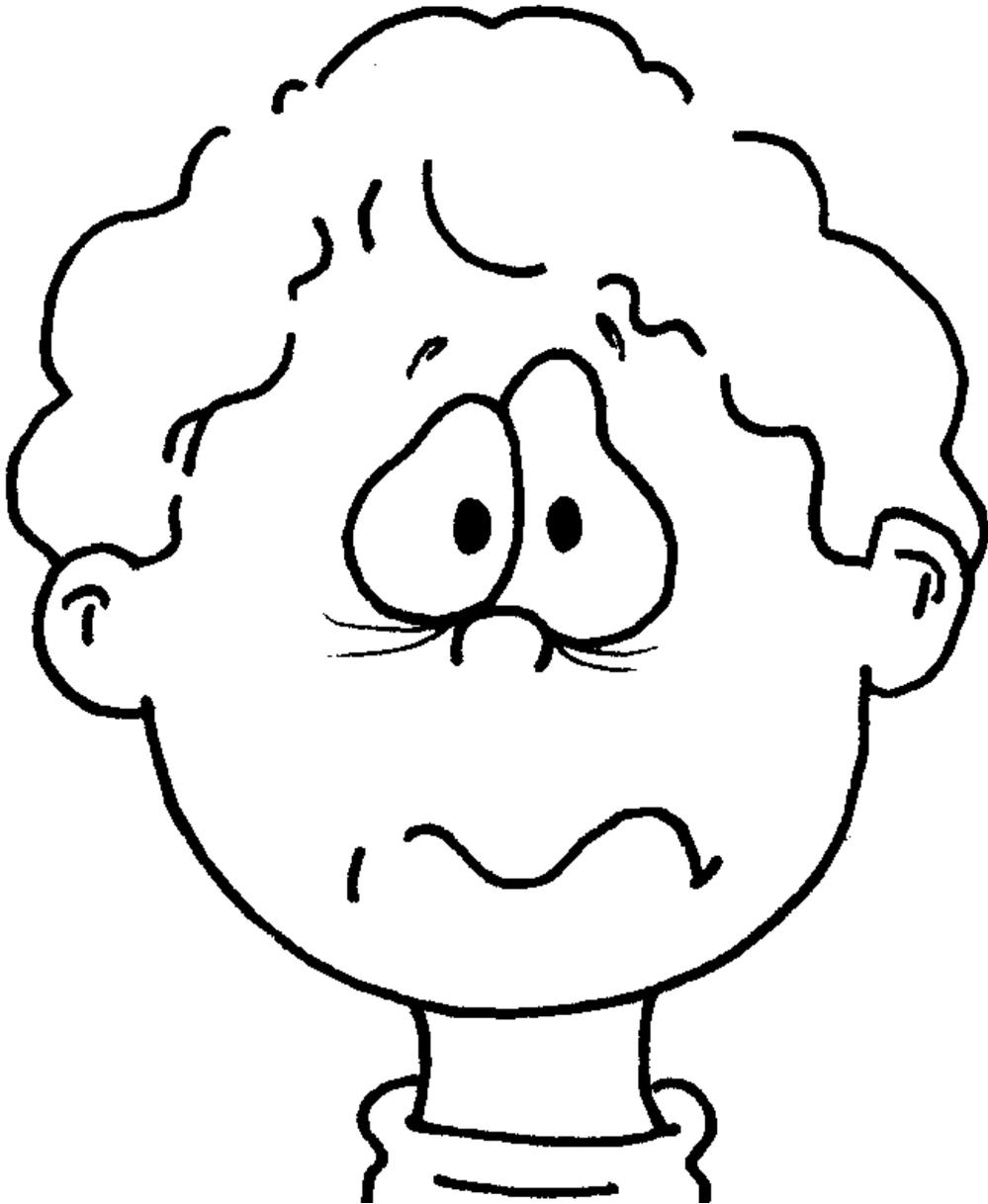
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ILLUSTRATION

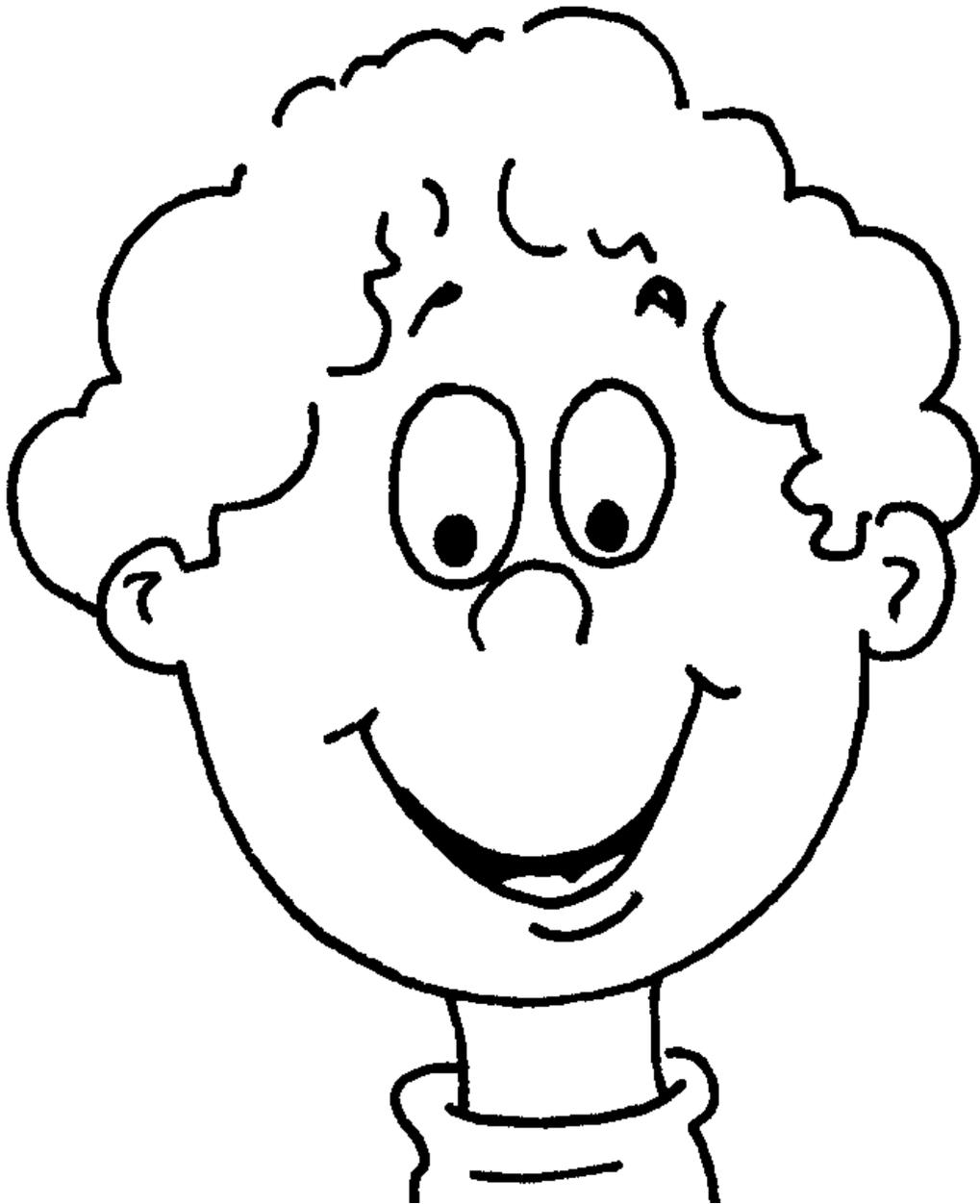
I feel...



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ILLUSTRATION

I feel...



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I feel...



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I feel...

