



SMALL GROUP LEADER GUIDE

EMOTIONS
WEEK 1 | FEEL SAD

Small Group Welcome

1. **Introduce** yourself, and **welcome** new kids by name.
2. Kids **share** what happened during the past week.
3. **Check up** on past week's prayer requests and events.
4. **Discuss** the welcome question: **What would you put on the perfect sandwich?**

Small Group Activity

You'll Need

Per Kid	1 Comfort Card activity sheet
	1 heart bandage label
Per Group	1 set of markers

After Activity

Kids Keep	1 Comfort Card with 1 bandage label stuck on it
You Keep	Markers (<i>save for later use</i>)

To Do

1. **Give** each kid a Comfort Card activity sheet and a heart bandage label.
2. Kids **stick** the bandage sticker over the broken heart on the front of the card.
3. Kids **think** of a person they know who's sad and **write** that person's name in the card.
4. **Challenge** kids to give the card to the person it's for this week.
5. **If time allows**, kids **write** or **draw** an encouraging note or pictures on the inside of the card.

Choose questions to ask during the activity.

1. **How do you think these cards will comfort people?**
Answers will vary.
2. **What helped Harper, Mike, and Edison feel better?**
Talking together and praying

Small Group Discussion

Say the point and Bible verse together.

When I feel sad, God comforts me.

2 Corinthians 1:4 NLT

He comforts us in all our troubles so that we can comfort others. ...

1. **When God comforts you, what does the Bible verse say you can do for others?** *Comfort them*

Choose a few review questions.

1. **What things make you sad?** *Answers will vary.*
2. **What's the hardest thing about being sad?**
Answers will vary. Examples: it hurts, I feel like it won't go away, I don't like crying, etc.
3. **People show sadness in different ways. How did Harper, Mike, and Edison show sadness?** *Harper: Acted angry; Mike: Cried; Edison: Got really quiet*
4. **What are some different things God might do to comfort you?** *Give you peace, help your heart feel better, give you people to listen and help you, etc.*
5. **Is there anything you're sad about right now? Share it and pray about it together.** *Answers will vary.*

Choose an action step question.

1. **If you feel sad this week, what can you do to get God's comfort?** *Talk to God about it, talk to a trusted friend, cry it out, read the Bible, etc.*
2. **How can you comfort someone who is sad this week?** *Answers will vary.*

Pray together.

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: God, thank You for comforting us when we're sad. Please help us comfort others with Your love. In Jesus' name, amen.

Check Out

Stay in small groups until kids are checked out.

1. **Talk about** earning points by returning the Challenge Card, and **continue decorating** Comfort Cards.
2. When a kid from your small group leaves, **say** something positive and specific to their family.
3. **Encourage** families to do the Challenge Card together.

Please save questions on back for Small Group Discussion.



SMALL GROUP LEADER GUIDE

EMOTIONS WEEK 2 HOW TO STOP FEELING GUILTY

Small Group Welcome

1. **Introduce** yourself, and **welcome** new kids by name.
2. Kids **share** what happened during the past week.
3. **Check up** on past week's prayer requests and events.
4. **Discuss** the welcome question: **What would you do if you found someone's diary?**

Small Group Activity

You'll Need

Per Kid	1 Magic Slate
Per Group	Nothing

After Activity

Kids Keep	1 Magic Slate
You Keep	Nothing

To Do

Say: When you do something wrong or something bad happens to you, you might feel guilty. Don't keep it a secret. When you talk with God or a trusted adult about it, it helps you get over it so the guilt can go away!

1. **Give** each kid a magic slate.
2. Kids **write or draw** something they feel guilty about.

Say: When we follow Jesus, we can ask God's help any time we feel guilty, and, bam! He forgives us, helps us, and erases our guilt! Let's pray right now.

3. **Pray** together: God, please forgive us for our sins and help us turn to You when we feel guilty. Please help us choose Your way. In Jesus' name, amen.
4. Kids **lift** the top film on their magic slate to **erase** it.
5. **If time allows**, kids **draw** on their magic slates.

Ask this after the activity.

1. **Jadyn didn't want anyone to read her journal. What do you think she was worried about?**
Answers will vary.

Please save questions on back for Small Group Discussion.

Small Group Discussion

Say the point and Bible verse together.

I can ask God to give me grace when I feel guilty.

1 John 1:9 NLT

... if we confess our sins to him, he is faithful and just to forgive us ...

1. **In the Bible verse, who is faithful and just to forgive our sins? God; His Son, Jesus**

Choose a few review questions.

1. **What does it mean to feel guilty?** *Feeling bad about something you did or a mistake you made*
2. **When you follow Jesus, how many times will God forgive you?** *As many times as you ask Him to*
3. **When you ask God's forgiveness and still feel guilty, what can you do?** *Remind yourself you're forgiven, forgive yourself, talk to someone about it, etc.*
4. **What do you think would happen if you hid all your guilty feelings and didn't ever talk about them?**
Answers will vary.
5. **When you've chosen to follow Jesus, how can you show God you're thankful He forgives you?** *Tell Him, ask Him to help me choose not to sin, etc.*

Choose an action step question.

1. **Name some trusted adults you can talk to when you feel guilty.** *Answer will vary.*
2. **What do you think you can do to help other people who feel guilty?** *Help them ask God's forgiveness, listen, help them talk to a trusted adult, etc.*

Pray together.

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: God, thank You for the forgiveness we have in Jesus. Please help us talk to You when we feel guilty. In Jesus' name, amen

Check Out

Stay in small groups until kids are checked out.

1. **Talk about** earning points by returning the Challenge Card, and **continue drawing** on magic slates.
2. When a kid from your small group leaves, **say** something positive and specific to their family.
3. **Encourage** families to do the Challenge Card together.



SMALL GROUP LEADER GUIDE

EMOTIONS
WEEK 3 *WHAT DO I DO WHEN I'M MAD?*

Small Group Welcome

1. **Introduce** yourself, and **welcome** new kids by name.
2. Kids **share** what happened during the past week.
3. **Check up** on past week's prayer requests and events.
4. **Discuss** the question: **Name your top-three favorite cookies.**

Small Group Activity

You'll Need

Per Kid	Nothing
Per Group	1 Truth or Trash activity supplement

After Activity

Kids Keep	Nothing
You Keep	1 Truth or Trash activity supplement <i>(save for later use)</i>

To Do

Say: It's OK to feel mad. Everyone feels mad, sometimes! But it's not OK to make wrong choices because you're mad. Let's play a game about that!

1. **Read** a scenario from the activity supplement.
2. If it's a godly way to handle anger, kids **say**, "**Truth!**" and **give a thumbs up.**
3. If it's a sinful way to handle anger, kids **say**, "**Trash!**" and **throw silent tantrums** on the floor.
4. **Repeat steps 1-3** with the remaining scenarios on the activity supplement.
5. **If time allows, keep playing**, with kids **making up** their own scenarios.

Choose questions to ask during the activity.

1. **When Jake feels angry, what does he usually do?**
He pretends he isn't angry.
2. **When Dot feels angry, what does she usually do?**
She is loud and sometimes throws tantrums.

Please save questions on back for Small Group Discussion.

Small Group Discussion

Say the point and Bible verse together.

If I'm angry and I want to fight, God can help me do what's right.

Ephesians 4:26 NIRV

... "*When you are angry, do not sin.*" **Do not let the sun go down while you are still angry.**

1. **How is this Bible verse helpful?** *Answers will vary.*

Choose a few review questions.

1. **What sins are you tempted to do when you're angry?** *Answers will vary.*
2. **What advice would you give someone who pretends they're not angry?** *Answers will vary.*
3. **How does it make you feel if people hit, yell, ignore you, or fight because they're angry?** *Answers will vary.*
4. **How do you think other people feel if you do those things?** *Answers will vary.*
5. **Think of a time you or someone you knew was mad but didn't sin. Share it with the group.**
Answers will vary.

Choose an action step question.

1. **If you get mad this week, what can you do to cool down and say no to sin?** *Answers will vary.*
2. **Talking with a trusted adult helps when we're angry. Who can you talk to if you're angry and you can't calm yourself down?** *Answers will vary.*

Pray together.

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: God, please help us to forgive others, calm down, and say no to sin when we're angry. Thank You for Your peace. In Jesus' name, amen.

Check Out

Stay in small groups until kids are checked out.

1. **Talk about** earning points by returning the Challenge Card, and **play** the game again.
2. When a kid from your small group leaves, **say** something positive and specific to their family.
3. **Encourage** families to do the Challenge Card together.



SMALL GROUP LEADER GUIDE

EMOTIONS
WEEK 4 WHAT WILL MAKE ME HAPPY?

Small Group Welcome

1. **Introduce** yourself, and **welcome** new kids by name.
2. Kids **share** what happened during the past week.
3. **Check up** on past week's prayer requests and events.
4. **Discuss** the welcome question: **If your friends helped you make a video, what would it be about?**

Small Group Activity

You'll Need

Per Kid	1 party hat 1 James 5:13 label
Per Group	1 set of markers

After Activity

Kids Keep	1 hat with 1 James 5:13 label stuck on it
You Keep	Markers <i>(save for later use)</i>

To Do

Say: When we choose to follow Jesus, our sins are forgiven, and we're made friends with God! That can fill us with joy, no matter what's going on!

1. **Show** your small group the party hats.

Say: These hats are for partying! Let's decorate them to remind us to sing praises to God and be full of joy!

2. **Give** each kid a party hat and a James 5:13 label.
3. Kids **place** their label on their hat and **decorate** it with markers.
4. **If time allows**, kids **wear** their hats or **use** them as a megaphone to praise to God.

Choose questions to ask during the activity.

1. **What things made Alissa, Mike, and Tony feel happy?** *Answers will vary.*
2. **What do you think will give Ray joy even though she's missing her friend?** *Answers will vary.*

Small Group Discussion

Say the point and Bible verse together.

Lots of things might make me happy, but only God can give me joy

James 5:13 NLT

... *Are any of you happy? You should sing praises.*

1. **What does it mean to sing praises about God?** *Talk about His love, power, strength, thank Him, etc.*

Choose a few review questions.

1. **When do you feel the happiest?** *Answers will vary.*
2. **What do you think people like about feeling happy?** *Answers will vary.*
3. **What do you think is the difference between being happy and having God's joy?** *Answers will vary. Ideas: Happy is about good things happening, happy only lasts a little while; joy is about how good God is, you can have joy even when bad things are happening, etc.*
4. **How can you have joy even when the things around you are not happy?** *Pray, thank God for the good things He's done, remember Jesus forgives and God's always good, etc.*

Choose an action step question.

1. **Share some ways you can praise God when you're happy this week.** *Write about it, tell someone about it, dance for God, sing for God, high five and give hugs, draw about it, etc.*
2. **What can you do to help someone who isn't happy?** *Answers will vary.*

Pray together.

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: God, thank You for all the good things You've done for us. Please help us praise You. Fill us with Your joy! In Jesus' name, amen.

Check Out

Stay in small groups until kids are checked out.

1. **Talk about** earning points by returning the Challenge Card, and **continue decorating** party hats.
2. When a kid from your small group leaves, **say** something positive and specific to their family.
3. **Encourage** families to do the Challenge Card together.

Please save questions on back for Small Group Discussion.