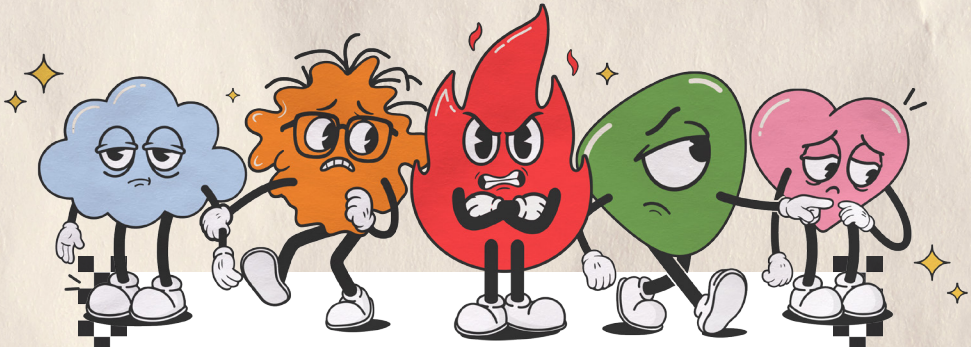
FAMILY GUIDE - 5 WEEKS



Biblical Answers To Your Emotions

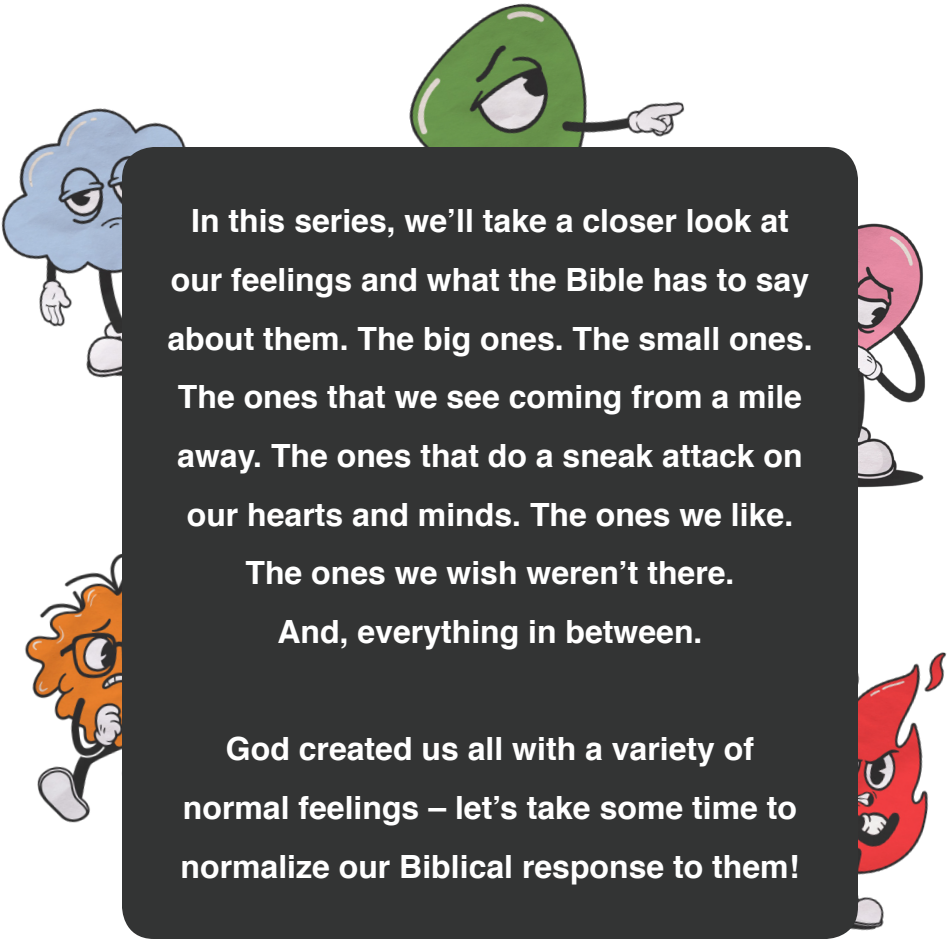
hopelessness

anxiousness

anger

jealousy

shame



In this series, we'll take a closer look at our feelings and what the Bible has to say about them. The big ones. The small ones. The ones that we see coming from a mile away. The ones that do a sneak attack on our hearts and minds. The ones we like. The ones we wish weren't there. And, everything in between.

God created us all with a variety of normal feelings – let's take some time to normalize our Biblical response to them!

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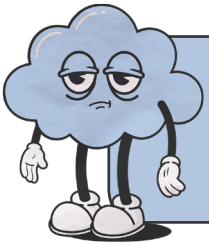
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Feeling Hopeless 1

Big Idea:

When the end of a struggle seems too far away, let's lean on God to help us take the first step.

Key Verses:

Lamentations 3:19-25, 32-33

I remember my affliction and my wandering,
the bitterness and the gall.
I well remember them,
and my soul is downcast within me.
Yet this I call to mind
and therefore I have hope:
Because of the LORD's great love we are not consumed,
for his compassions never fail.
They are new every morning;
great is your faithfulness.
I say to myself, "The LORD is my portion;
therefore I will wait for him."
The LORD is good to those whose hope is in him,
to the one who seeks him;

Though he brings grief, he will show compassion,
so great is his unfailing love.
For he does not willingly bring affliction
or grief to anyone.

Sharing & Doing:

Read through the Bible verses for today and see if you can see the pattern of lamenting (speaking our sorrow/grief) and then showing that our hope is in God.

LET'S PLAY A GAME!

It's called Fortunately, Unfortunately
(or Good News, Bad News if those words are tricky)

How to play: Gather two or more people (odd numbers are ideal so that everyone gets a chance to say both sides). Together you will tell a story using the words fortunately/good news and unfortunately/bad news at the beginning of each sentence. Each sentence follows the feelings of the first word.

- Person 1: Fortunately (then say something to begin a story)
- Person 2: Unfortunately (add on to the story)
- Person 3: Fortunately (add on to the story)
- Person 1 (or 4 depending on how many people you have): Unfortunately (add on to the story).

Go back and forth like that until you feel you have reached the end of the story. Keep the story going for as long as you want or start another story. Begin and end with Fortunately.

Example 1:

- Fortunately, I woke up to the sunshine this morning.
- Unfortunately, the sun was so hot through my window that I was sweating.
- Fortunately, I took a cold shower and stopped sweating.
- Unfortunately…
- Fortunately…

Example 2:

- The good news is that I have a clean table to do my crafts.
- The bad news is that I have no crafting supplies.
- The good news is that the store close to my house.
- The bad news is…
- The good news is…

Discussion Questions:

1. Think about and discuss a situation where you feel like things aren't going right.
2. Think about and discuss a time when you felt like God helped you through something hard.
3. What kind of peace or help did God give to you? Could it apply

to what you are going through now?

4. When you feel like things are hard, what kinds of things can you say to God?
5. What kinds of things do you think He tries to say back to you? If you are having a hard time with this question, read over the memory verse. What kinds of things would a person who loves you say to you?

Memory Verse:

Lamentations 3:19 (ICB):

Although the Lord brings sorrow, he also has mercy. His love is great.

Prayer:

Dear God, when I am feeling like things are hard, help me to trust in You and Your love for me. Thank You for always hearing and answering my prayers. In Jesus' name, amen.

PARENT NOTE:

If you are concerned your child's mood is more than just a normal feeling of sadness, here are some examples of behaviors often seen in children with depression. Please reach out to professionals if you or your child have concerns about their well-being:

- Feeling sad, hopeless, or irritable a lot of the time
- Not wanting to do or enjoy doing fun things
- Changes in eating patterns—eating a lot more or a lot less than usual
- Changes in sleep patterns—sleeping a lot more or a lot less than normal
- Changes in energy—being tired and sluggish or tense and restless a lot of the time
- Having a hard time paying attention
- Feeling worthless, useless, or guilty
- Showing self-injury and self-destructive behavior



Feeling Anxious 2

Big Idea:
God's in charge of today and tomorrow.

Key Verses:
Matthew 6:25-27
"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?"

Matthew 6:34
"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Sharing & Doing:
1. Let's talk about animals! In our Bible verse for today, God says, "look at the birds of the air, they do not sow or reap or store away in barns, and yet your heavenly father feeds them."
   - Name some wild animals and how God cares for them
   - Name some tamed animals and how God uses us to care for them

2. Next, God says, "Are you not much more valuable than they?"
   - What does this mean?
     (God loves the animals, but He loves us even more)
   - What does God do to care for us?

3. Back to the beginning of the Bible Verse, God says, *"do not worry about your life, what you will eat or drink; or about your*

body, what you will wear."

- What are some things you worry about?
- What are ways that God provides for you?

Memory Verse:

Matthew 6:34

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Prayer:

Dear God,
We bring these worries to You: _____.
Thank You for _____.
We praise You for giving us what we need and also a lot of what we want. Help us to understand how much You love us. In Jesus' name, amen.

PARENT NOTE:

The term anxiety is often used in place of worry, stress, or anticipation. It's important to differentiate anxiety, which can have a clinical undertone, and day-to-day worry or stress. If you are concerned anxiousness is more than just a normal feeling of worry, here are some questions to ask your kids. Please reach out to professionals if you or your child have concerns about their well-being:

- I noticed you've been bringing up this topic a lot more recently. Do you want to talk about it more, so I can help you figure it out?
- I noticed that you're feeling worried. Is there something you don't want to do anymore, or don't have fun doing, that you want to change?
- What feels hardest right now?
- When do you notice this feeling the most?
- What helps you feel calmer?
- Is there anything you're avoiding because it feels too overwhelming?
- Would it help to talk with someone outside our family?



Feeling Angry

3

Big Idea:
God is bigger than our feelings of anger.

Key Verses:
Ephesians 4:17-32 (ICB)

In the Lord's name, I tell you this. I warn you: Do not continue living like those who do not believe. Their thoughts are worth nothing. They do not understand. They know nothing, because they refuse to listen. So they cannot have the life that God gives. They have lost their feeling of shame. And they use their lives for doing evil. More and more they want to do all kinds of evil things. But the things you learned in Christ were not like this. I know that you heard about him, and you are in him; so you were taught the truth. Yes, the truth is in Jesus. You were taught to leave your old self—to stop living the evil way you lived before. That old self becomes worse and worse because people are fooled by the evil things they want to do. But you were taught to be made new in your hearts. You were taught to become a new person. That new person is made to be like God—made to be truly good and holy.

So you must stop telling lies. Tell each other the truth because we all belong to each other in the same body. When you are angry, do not sin. And do not go on being angry all day. Do not give the devil a way to defeat you. If a person is stealing, he must stop stealing and start working. He must use his hands for doing something good. Then he will have something to share with those who are poor.

When you talk, do not say harmful things. But say what people need—words that will help others become stronger. Then

what you say will help those who listen to you. And do not make the Holy Spirit sad. The Spirit is God's proof that you belong to him. God gave you the Spirit to show that God will make you free when the time comes. Do not be bitter or angry or mad. Never shout angrily or say things to hurt others. Never do anything evil. Be kind and loving to each other. Forgive each other just as God forgave you in Christ.

Sharing & Doing:

Have you ever heard someone say that someone has a "short fuse"? What do you think they meant by that? (A "fuse" is what we call the string or cord that's attached to an explosive device, like dynamite or fireworks.)

A person with a "short fuse" is someone who "explodes" with anger very quickly, which can sometimes cause them to hurt the people around them with their words or actions.

For the person lighting an explosive device, having a short fuse would be bad. Why is it's important that they use a long fuse? (Long fuses are good because a person would have plenty of time to get to safety before the device explodes.)



Long fuse



Short fuse

Read James 1:19-20

"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."

1. Have you ever been so angry that you said (or did) something that you regretted later? Why did you regret it?
2. Has someone ever been so angry with you that you were a little scared? How do you wish they would have responded?
3. Have you ever felt angry but then paused before you responded?

4. What are some things you can do to "pause" when you feel angry before you explode at someone or something else?

Memory Verse:

Ephesians 4:31-32 ICB

Do not be bitter or angry or mad. Never shout angrily or say things to hurt others. Never do anything evil. Be kind and loving to each other. Forgive each other just as God forgave you in Christ.

Prayer:

Dear God, thank You for showing us how to live through Your words in the Bible. Help us to show love to people even when we feel angry inside. Help us control our emotions in a positive way. In Jesus' name, amen.





Feeling Jealous

4

Big Idea:
God provides, so jealousy is worthless.

Key Verses:
Numbers 11:4-9 GNT

Sharing & Doing:
Read our key verses out of order.
vs. 7-9
Manna was like small seeds, whitish yellow in color. It fell on the camp at night along with the dew. The next morning the people would go around and gather it, grind it or pound it into flour, and then boil it and make it into flat cakes. It tasted like bread baked with olive oil.

1. What was manna?
2. When did it come to the camps/people?
3. Where did it come from?
4. What did people do with it?
5. What did it taste like?
6. How often did they get this manna?

vs. 1-6
There were foreigners traveling with the Israelites. They had a strong craving for meat, and even the Israelites themselves began to complain: "If only we could have some meat! In Egypt we used to eat all the fish we wanted, and it cost us nothing. Remember the cucumbers, the watermelons, the leeks, the onions, and the garlic we had? But now our strength is gone. There is nothing at all to eat—nothing but this manna day after day!"

1. What were the people complaining about?
2. What good food were they remembering?

3. Why were they complaining?
4. Were they out of food (no manna) or were they just whining about wanting something else?
5. Do you ever complain about food?
6. Do you ever complain that you just have…
   - a scooter or bike (when others have a motor scooter or motorized bike)
   - a tv (when others have multiple or certain streaming services)
   - the "wrong" clothes
   - the "wrong" pencils
   - the "wrong" _____
7. How can we be content with how God (and our families) provide for us without becoming envious of something someone else has?

Memory Verse:

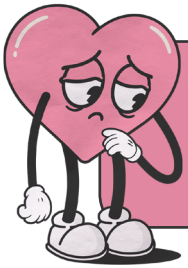
Proverbs 14:30

A heart at peace gives life to the body, but envy rots the bones.

Prayer:

Dear God, thank You for providing so many things for us. Help us to be content with what we have and work for what we want. When we feel jealous, help us to remember the ways You provide for our needs. In Jesus' name, amen.





Feeling Shame

5

Big Idea:
Shame wants you to live in the dark, but God calls you to live in the light.

Key Verses:

Luke 8:47-48
Then the woman, seeing that she could not go unnoticed, came trembling and fell at his feet. In the presence of all the people, she told why she had touched him and how she had been instantly healed. Then he said to her, "Daughter, your faith has healed you. Go in peace."

Romans 13:12
The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the armor of light.

John 3:21
But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.

Sharing & Doing:

Guilt... vs. Shame...

is like a smoke detector or physical pain. If you touch a hot stove, your hand hurts so you pull it away. Guilt hurts for a moment so you know to fix what you broke.

tells you that you have done something so wrong that you need to hide from God and others because you think that God (or others) won't love you or won't forgive you.

1. Do you understand the difference between shame and guilt? Give some examples of each of them.
2. The enemy of God wants to keep you in darkness – meaning that you don't share the things you feel guilt or shame about. Why do you think that is?
3. Have you ever felt like you were living with guilt all the time over things you have done? How did it feel?
4. What would it look like if you lived this week like without shame – every wrong thing you did, you confessed to someone (or God) and tried to make it right? How do you think that this would make you feel? Try it out and check back with each other!

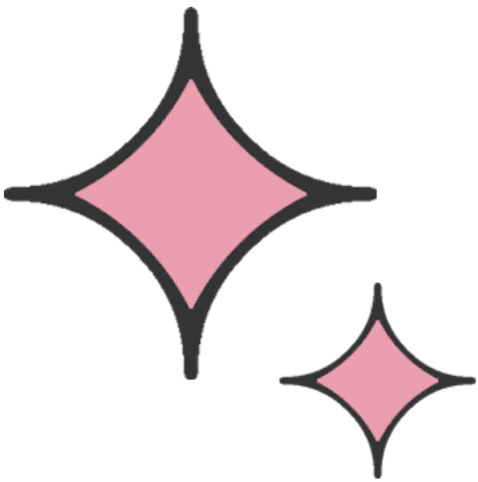
Memory Verse:

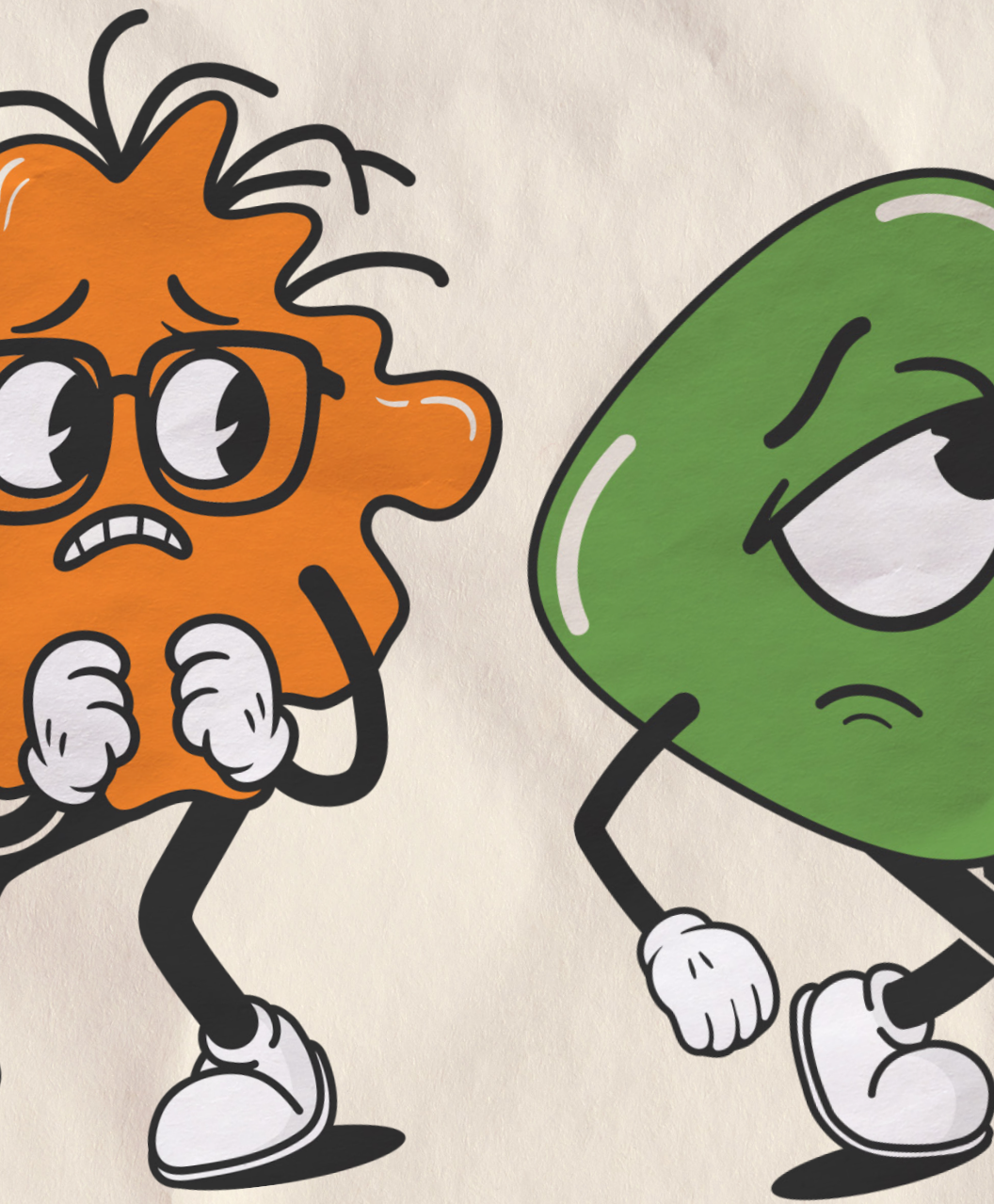
John 3:21

But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.

Prayer:

Dear God, thank You for always forgiving me when I come to You with my guilt and shame. I know that I do wrong things, help me to do the things You want me to do. Help me be a light for others who feel bad about themselves. In Jesus' name, amen.





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