

# Family Guide

When the church and family come together to invest in kids, we believe, kids are given the greatest opportunity to build a lasting relationship with Jesus. This guide is meant to help your family further explore the concepts of this week's online kids experience. Spend some intentional time with each other and complete the activities and discussions that are best for your family.



## Circle Up

# 1

**Supplies Needed:** paper, markers, crayons

### Nehemiah 1-6

**SAY:** In our series, *Emoji*, we are learning all about different emotions that we may feel. When we have these emotions, it's important to STOP, LOOK, and Listen. We'll talk more about that in a little bit. First, let's see how we are feeling today.

**DO:** As a family, reflect on your emotional chart you created a few weeks ago. If you didn't get a chance to create one, that is okay! Take a piece of paper and list how you are feeling today. Are you happy? A little stressed? Sleepy? Excited? Mad? Once you list what you're feeling today, draw a picture next to each emotion that explains why you're feeling that way.

**SAY:** It's important to STOP, LOOK, and LISTEN to see what we're feeling. Share with each other how you're feeling today and why.

## Read the Bible

# 2

**Supplies Needed:** Bible or Bible App

**SAY:** In today's story we looked at the Prophet Nehemiah and saw how he had a lot to be angry and upset about. But instead of letting his anger control him, he was able to practice self-control and rebuilt the city of Jerusalem.

**READ** Nehemiah 1-6

**SAY:** Let's answer these questions together:

- Do you remember what happened that made Nehemiah sad and mad?
- What did God prompt him to do about it?
- What do you normally do when you get angry?
- How can you practice self-control next time you're mad and chose to do something constructive instead of destructive?

## Let's Practice

# 3

**Supplies Needed:** paper, markers, crayons

**SAY:** Today we learned that **when I feel angry, God gives me self-control.** Let's practice what we learned in our lesson with how to STOP, LOOK, and LISTEN. Go over the following words and motions as a family. Today we talked about feeling lonely. Let's talk through times that we feel alone (be ready to share a time that you felt lonely too).

- **STOP** (put hand up) - to name the emotion you are feeling
  - When was the last time you got mad? What did it feel like? Did you want to scream, cry, hit something? Name all that you're feeling.
- **LOOK** (put hands to eyes) - at what is going on inside you and around you to make you feel that way
  - What was happening that made you feel mad?

- Try to trace the root of your anger - where do you think it is coming from?
- **LISTEN** (put hand to ear) - to what God says about that feeling
  - Take a deep breath
  - Take time to cool down
  - Be quick to listen and slow to speak
  - Ask Jesus to give you self-control

**DO:** Pull out the Bible and search for verses about anger. Pick one verse and write it out. Then search for a verse about self-control. Write that verse down on the other side of the paper. Draw a picture to go with each verse.

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Memorize It



**Supplies Needed:** No supplies needed

**SAY:** During this series, we've been memorizing a verse from the Bible. The memory verse is **"But even if we (thumbs to chest) Don't feel at ease, (cross arms) God is greater (point up) than our feelings (pat heart). And He knows everything (arms out wide). 1 John 3:20 (make a book with hands).**

**DO:** This week, as a family play "Pause and Go!" with the memory verse. Anytime someone in your family says "Pause and Go!" you must stop what you're doing and say 1 John 3:20 with the hand motions. This will help with sealing the memory verse into your heart and will be a super fun game to play together! Now, Pause and Go! **"But even if we (thumbs to chest) Don't feel at ease, (cross arms) God is greater (point up) than our feelings (pat heart). And He knows everything (arms out wide). 1 John 3:20 (make a book with hands).**

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Let's Pray



**Supplies Needed:** prayer journals or paper, pen

**SAY:** James reminds us in James chapter 1 to be quick to listen, so to speak and slow to become angry. Think for a moment of something that made you angry recently and write it down. Surrender that thing to God. Now spend some time praying, asking God to help you be quick to listen, slow to speak, and slow to become angry. Write down ways you can practice that this week.

**DO:** Write the prayers and say a prayer to close out your family time together.

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Stay Together



**YOU** just made a difference in your child's life by spending intentional time together in God's word! Yay! Here are some ways you can stay connected to Mountain this week:

- Reach out to your Campus Kids Pastor with any questions.
- Remember to stay connected through social media, email, and website updates. Follow our **"Mountain Families Facebook Group."**
- Remember to Subscribe to [Mountain's Youtube Channel](#) to view all of Mountain Kids Videos.