

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:

SAY: We're learning how to deal with how we feel in our series on Emojis, or emotions. In this series, we're using the Bible, to know that Jesus gave us our emotions and wants us to deal with them in a healthy way. The first step to dealing with how we feel is to stop and identify the emotion we're feeling. Let's do a little practice!

HAVE each family member choose a number between one and nine. Then have them make a face to reflect the emotion that goes with each number:

1-Silly	4-Sad	7-Nervous
2-Mad	5-Happy	8-Frustrated
3-Scared	6-Excited	9-Confused

SAY: When you feel bad for something you have done wrong, that's called feeling guilty. When we're feeling guilty for something we did we can remember that Jesus forgives us and that God will help us! Say this after me:

When I feel guilty, Jesus forgives me!

Read the Bible 2

Supplies Needed: Bible or Bible App

SAY: Today, we're going to read a true story from the Bible that will help us see that when we feel guilty that Jesus forgives us and we can move on from the heaviness of feeling bad!

READ Luke 22:54-62; John 21:1-17

SAY: Let's answer these questions together:

- Have you ever done something that made you feel guilty?
 - How does knowing Jesus forgives you when you ask help you deal with how you feel?
 - The next time you feel guilty about something, what are you going to do?
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Let's Practice 3

Supplies Needed: Blankets, streamers, toilet paper, etc.

HAVE two family members work together to wrap up another family member with "Caution Tape" - blankets, streamers, toilet paper, etc. (If you have more than three family members, you can make it a competition to see who can wrap up one family member the fastest!) After they're finished wrapping, have the family member break free from the "Caution Tape."

SAY: Sometimes we may find ourselves all wrapped up, but not with a blanket or streamers — with feelings of guilt! When we're wrapped up in what we've done wrong, it can seem like we'll never get out of feeling bad. But to break free from feeling guilty, all we have to do is ask Jesus to forgive us, and He will! When we remember that Jesus forgives us, we can accept his forgiveness and move on!

Memorize It

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Supplies Needed: Phone Camera

SAY: During this series we're going to memorize 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: As a family, record a video reciting the memory verse with the motions. After videoing, if comfortable, post the video to **Mountain Families Facebook Group**. Use the hashtag **"#MTNKIDSEMOJI"**

Let's Pray

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Supplies Needed: Prayer journal (notebook or peice of paper), pen

SAY: The first step when you've done something wrong and feel guilty is to tell God you're sorry. Let's ask God for forgiveness together.

ASK your family for any prayer requests. Then ask one of the kids to pray. Then pray the following:

- Father God, we're sorry for the wrong things we've done. Thank You for sending Your Son, Jesus, to take our punishment so that we can be forgiven by You. Help us do the right things and free us from feelings of guilt. We love You! Amen.

FIND a piece of paper or a notebook to record your family's prayer requests and prayers. Select a different person each week to write what you prayed about as a family. Go back and talk about how God keeps His promises by answering prayers.

Stay Together

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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.

KEEP kids engaged by doing the following activities:

- **PLAY** "Simon Says" with the following moves, or do your own.
 - Wave your hands up high in the sky
 - Pretend to eat candy
 - Flap your wings like a bird
 - Clap your hands fast
 - Give yourself a big hug because Jesus loves you
 - Shake out your wiggles
- **PLAY** "Would You Rather" by asking the following questions:
 - Carve pumpkins or eat a pumpkin pie?
 - Jump in a pile of leaves or go through a corn maze?
 - Go on a hayride or go apple picking?
 - Go through a haunted house or pick your own pumpkin?
- **PLAY OUTSIDE "Freeze Tag"** The person who is "It" chases the other family members to try to tag them. When she successfully tags a player, that player must freeze and remain frozen until another player, who has not been tagged, tags them to unfreeze them. The game continues until all runners have been frozen, and then a new person becomes "It."