

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

Judges 6-7

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 make an Emotion Chart.

DO: As a family, create an emotion chart. On the chart draw as many faces showing different emotions, like happy, sad, embarrassed, or angry. Draw the faces, then write the emotion under the face. Make sure to include worried or nervous.

SAY: This emotion chart will be helpful as we look to identify the emotions we are feeling

Read the Bible

2

Supplies Needed: Bible or Bible App

SAY: In today's story we learned about Gideon. Let's watch this fun recap [video](#). During the video, use your emotion chart to point to the different emotions that Gideon might be feeling.

READ You can also read the story found in Judges 6 and 7.

SAY: Let's answer these questions together:

- How did Gideon feel throughout the story?
- What did he do when he got worried?
- How did God provide for Gideon when he was worried?

Let's Practice

3

Supplies Needed: paper, markers, crayons

SAY: Today we learned that we can Trust God, even when we are worried. Let's practice what we learned in our lesson. Go over the following words and motions as a family. Today we talked about being worried. Let's talk through times that we feel worried (be ready to share a time that you felt worried).

- **STOP** (put hand up) - to name the emotion you are feeling
 - Do you remember a time when you felt worried?
- **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 worried?
 - How did you react when you felt worried?
- **LISTEN** (put hand to ear) - to what God says about that feeling
 - Who did you talk to when you felt worried
 - When did you stop feeling worried about that situation?

DO: Pull out the Bible and search for verses about being worried. Pick one verse and write it out. Then search for a verse about trusting in God. Write that verse down on the other side of the paper. Draw a picture to go with each verse.

Memorize It



4

Supplies Needed: camera for videoing

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: Practice the memory verse several times with the hand motions. As a family video yourselves saying the verse with the motions. After videoing, if comfortable, post the video to **Mountain Families Facebook Group**. Use the hashtag **"#MTNKIDSEMOJI"**

Let's Pray



5

Supplies Needed: prayer journals or paper, pen

SAY: We are called to give our worries and cares to Jesus. Let's write down those things that make us worried. We can pray for each of those things each night.

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

Stay Together



6

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.