

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.



Supplies Needed: paper, markers, crayons

Circle Up

1

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 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? 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.

Supplies Needed: Bible or Bible App

Read the Bible

2

SAY: In today's story we learned that even from the beginning of time, God knew it was important for us to never be alone. Let's read these passages from the Bible that remind us Jesus is always with us.

READ Matthew 28:19-20, John 14

SAY: Let's answer these questions together:

- Do you remember some of the examples from this weekend's lesson of faithful friends? (Ruth and Niaomi, David and Johnnantha) Tell us who has been a faithful friend to you?
- Who does Jesus promise is coming so we are never alone? (The Holy Spirit!)
- What does the Bible say about being alone? (Jesus is always with you because the Holy Spirit is always with you)

Supplies Needed: paper, markers, crayons

Let's Practice

3

SAY: Today we learned that **when I feel lonely, Jesus is with me.** 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
 - Do you remember a time when you felt lonely?
- **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 lonely?
 - What did being lonely feel like?

- **LISTEN** (put hand to ear) - to what God says about that feeling
 - Who did you talk to when you feel lonely?
 - When did you stop feeling alone?
 - Remember Jesus is always with you!

DO: Pull out the Bible and search for verses about feeling alone. Pick one verse and write it out. Then search for a verse about God promising to be with you. Write that verse down on the other side of the paper. Draw a picture to go with each verse.

Memorize It

4

Supplies Needed: A ball

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: Practice the memory verse several times with the hand motions. Once you think you've got it down, take turns saying one word of the verse as you toss the ball to each person. Continue passing the ball until you've said the entire verse. Continue a few more times - maybe you say the verse as fast as you can then as slow as you can. Get creative and have fun!

Let's Pray

5

Supplies Needed: prayer journals or paper, pen

SAY: We are called to give our worries and cares to Jesus, So, let's write down what makes us feel lonely. Now write, "Jesus is always with me" by each thing you listed.

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.