

Emotion: *How to Stop Feeling Guilty*

October 20, 2021

Scripture: Luke 19:1-10, 1 John 1:9

Story Point: I can ask God to give me grace when I feel guilty.

SOCIAL/FAMILY TABLE TIME (serve pizza, put names on water bottles, trash and clean up/wipe down tables and wash hands)

- Introduce yourself and welcome kids by name.
- Ask kids to share what happened during their day at school, home, etc.
- Ask kids to share something about feelings. (It made me feel sad when..., It made me feel guilty when...,etc.)
- Ask kids to share how they have seen God working this week.
- For fun: What would you do if you found someone's journal/diary?

SMALL GROUP

Read: Luke 19:1-10

Say: We are going to read the Bible Story from our Bible today first. Our story is in the Book of Luke. Who can tell me where Luke is in the Bible? (Show the table of contents and how to find where Luke is. Talk about the Old Testament - before Jesus and the New Testament - Jesus' life and after his death and resurrection.) Which section of the Bible is Luke in? (New Testament - we can remember that the New Testament starts with Matthew and all four gospels, Luke is the 3rd gospel)

So, open your Bible halfway and then keep flipping toward the back. Look at the top of the page, Luke is the third book in the New Testament. Now we need to look at the numbers. The big number in bold is the chapter so we need to find a big 19. The little numbers closer to the words are called verses, we are looking for 1-10. Everyone find it? Help each other if you found it in your Bible. Now let's read it together.

Who wants to read first? Read now:

1 Jesus entered Jericho and was passing through. **2** A man was there by the name of Zacchaeus; he was a chief tax collector and was wealthy. **3** He wanted to see who Jesus was, but because he was short he could not see over the crowd. **4** So he ran ahead and climbed a sycamore-fig tree to see him, since Jesus was coming that way.

5 When Jesus reached the spot, he looked up and said to him, "Zacchaeus, come down immediately. I must stay at your house today." **6** So he came down at once and welcomed him gladly.

7 All the people saw this and began to mutter, "He has gone to be the guest of a sinner."

8 But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount."

9 Jesus said to him, "Today salvation has come to this house, because this man, too, is a son of Abraham. **10** For the Son of Man came to seek and to save the lost."

Luke 19:1-10

9 If we confess our sins to him, he is faithful and just to forgive our sins. **1 John 1:9**

Say: Let's open your Impact Kids book and read the words to yourself again. I want you to draw a picture of this story. While you are drawing we are going to watch the video. You are going to love the video today, it is lots of fun. (Pass out pencils to each kid)

Watch Bible Video- Roku/DVD

Say: Our story point today is: I can ask God to give me grace when I feel guilty. Let's say that together: "I can ask God to give me grace when I feel guilty." **One of the best ways to help you when your emotions get the best of you, is to pray. Ask God to help you, guide you, or calm you.** In our Bible Story today, it could have been easy for Zaccheus to feel guilty because he did not deserve to be treated kindly. But Jesus said, "Today salvation has come to this house, because this man, too, is a son of Abraham. For the Son of Man came to seek and to save the lost." **Luke 19:9-10** Jesus wants for everyone to turn to him and believe He is their Savior, no matter how bad or good you are.

Remember, this whole year we are talking about how to do better and different because we believe in Jesus. One way we can do better is making prayer a big part of your day, before school, during school, after school, at meals, at bedtime. You can talk to God anywhere, anytime and no one has to know you are talking to God.

Discussion Questions

- What does it mean to feel guilty? (Feeling bad about something you did or a mistake you made)
- When you believe in Jesus, how many times will God forgive you? (As many times as you ask Him to)
- When you ask for forgiveness and still feel guilty, what can you do? (Remind yourself you're forgiven, forgive yourself, talk to someone about it, etc.)
- What do you think would happen if you hid all your guilty feelings and didn't ever talk about them? (answers will vary)
- When you've chosen to follow Jesus, how can you show God you're thankful He forgives you? (Tell Him, ask Him to help me choose not to sin, etc.- This is what prayer looks like)
- **Read 1 John 1:9:** "If we confess our sins to him, he is faithful and just to forgive our

sins" In this verse, who is faithful and just to forgive our sins? (God and His Son Jesus.)

- How can you help other people who feel guilty? (Tell them about what Jesus has done for you, Help them ask God's forgiveness, listen, help them talk to a trusted adult, etc.)

Pray

- Ask kids to share things they'd like to pray about.
- Show them where they can write prayer requests in their Impact Kids Book. Write them down in your leader guide as well.
- Are there any prayer requests your group has seen God answer? Celebrate that together and thank God for the answer. Point out that is why we keep record of prayers so we can see how God worked.
- Pray together over the prayer requests.

"God, thank You for the forgiveness we have in Jesus. Please help us talk to You when we feel guilty In Jesus name, Amen!"

Dismiss

- Connect with families picking up their kids. Share something positive about their kid today.
- Encourage families to do the Challenge Guide together throughout the next few weeks. QR codes are available at checkin and the guide is available on the website and Parkway App.

<https://my.bible.com/reading-plans/2426-dealing-with-feeling>



Emotion: *What Do I Do When I'm Mad*

October 27, 2021

Scripture: 1 Samuel 25:2-35, Ephesians 4:26

Story Point: If I'm angry and I want to fight, God can help me do what's right.

SOCIAL/FAMILY TABLE TIME (serve pizza, put names on water bottles, trash and clean up/wipe down tables and wash hands)

- Introduce yourself and welcome kids by name.
- Ask kids to share what happened during their day at school, home, etc.
- Ask kids to share something about feelings. (It made me feel sad when..., It made me feel guilty when...,etc.)
- Ask kids to share how they have seen God working this week.
- For fun: Name your top-three favorite cookies.

SMALL GROUP

Read: 1 Samuel 25:2-35

Say: We are going to read the Bible Story from our Bible today first. Our story is in the Book of 1st Samuel. Who can tell me where 1st Samuel is in the Bible? (Show the table of contents and how to find where 1st Samuel is. Talk about the Old Testament - before Jesus and the New Testament - Jesus' life and after his death and resurrection.) Which section of the Bible is 1st Samuel in? (Old Testament - The Old Testament starts with 5 books of the law, then the books of History, 1st Samuel is the ninth book and after Ruth)

So, open your Bible to the beginning and then keep flipping toward the back. Look at the top of the page, 1st Samuel is the ninth book in the Old Testament. Now we need to look at the numbers. The big number in bold is the chapter so we need to find a big 25. The little numbers closer to the words are called verses, we are looking for 2-35. Everyone find it? Help each other if you found it in your Bible. Now let's read it

together. Who wants to read first? Read now:

2 A certain man in Maon, who had property there at Carmel, was very wealthy. He had a thousand goats and three thousand sheep, which he was shearing in Carmel. **3** His name was Nabal and his wife's name was Abigail. She was an intelligent and beautiful woman, but her husband was surly and mean in his dealings—he was a Calebite.

4 While David was in the wilderness, he heard that Nabal was shearing sheep. **5** So he sent ten young men and said to them, "Go up to Nabal at Carmel and greet him in my name. **6** Say to him: 'Long life to you! Good health to you and your household! And good health to all that is yours!'"

7 "Now I hear that it is sheep-shearing time. When your shepherds were with us, we did not mistreat them, and the whole time they were at Carmel nothing of theirs was missing. **8** Ask your own servants and they will tell you. Therefore be favorable toward my men, since we come at a festive time. Please give your servants and your son David whatever you can find for them."

9 When David's men arrived, they gave Nabal this message in David's name. Then they waited.

10 Nabal answered David's servants, "Who is this David? Who is this son of Jesse? Many servants are breaking away from their masters these days. **11** Why should I take my bread and water, and the meat I have slaughtered for my shearers, and give it to men coming from who knows where?"

12 David's men turned around and went back. When they arrived, they reported every

word. **13** David said to his men, “Each of you strap on your sword!” So they did, and David strapped his on as well. About four hundred men went up with David, while two hundred stayed with the supplies.

14 One of the servants told Abigail, Nabal’s wife, “David sent messengers from the wilderness to give our master his greetings, but he hurled insults at them. **15** Yet these men were very good to us. They did not mistreat us, and the whole time we were out in the fields near them nothing was missing. **16** Night and day they were a wall around us the whole time we were herding our sheep near them. **17** Now think it over and see what you can do, because disaster is hanging over our master and his whole household. He is such a wicked man that no one can talk to him.”

18 Abigail acted quickly. She took two hundred loaves of bread, two skins of wine, five dressed sheep, five seahs of roasted grain, a hundred cakes of raisins and two hundred cakes of pressed figs, and loaded them on donkeys. **19** Then she told her servants, “Go on ahead; I’ll follow you.” But she did not tell her husband Nabal.

20 As she came riding her donkey into a mountain ravine, there were David and his men descending toward her, and she met them. **21** David had just said, “It’s been useless—all my watching over this fellow’s property in the wilderness so that nothing of his was missing. He has paid me back evil for good. **22** May God deal with David] be it ever so severely, if by morning I leave alive one male of all who belong to him!”

23 When Abigail saw David, she quickly got off her donkey and bowed down before David with her face to the ground. **24** She fell at his feet and said: “Pardon your servant, my lord, and let me speak to you; hear what your servant has to say. **25** Please pay no attention, my lord, to that wicked man Nabal. He is just like his name—his name means Fool, and

folly goes with him. And as for me, your servant, I did not see the men my lord sent.

26 And now, my lord, as surely as the Lord your God lives and as you live, since the Lord has kept you from bloodshed and from avenging yourself with your own hands, may your enemies and all who are intent on harming my lord be like Nabal. **27** And let this gift, which your servant has brought to my lord, be given to the men who follow you.

28 “Please forgive your servant’s presumption. The Lord your God will certainly make a lasting dynasty for my lord, because you fight the Lord’s battles, and no wrongdoing will be found in you as long as you live. **29** Even though someone is pursuing you to take your life, the life of my lord will be bound securely in the bundle of the living by the Lord your God, but the lives of your enemies he will hurl away as from the pocket of a sling. **30** When the Lord has fulfilled for my lord every good thing he promised concerning him and has appointed him ruler over Israel, **31** my lord will not have on his conscience the staggering burden of needless bloodshed or of having avenged himself. And when the Lord your God has brought my lord success, remember your servant.”

32 David said to Abigail, “Praise be to the Lord, the God of Israel, who has sent you today to meet me. **33** May you be blessed for your good judgment and for keeping me from bloodshed this day and from avenging myself with my own hands. **34** Otherwise, as surely as the Lord, the God of Israel, lives, who has kept me from harming you, if you had not come quickly to meet me, not one male belonging to Nabal would have been left alive by daybreak.”

35 Then David accepted from her hand what she had brought him and said, “Go home in peace. I have heard your words and granted your request.” **1 Samuel 25:2-35**

When you are angry, do not sin.” Do not let the sun go down while you are still angry”

Ephesians 4:26

Say: Let’s open your Impact Kids book and let’s highlight these words. (avenge(ing), bloodshed, harm, enemies, fool, folly, insults, mistreat, disaster, wicked, evil) How many words did we highlight? All these words describe the result of someone acting on their anger. David learned a big lesson in this story today about how to respond to someone else who is angry, let’s watch and see it again. (Pass out highlighters to each kid)

Watch Bible Video- Roku/DVD

Say: Our story point today is: If I’m angry and I want to fight, God can help me do what’s right. Let’s say that together: “If I’m angry and want to fight, God can help me do what’s right.” **One of the best ways to help you when your emotions get the best of you, is to pray. Ask God to help you, guide you, or calm you.** In our Bible Story today, it could have been easy for David to feel mad because Nabal did not follow the king’s command. But God had a different plan, “Praise be to the Lord, the God of Israel, who has sent you today to meet me. May you be blessed for your good judgment and for keeping me from bloodshed this day and from avenging myself with my own hands.” **1 Samuel 25:32-33** Anger is not the sin, but how we respond to anger can be sinful.

Remember this whole year we are talking about how to do better and different because we believe in Jesus. One way we can do better is making prayer a big part of your day, before school, during school, after school, at meals, at bedtime. You can talk to God anywhere, anytime and no one has to know you are talking to God. Ask God to help you

handle the emotions you are feeling and not sin as a result of how you feel.

Discussion Questions

- What sins are you tempted to do when you’re angry? (answers will vary)
- What advice would you give someone who pretends they’re not angry? (answers will vary)
- How does it make you feel if people hit, yell, ignore you or fight because they’re angry? (answers will vary)
- How do you think other people feel if you do those things? (answers will vary)
- Think of a time you or someone you knew was mad but didn’t sin. Share it with the group (answers will vary- remember the Code- respect and trusted- kind to all who share, we don’t share anything from group with the public)
- **Read Ephesians 4:26:** “When you are angry, do not sin.” Do not let the sun go down while you are still angry” How is this verse helpful? (answers will vary- you could share how God helped you while you were angry)
- If you get mad this week, what can you do to cool down and say no to sin (answers will vary- remind kids that they can always talk to God through prayer.)

Pray

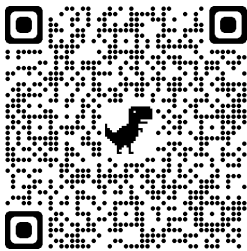
- Ask kids to share things they'd like to pray about.
- Show them where they can write prayer requests in their Impact Kids Book. Write them down in your leader guide as well.
- Are there any prayer requests your group has seen God answer? Celebrate that together and thank God for the answer. Point out that is why we keep record of prayers so we can see how God worked.
- Pray together over the prayer requests.

"God, please help us to forgive others, calm down, and say no to sin when we're angry. Thank you for Your peace. In Jesus name, Amen!"

Dismiss

- Connect with families picking up their kids. Share something positive about their kid today.
- Encourage families to do the Challenge Guide together throughout the next few weeks. QR codes are available at checkin and the guide is available on the website and Parkway App.

<https://my.bible.com/reading-plans/2426-dealing-with-feeling>



Emotion: *What Will Make Me Happy?*

November 3, 2021

Scripture: 2 Samuel 6:14-22, James 5:13

Story Point: Lots of things might make me happy, but only God can give me joy.

SOCIAL/FAMILY TABLE TIME (serve pizza, put names on water bottles, trash and clean up/wipe down tables and wash hands)

- Introduce yourself and welcome kids by name.
- Ask kids to share what happened during their day at school, home, etc.
- Ask kids to share something about feelings. (It made me feel sad when..., It made me feel guilty when...,etc.)
- Ask kids to share how they have seen God working this week.
- For fun: If your friends helped you make a video, what would it be about?

SMALL GROUP

Read: 2 Samuel 6:14-22

Say: We are going to read the Bible Story from our Bible today first. Our story is in the Book of 2nd Samuel. Who can tell me where 2nd Samuel is in the Bible? (Show the table of contents and how to find where 2nd Samuel is. Talk about the Old Testament - before Jesus and the New Testament - Jesus' life and after his death and resurrection.) Which section of the Bible is 2nd Samuel in? (Old Testament - we can remember that the Old Testament starts with 5 books of the law, then the books of History)

So, open your Bible to the beginning and then keep flipping toward the back. Look at the top of the page, 2nd Samuel is the tenth book in the Old Testament. Now we need to look at the numbers. The big number in bold is the chapter so we need to find a big 6. The little numbers closer to the words are called verses, we are looking for 14-22. Everyone

find it? Help each other if you found it in your Bible. Now let's read it together.

Who wants to read first? Read now:

14 Wearing a linen ephod, David was dancing before the Lord with all his might, **15** while he and all Israel were bringing up the ark of the Lord with shouts and the sound of trumpets.

16 As the ark of the Lord was entering the City of David, Michal daughter of Saul watched from a window. And when she saw King David leaping and dancing before the Lord, she despised him in her heart.

17 They brought the ark of the Lord and set it in its place inside the tent that David had pitched for it, and David sacrificed burnt offerings and fellowship offerings before the Lord. **18** After he had finished sacrificing the burnt offerings and fellowship offerings, he blessed the people in the name of the Lord Almighty. **19** Then he gave a loaf of bread, a cake of dates and a cake of raisins to each person in the whole crowd of Israelites, both men and women. And all the people went to their homes.

20 When David returned home to bless his household, Michal daughter of Saul came out to meet him and said, "How the king of Israel has distinguished himself today, going around half-naked in full view of the slave girls of his servants as any vulgar fellow would!"

21 David said to Michal, "It was before the Lord, who chose me rather than your father or anyone from his house when he appointed me ruler over the Lord's people Israel—I will celebrate before the Lord. **22** I will become even more undignified than this, and I will be

humiliated in my own eyes. But by these slave girls you spoke of, I will be held in honor.” **2 Samuel 6:14-22**

Are any of you happy? You should sing praises **James 5:13**

Say: Let’s open your Impact Kids book and we are going to summarize each paragraph.

Paragraph 1: David danced in his underwear.

Paragraph 2: Michal was embarrassed by David

Paragraph 3: David made an offering to God and shared gifts with the people.

Paragraph 4: Michal scolds David

Paragraph 5: David pointed out his celebration/joy was for the Lord, not people. Let’s review this together again in the video. (Pass out pencils to each kid)

Watch Bible Video- Roku/DVD

Say: Our story point today is: Lots of things might make me happy, but only God can give me joy. Let’s say that together: “Lots of things might make me happy, but only God can give me joy” **One of the best ways to help you when your emotions get the best of you, is to pray. Ask God to help you, guide you, or calm you and show you when to celebrate what God has done.** In our Bible Story today, it could have been easy for David to feel happy because He saw God work by delivering the Ark to it’s rightful place. David knew that his celebration of joy was because of God, not because of man. “It was before the Lord, who chose me rather than your father or anyone from his house when he appointed me ruler over the Lord’s people Israel—I will celebrate before the Lord.”

2 Samuel 6:21 Jesus wants for everyone to turn to him and believe He is their Savior, no matter how bad or good you are.

Remember this whole year we are talking about how to do better and different because we believe in Jesus. One way we can do better is making prayer a big part of your day,

before school, during school, after school, at meals, at bedtime. You can talk to God anywhere, anytime and no one has to know you are talking to God.

Discussion Questions

- When do you feel the happiest? (answers will vary)
- What do you think people like about feeling happy? (answers will vary)
- What do you think is the difference between being happy and having God’s joy? (Ideas: happy is about good things happening, happy only last a little while; joy is about how good God is, you can have joy even when bad things are happening, etc.- share a personal story)
- How can you have joy even when the things around you are not happy? (Pray, thank God for the good things He’s done, remember Jesus forgives and God is always good, etc.)
- **Read James 5:13:** “Are any of you happy? You should sing praises” What does it mean to sing praises about God? (Talk about his love, power, strength, thank Him, etc.)
- Share some ways you can praise God when you’re happy this week. (Write about it, dance for God, tell someone about it, high give and give hugs, draw about it, etc.)
- What can you do to help someone who isn’t happy? (answers will vary)

Pray

- Ask kids to share things they’d like to pray about.
- Show them where they can write prayer requests in their Impact Kids Book. Write them down in your leader guide as well.
- Are there any prayer requests your group has seen God answer? Celebrate that together and thank God for the answer. Point out that is why we keep

record of prayers so we can see how God worked.

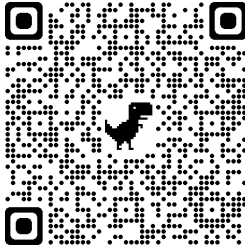
- Pray together over the prayer requests.

“God, thank You for all the good things
You’ve done for us. Please help us praise
You. Fill us with Your joy! In Jesus name,
Amen!”

Dismiss

- Connect with families picking up their kids. Share something positive about their kid today.
- Encourage families to do the Challenge Guide together throughout the next few weeks. QR codes are available at checkin and the guide is available on the website and Parkway App.

<https://my.bible.com/reading-plans/2426-dealing-with-feeling>



OCC Packing Party

November 10, 2021

Groups will spend 20 minutes in each station throughout the night.

Kinder- 1st- Packing, Rec, Teaching

2nd- 3rd- Teaching, Packing, Rec

4th - 5th- Rec, Teaching, Packing

SOCIAL/FAMILY TABLE TIME (serve pizza,
put names on water bottles, trash and clean
up/wipe down tables and wash hands)

- Introduce yourself and welcome kids by name.
- Ask kids to share what happened during their day at school, home, etc.
- Ask kids to share ways they like to learn new things.
- Ask kids to share how they have seen God working this week.
- For fun: What is the best gift you ever received? What made it so special?

Teaching Station:

Present The Greatest Gift from Samaritan's Purse

Packing Station:

Groups will pack as many boxes as they can during the time allowed.

Don't forget to pray for the boxes you packed.

Rec Time/Games: