

Family Questions



Written by Kim Cotter, Nursery Team Lead

WARM-UP QUESTIONS:

The Bible teaches us that our emotions are a gift from God and that He has a purpose for every single emotion that we have. The Bible also teaches us that we can use our emotions and express them in a real way - in a way that honors and glorifies God. What are some different emotions? *[happy; sad; cheerful; angry; disappointed; etc.]* What BIG emotion did you feel today and why? *[have everyone share one emotion and why they felt that emotion]*

What does the Bible say? How does this affect my life?

There are some fun emojis that help us express our feelings. Talk through one at a time (or maybe one per day!). Draw or color your own picture of the emotion on a separate piece of paper.



1. When you are HAPPY!
All of us like happy faces and we all look for reasons to send them, draw them and give them to others. The biggest way we can be happy is to be happy in Jesus!

Read: Philippians 4:4 out loud. What are we supposed to be happy in? *[The Lord; Jesus – not our stuff, or others, but in who Jesus is!]* What is one thing you can thank Jesus for today that makes you happy? *[take turns sharing]*



2. When you are SAD!
Our sad emoji comes out when either we are sad, or someone that we love, is sad. Jesus teaches us that is okay to be sad and to cry when we are sad or when someone we love is sad. Jesus also tells us that He will comfort us when we are sad. We need to pray and share with Him so that He can help us. Take turns sharing something that has made you sad.

Read or paraphrase John 11:1-3, 5, 38-44. Ask, “why was Jesus so sad and why did he cry?” *[their friend Lazarus had died];* Jesus did a miracle to raise him from the dead and to comfort others. Model how to ask Jesus for help. Example: “Jesus, we ask for Your help, knowing that You are our Savior and what the best for us. Right now I am sad because (insert what is making you sad). I ask You to send me Your peace and comfort as I am experiencing this sadness. In Jesus’ name, Amen.”



3. When you LAUGH!
Laughing with family and friends is one of the best things ever! Jesus tells us that there is a time to be happy and a time to be sad and there is also a time to laugh. We need to remember that laughing is a gift from God and should not be used to laugh at others or at inappropriate things.

Read: Ecclesiastes 3:1; 3:4. Each one share about the last time you thought something was really funny and you laughed. How did that feel?

Next, **read Ephesians 5:4.** Ask your kids to share if they have been around others who have laughed at others or told inappropriate jokes. If your child is younger, give them an example of inappropriate laughter and remind them that laughter is a gift from God and only to be used in ways that honor Him. Talk about how that makes others feel vs. laughing at truly funny things!



4. When you are ANGRY! Angry emojis make it clear to us that someone is mad and upset. God wants us to get angry about sin that we see in our lives and to use our anger to clean it out, but not to sin (harm ourselves or others).



Read Ephesians 4:26. Does this verse say, “never be angry”? *[No, it says when you get angry, do not sin]* Is it a sin to be angry? *[No, it's not! Anger is a normal human emotion.]* What are some sins that people do when they are angry? *[Yell, hit, kick, throw things, are mean to others, call them names, etc.]* How can we practice not sinning when we are angry? *[Count to 10, take a deep breath, talk about our feelings, why we are angry, etc.]*



5. When you are CRAZY (for Jesus)!
- Crazy faces can be used to cheer people up and help bring joy and happiness to others. They can also make some people think we are strange, or don't fit in with everyone else. There are so many “crazy” things in the Bible that people did to show love for Jesus! It is okay to look strange or “crazy” if we are following Him.

Read 2 Corinthians 5:13-14. What words does Paul use to describe when we are “crazy” in vs. 13? *[“out of our right mind” – even though “crazy” is a newer word, the Bible talks about it here!]* What controls us when we are “out of our mind” or crazy according to vs. 14? *[Christ's LOVE!]* Next, share when you have “looked” different or “stood apart” from friends in a way that honors Jesus. What are other ways you can stand out for Jesus? *[being kind to others who you don't like; doing nice things for others; taking time to help; etc.]*



6. When you LOVE!
- This emoji is for those that we love. Jesus teaches us that although it is easier to love those closest to us, He calls us to love EVERYONE, not just those that we like.

Read John 13:34-35. What is the command? *[Love one another]* What does this show? *[That you love and follow God!]* What is one thing that you and your child can do this week to show love to a stranger? Plan a time and do it! Maybe it is right now! *[Ideas: help a neighbor; pick-up trash at a park; buy groceries for someone; help a widow or an elderly person; write a note of encouragement; etc.]*

What was your favorite emotion to talk about? Why? Practice drawing or talking about what BIG emotion you feel every day this week!

Pray something like this together: *Jesus, THANK You for our emotions and that you made them! I pray that we can use our emotions to express what is in our hearts and minds, and that we can encourage others with them too! In Jesus' Name, Amen.*

NOTES:
