

Week 1:

Internet resource:

Link to bible gateway: <https://www.biblegateway.com/passage/?search=Job+1&version=ICB>

Job video - <https://www.youtube.com/watch?v=GswSg2ohqmA>

Song: I Lean on You – Crowder - <https://www.youtube.com/watch?v=PDEA0MtBaJ4>
https://freesundayschoolcurriculum.weebly.com/uploads/1/2/5/0/12503916/lesson_115_the_story_of_job.pdf

Read the story – Job 1:1-12

Quote

God is With Me When I'm... HAPPY

Happiness selfies

<https://pastorronbrooks.com/difference-between-joy-and-happiness/>

<https://rediscoveredfamilies.com/10-powerful-ways-cultivate-joy-family/>

<https://rediscoveredfamilies.com/10-powerful-ways-cultivate-joy-family/>

<https://artsymomma.com/happy-paper-plate-emoji-craft.html>

Read the story – Job

Quote

God is With Me When I'm... SAD

Sad selfies

http://storage.cloversites.com/impactchurch/documents/Winter%20PreKK%20L13_2.pdf

<https://www.faithgateway.com/god-wants-sad/>

<https://scripturelady.com/sorrowful-sobs/>

<https://meaningfulmama.com/pixar-inside-out-toilet-paper-roll-craft.html>

baby crying recording

Read the story – Job

Quote

God is With Me When I'm... ANGRY

<https://www.andnextcomesl.com/2019/03/free-printable-anger-dice-game.html>

<https://joycemeyer.org/everydayanswers/ea-teachings/dealing-with-anger-gods-way>

<http://childrenssermonstoday.blogspot.com/2012/10/job-and-terrible-horrible-no-good-very.html>

https://www.somewhatsimple.com/wacky-sacks/#_a5y_p=2197864

you tube recording of book

Read the story – Job

"I know that my redeemer lives"

God is With Me When I'm... HOPEFUL

Pastor Kristin devo

<https://ministrytoyouth.com/youth-group-lesson-on-hope/>

<https://repurposingmom.files.wordpress.com/2014/08/photo-5.jpg>

<https://www.gatherandgrow.co/family-faith-building-teaching-kids-hope/>

Inside Out Emotions Game - <https://printablecrush.com/printable-inside-out-emotions-board-game/>

List of Recipients:

Supply list:

Short version of job

Matthew 5:1-12

Acts 16:16-40

Mark 5:21-43

Anger dice game

Picture of anchor

paper plate

yellow tissue paper

paintbrush

craft sticks

washi tape

blue balloons

marker – dark colored

1 Toilet Paper Rolls

light blue paint

Wiggle Eyes

White Kid Sock

Black Pipe Cleaners

Blue Embroidery Thread

Fine Point Sharpie

Dice

Rice

12" Latex Balloons

Masks

Hanger

Construction paper-4 different colors

Yarn

July Faith @ Home Box
Based on the Book of Job

The Book of Job can be a difficult book to read with children. I have attached a simple copy of the story if you are reading with children. Satan, in this book, is “the accuser” – in Hebrew ha-satan.

Week 1: God is with me when I’m...HAPPY

Read Job 1:1-12

Verse 8: Have you considered my servant Job? There is no one like him on the earth, a blameless and upright man who fears God and turns away from evil.”

Activity 1 – Happiness Selfies

Happiness. When was a time that you were truly happy? What is real & lasting happiness, and do you know how to get it?

Jesus offers us a view of what it means to be happy (and the path to get there). This view is radically different from what you might expect. Jesus says that happiness comes in ways that we least expect it: through suffering, grief, loss, persecution, and poverty.

When we study “The Beatitudes”, we get the feeling that Jesus is saying something revolutionary here, yet, at the same time it feels like a brain twister or a riddle that is right out of our grasp. I think that Jesus meant for his words to be this way, though. He wanted us to scratch our heads and say “What”? Because if you really think about what Jesus is saying in these few sentences, you begin to realize that he is turning everything we’ve ever believed about happiness upside down.

Happiness isn’t something that comes to us, rather, it seems to be who we are in the midst of whatever happens to us, even the hard stuff. Ask yourself as you prepare for this lesson: Are you truly happy and finding that happiness in the kingdom of God as Jesus describes it? And maybe, just maybe, it comes when you let Jesus help you reframe the circumstances in your life that seem to be the hardest. In the midst of THOSE times and experiences, you truly find happiness.

Read Matthew 5:1-12. As you look through these words that Jesus said about happiness, your challenge is to take a selfie which helps to illustrate the words Jesus said. These words may seem like a riddle, and they kind of are, but try to figure out a creative way to maybe explain what Jesus was saying.

Many people call these verses the “Beatitudes”, but today we are going to call them the Happiness Selfies because as you read them and really think on them, it seems like Jesus is trying to help us to look at happiness in different ways. These Happiness Selfies, to the world, should and probably do look crazy.

So, let’s look at each of these words from Jesus. Pick one or two and take a “happiness selfie” and send it to me! Or post it on Facebook!

Read Matthew 5:3 – “Happy are people who are hopeless, because the kingdom of heaven is theirs.”

Can you imagine being hopeless? Hope is knowing that the future will be ok....so imagine how it would sound to someone who is hopeless that Jesus says that the kingdom of heaven is theirs?

Jesus is saying that you have His Kingdom to look forward to. It is YOURS. How does that make you feel?

Read Matthew 5:4 – “Happy are people who grieve, because they will be made glad.”

Grief means that death has been there and nothing hurts quite like the pain of someone you love dying. And Jesus says amazing words to someone who is grieving.... you will be glad. The tears will not only stop but you will smile.

Read Matthew 5:5 – “Happy are people who are humble, because they will inherit the earth.” Humility is a hard thing to find in our world today. It doesn’t mean that you let others walk all over you...but it does mean that you don’t run for the front of the line or think of yourself as better than everyone else. Have you ever met someone who was truly humble? What were they like?

And Jesus says, it’s that kind of person who will inherit the earth.

Read Matthew 5:6 – “Happy are people who are hungry and thirsty for righteousness, because they will be fed until they are full.”

What is the longest amount of time that any of you have gone without food or water? Being thirsty and hungry...many of us haven’t really experienced these at their worst, but can you imagine what it would feel like to not eat for days or to not have clean water?

So, what does it mean to hunger and thirst for righteousness? And what does Jesus say will happen to someone who does? They will be filled.... filled with righteousness.

Read Matthew 5:7 – “Happy are people who show mercy, because they will receive mercy.”

Has there ever been a time in your life when you really needed someone to show you mercy...to reach out to you in your greatest need? How did that feel?

Now, imagine that you are the one giving mercy.... Jesus says that when you give mercy, he will give you mercy.

How do you think it would feel for Jesus to reach out to you in your greatest moments of need?

Read Matthew 5:8 – “Happy are people who have pure hearts, because they will see God.”

What words come to your mind when we talk about purity? Imagine having a heart that was pure.....clean.... innocent.

And then, what is the promise that Jesus gives here? They will see God.

Read Matthew 5:9 – “Happy are people who make peace, because they will be called God’s children.”

What do you think a peaceful world would look like? How difficult is it to make peace when those around you want to fight and argue or prove others wrong? Sometimes when we try to make peace, others will tell us that we “don’t belong” or that we are living in a dream world, but God says that we will be called his “children”. When we bring peace.... we look like Him.

How could you make peace in the world around you? At your school? In your home?

Read Matthew 5:10 – “Happy are people whose lives are harassed because they are righteous, because the kingdom of heaven is theirs.”

Bullying is a big word these days. Bullies harass people and do it over and over to try to break you down. Have any of you been harassed or bullied? What did it feel like?

Jesus says that when you are harassed that you are righteous and that you get what? The kingdom of heaven.

Kind of tough to harass someone when they have a kingdom right?

Read Matthew 5:11-12 – “Happy are you when people insult you and harass you and speak all kinds of bad and false things about you, all because of me. Be full of joy and be glad, because you have a great reward in heaven. In the same way, people harassed the prophets who came before you.”

Can you name a time when people talked about you and said things about you that were hurtful and untrue? How did that feel?

Yeah, well Jesus says that if people say bad things about you and lie about you BECAUSE OF HIM...you should be glad because you are getting rewarded.

That’s what’s so amazing about what Jesus is saying: He is turning everything upside down and saying “Happiness doesn’t look like what the world says it looks like.

Which of these words really stick out to you?

Because Jesus didn’t make mistakes in saying these words. He isn’t clueless or naïve...no, he just sees things in amazing ways. Kingdom ways.

Happiness that isn't based on what others think of you, or what you earn, or even whether you are healthy, wealthy or have a ton of friends.
It is a happiness that is found only in Him.

Activity 2 – A Devotion - The Difference Between Joy and Happiness

What is the difference between joy and happiness? This family devotion will help you learn about the difference between joy and happiness. You will read some Bible passages together, then answer some questions together. It is a great way to have a spiritual discussion with your kids.

Think about it: What makes you happy? Are you always happy? Often happiness depends on how we feel or what happens to us. It is often based on our circumstances. Having joy is different. Joy comes from knowing the truth about God and his promises for us.

Psalm 118:24 - This is the day which the Lord hath made; we will rejoice and be glad in it

Philippians 4:4 - Rejoice in the Lord always; and again I say, Rejoice.

What does the Bible say about the difference between joy and happiness?

You can continue to read and answer everything in one sitting, or you may choose to break up the reading and questions into several days to help you have some meaningful conversations with your family.

Read together:

- Proverbs 15:13 – “A happy heart makes the face cheerful, but heartache crushes the spirit.”
- Proverbs 15:30 – “Light in a messenger’s eyes brings joy to the heart, and good news gives health to the bones.”
- Proverbs 17:22 – “A cheerful heart is good medicine, but a crushed spirit dries up the bones.”

Answer together:

If need be, refer back to the verses you just read to answer the questions. Be sure to allow everyone time to answer and discuss. There are no wrong answers- the goal is to have meaningful conversation.

- Why does the Bible say a cheerful heart is like a medicine?
- What are some things that can make you joyful?
- What can a cheerful (happy) attitude do for us?

Read together:

Acts 16:16-40

Answer together:

- Do you think Paul and Silas were happy? Why?
- How did Paul and Silas show their joy?
- Describe how you think the jail cell looked. If you want to, draw a picture of Paul and Silas in jail.

Our joy does not come from our circumstances the way our happiness does. Our circumstances influence whether we are happy or not. Where we are, the weather, who we are with, what we are doing. All of these things can make us happy (or unhappy) Our joy comes from something bigger– it comes from God.

When things around us aren't going our way, or when we aren't happy, we can remember that our joy comes from God above. Our joy comes from knowing the truth about what God says. We can still have joy, even if we are not happy.

One of the verses we read above says “This is the day which the Lord hath made; we will rejoice and be glad in it” Psalm 118:24. Knowing that God created today, and all the things we see is enough to give us reason to have joy, or to rejoice! Seeing the things God has created can help remind us of what he has done for us, that he has forgiven us.

Pray together and ask God to forgive you and help you remember the reasons you have to be joyful.

Activity 3 – 10 Ways to Cultivate Joy in Your Family

Have you ever met someone who is truly joyful? Joyful people have a way of lighting up a room don't they?

We all want joy for our family. After all joy makes life beautiful. Yet sometimes in the mess and chaos of family life that sense of joy can seem out of reach. We wake up to squabbling children, struggle with financial worries, or step on a piece of Lego.

Is it possible to cultivate joy in our noisy homes? I truly believe the answer is yes. We might need to adjust our understanding of joy, but I know it is possible to live a joyfully in the midst of the mess and chaos of family life.

Joyful families deal with cranky kids, money struggles, and stray Lego bricks just like everyone else. Yet underneath there is a foundation of joy that sustains them through all of life's ups and downs.

- Joy is deeper than having fun together (although that is important).
- Joy is more than the temporary high of happy events (although those are fun).
- Joy comes from within.

And we can take action to cultivate that joy.

Here's a list of powerful actions you can start right now to cultivate joy. You don't have to do these all at once, pick one and start today.

1. As always it starts with you - Children do as they see, not as they're told. If you have a joyful attitude towards life, then your family will probably will do the same.
2. Spend time together - Nothing leads to joy as efficiently as connecting with other human beings, cultivating relationships, and bonding with others. Spending time with the people you love is one of the easiest ways of cultivating joy. Make it a priority.
3. Give out hug - Hugs are FUN way to put the JOY in your day. More importantly according to The Happiness Project, you need to hold a hug for at least six seconds to get the oxytocin and serotonin really flowing. Those are the chemical messengers that help bonding and make you feel good.
4. Encourage Contentment - Joy and contentment are closely related. Joy comes naturally when we are content with what we already have. Nurture contentment in your family and joy will follow closely behind.
5. Practice Gratitude - Gratitude has magical powers. Learning to be grateful for what's in our lives and for the people who love us is a powerful way to nurture joy. It helps us to appreciate what we have, what we have received, and the people who have helped us.
6. Help Others -Is there any better feeling than helping a fellow human being?
7. Unplug and get outside - Go outside with your family each day.
8. Slow down - Life is a journey not a destination. Take time to enjoy the journey. Going slowly helps to reduce stress and frees up space for you to spend time with each other.
9. Make time for play - Have you ever watch your kids play? They can spend hours in games of make-believe and wonder. This kind of activity is a gateway to joy. Play with children. Lose yourself in the play. Be a superhero, a pirate, or even an alien. Have a joyous time. Make your kids squeal in delight, and join in.
10. Encourage Laughter - Laughter makes you feel good. And the good feeling that you get remains with you even after the laughter subsides. Shared laughter helps bind families together. All emotional sharing builds strong connections, but sharing laughter and play adds joy into the mix. So go ahead and bring some silliness into your family on a daily basis.

Activity 4 - Paper Plate Emoji Craft

Supplies Needed:

- paper plate
- yellow tissue paper
- scissors
- Mod Podge or watered down white glue
- paintbrush
- craft sticks
- washi tape

Cut a sheet of yellow tissue paper into small squares. Paint the paper plate with the Mod Podge or glue mix. Stick on the pieces of tissue paper. You may also wish to go back over the tissue paper with the paintbrush and glue to seal down the edges. Let dry.

Decide which emoji you want to make on your paper plate masks. Cut out the eyes in pink and the mouth in black and glue onto the mask. Let dry.

Tape the stick to the back side of the plate.

Week 2: God is with me when I'm... SAD

Read Job 7 & 8

Verse 8:21-22: "He will yet fill your mouth with laughter and your lips with shouts of joy. Your enemies will be clothed in shame, and the tents of the wicked will be no more."

Activity 1 - Blue Balloons

Supplies:

balloons, markers

Set out the balloons and markers, and draw a sad face on your balloon. Be creative and also gentle so you don't pop the balloons. As children work, tell them that today's Bible story is about a family who learned that Jesus is with us when we're sad. Put the balloon to the side until later, Read Mark 5:21-43

Why was Jairus so sad? (Because his daughter was dying; he thought his daughter was dead.)

How did Jesus help Jairus? (He healed Jairus' daughter; he brought her back to life; he told Jairus not to be afraid.)

How does God help you when you're sad? (He makes things better; he gives me someone to talk to; I remember that he can do anything.)

Just as Jesus was with Jairus and his family, Jesus is with us when we're sad. He'll comfort and love us and help take away the sad feelings!

Let's get rid of those sad feelings right now. On the count of three, sit on your balloon, and pop that sad face! Ready? One, two, three! When all the balloons are popped, say: Now I feel so happy. It makes me feel good to know that Jesus is always with us! The next time I'm feeling down, I'll remember the story of Jairus' daughter.

Pray: Dear Lord, as we pray to you, we want to thank you for sending Jesus to be with us, even when we're feeling sad. Help us to remember others when they're feeling sad, too. We love you. In Jesus' name, amen.

Activity 2 – A Devotion - God Wants Your Sad

I'll bet you can remember some of the pivotal moments that taught you to fake fine. Maybe you grew up being told that boys don't cry, so you stuffed your pain deep inside. Maybe you had all the right clothes and all the right friends and all the right grades, but you never invited friends over — because then they'd know the mess you lived with at home. Maybe you were told that if you just did certain things and clicked your heels, you'd have the good life you've always wanted — you know, the one the prosperity gospel is always promising — but you haven't even glimpsed it on the horizon.

The story our culture tells us — and even some misguided churches — is that health, wealth, and prosperity can and should be ours. As Americans, we are often led to believe we are entitled to these things. We are led to believe life should be easy, and we should be happy.

So, of course, when life crashes hard, we believe something must be wrong with us.

We always want more, want to do more, and want to make a bigger impact for the Kingdom. But suddenly our efforts feel as useless as banging our heads against a brick wall. We were taught we could be anyone and do anything. We are taught to take what is ours and fight to the top, but we are not taught what to do when all you do is not enough.

Somewhere along the way, we may have missed out on learning a theology of suffering.

Prayer may be a significant part of life, but have you been taught about the prayer called lament?

Lament is one of those words we don't use very much today. It's not a regular entry in our vocabulary, even with us church people. Lament is simply expressing honest emotions to God when life is not going as planned. Whether we're hurt, frustrated, confused, betrayed, overwhelmed, sad, or disappointed, lament is the language God has given us to talk to Him right in the middle of life's messes. It's real talk with God when you're hurting, when all you can do is

cry out for His help. It's a prayer that says, God, I'm hurting — will You meet me here? And as such, it is a prayer to which God always responds.

This is not a prayer for the super-spiritual. Lament is a prayer for all of us.

Not everyone experiences prosperity, but everyone we know will know loss and grief. Each and every one of us will experience setbacks, letdowns, failures, and betrayals. Every one of us will encounter change that is hard, lose loved ones before their time, and see relationships fail with people we counted on.

So what do we do when everything is not fine? Why are we shooting for the easy-street, pain-free life anyway? Where did we come up with the idea that we should be happy all the time?

We all need do-over days, and sometimes we will wake up, eat a bowl of ice cream for breakfast, and head straight back to bed. This should not surprise us because Scripture tells us that we will go through different seasons — not all of them pleasant.

Adam and Eve were banished from the garden; the only home they'd ever known. The Israelites wandered the wilderness for forty years before they entered the Promised Land. The prophets ripped their clothing, grieved in the streets, and warned God's people to repent and return. Jesus died the most gruesome death the Romans could come up with. And the early church faced persecution of all kinds.

I don't see many easy-street lives in the Bible. And I certainly don't see God demanding that we keep a stiff upper lip through hard times.

In fact, D. A. Carson, a professor at Trinity Evangelical Divinity School, writes, "There is no attempt in Scripture to whitewash the anguish of God's people when they undergo suffering. They argue with God, they complain to God, they weep before God. Theirs is not a faith that leads to dry-eyed stoicism, but to a faith so robust it wrestles with God."

So where do all the clichés and false hopes we use to explain suffering come from? Not the Bible, and certainly not from God Himself. The majority of us have said or heard predictable clichés in times of suffering.

"If God brings you to it, He'll bring you through it."

"It could have been worse."

"Everything happens for a reason."

This is not a biblical way of thinking, nor is it a biblical way of dealing. We say these things because, somewhere along the way, we lost the biblical language of lament. We have not discovered the beauty in sorrow, so we try to get out of pain as quickly as possible — and we expect others to do so as well. But life will let all of us down, and we need a way to talk about it — a way we have lost along the way.

God does not want just our happy; He also really wants our sad.

Everything is not fine, and God wants to hear about it. He is drawn to us when we're mourning and blesses us in a special way. God is not up there minimizing our pain and comparing it to others who have it worse than we do. God wants all pain to be surrendered to Him, and He has the capacity to respond to it all with infinite compassion.

What's more, lament is a pathway. Honest expression to God makes way for God to come and work His real healing. Lament is a channel for powerful transformation. It is exactly the kind of song we need for hope and healing.

Sometimes we think we need to suck it up and fake away the pain, and that shows true strength. But real strength is identifying a wound and asking God to enter it. We are robbing ourselves of a divine mystery and a divine intimacy when we pretend to have it all together. In fact, we lose an entire vocabulary from our prayers when we silence the reality of our pain.

If questions and cries and laments are not cleaned up throughout Scripture, then why are we cleaning them up or removing them completely from our language?

Scripture doesn't tell us to pretend we're peaceful when we're not, act like everything is fine when it's not, and do everything we can to suppress our sorrow. God doesn't insist that we go to our "happy place" and ignore our sad. Scripture tells us that as followers of Christ, we are called

to serve a “man of sorrows” (Isaiah 53:3 NASB) who died a gruesome death. Until we identify ourselves with our Savior and acknowledge, as He did, just how painful life can be, we won’t be able to lament or to overcome. And if we silence our own cries, then we will inevitably silence the cries of those around us. We cannot carefully address the wounds of others if we are carelessly addressing our own.

Are you stuck in faking fine? When someone asks how you are, do you autopilot a smile and a quick “fine”? What about with God? Lament is not taboo; God wants your sad as well as your glad. Is that true for you, too? How about we start together again today being real before God just as scripture tells us to be — honest, open, even in lament?

Activity 3 – A Devotion -Sorrowful Sobs

The object you will use for this lesson will be a recording of a baby crying. You can find a free download of this sound on the Internet. Just Google: free recording of a baby crying.

Exodus 3:7 says this: “I know their sorrows.” How comforting it is to know that our God cares enough about us to have compassion on us when we are full of sorrow. Our children need to know this truth. Childhood should be a time of great joy, but children experience pain too.

Ask the following questions to help stimulate discussion:

1. I am going to play the sound of something. Who can tell me what it is? (Wait for responses.) That’s right. It’s a baby crying. It sounds very sad.
2. Do you ever get sad? What are sometimes you feel sad. (Wait for responses. You might want to share some times when you have been sad.)
3. Read Exodus 3:7. I think this Bible verse is very comforting. I am glad that God knows when I am sad.
4. Let’s learn a little more about this Bible verse and learn how to apply it to our own lives. Here are 3 important points.

Point 1: Sometimes you will have days that are sad. Sad things happen to everyone, but if you are a Christian the Bible says that Jesus knows all about your sorrows or sad things in your life.
Point 2: Jesus can be described in 3 different ways to help us know for sure that He cares for us and knows all about us.

Jesus is our doctor. If you are ever sick in any way you can trust that Jesus knows the best medicine to give you. He knows your body inside and out. He made you. Always call on Him when you need His healing, inside or out.

Jesus is your Master Potter. A potter is a kind of artist that makes beautiful things from clay. The Bible says you are like a piece of clay in the hands of God. Even though difficult things happen in your life, God mold and shape those difficulties into your life so that something good comes from them. Trust your life to Jesus the Master Potter and He will turn your life into something spectacular.

Jesus is the Head. Your head is at the top of your body. It’s where you do all your thinking. Jesus wants to be the head of your body. Let Him give you the thoughts that you should have. Thoughts of joy to comfort your sadness, thoughts of love to cover over your pain. He knows and understands everything. He knows you better than you know yourself.

Point 3: Trust in Jesus during your times of joy and of sorrow. He is the best Doctor, greatest Potter and the Head of the body.

Activity 4 – Toilet Paper Roll craft

Supplies:

1 Toilet Paper Rolls

light blue paint

Wiggle Eyes

Glue or Glue Dots

White Kid Sock

Black Pipe Cleaners

Blue Embroidery Thread

Fine Point Sharpie

Scissors

Paint a toilet paper tube blue. Sadness has simple clothes. We cut off a sock and stuck it around the tube. The hair was cut to length and glued on with white glue. The glasses were made by twisting a black pipe cleaner. Little blue eyes were glued in place. A mouth and nose were drawn on with a Sharpie.



Week 3: God is with me when I'm...ANGRY

Read Job 23

Verse 2: "Even today my complaint is bitter; his hand is heavy in spite of my groaning."

Activity 1 – Anger Dice Game

This activity is all about exploring anger, from what it looks like in your body, what you can say when angry, and different ways to manage the anger.

First, make your die.

There's no set rules on how to play the actual game other than you simply roll a die and answer the prompt or question. You and your family could take turns as a way to show your child that everyone gets angry sometimes.

Also, here are 5 Strategies for Managing Anger

1. Get Physical - When your anger starts to build, so does the adrenaline and energy in your body. Use up that extra energy by getting physical. Yep, go get active! Go for a walk or a run, jump on the trampoline, ride a bike, have a dance party, do some jumping jacks...anything goes really.

2. Reframe the Anger - Sometimes just reframing the anger to be more positive is all it takes to help you cope with your angry feelings. Basically, telling yourself some little positive affirmations. It can be something as simple as saying, "I can always ask for help instead of getting angry or frustrated" or "I can calm my body" is better than thinking, "I'm so angry right now."

3. Just Breathe - Remember to just breathe too! Engaging in some deep breathing is a great way to calm your body down and cope with anger.

4. Let it Out! - Use your vocal pipes to help you deal with your anger by screaming. Or better yet, talk to someone who you trust and who will listen to you vent. Tell that person why you are angry and how you feel. Just remember, not to the person you are angry with 😊

5. Do Something with Your Hands - There's a reason why stress balls are so popular! Squeezing something is a great way to help deal with anger (see Activity 4). Engaging in a quiet activity like coloring or drawing is also helpful. Basically, anything that uses your hands is a great coping strategy to use when you're angry.

Activity 2 – A Devotion – Dealing with Anger God's Way

We have all experienced anger at some point in our lives, and it can be a real problem. Though it starts as a harmless feeling, it can quickly grow into something dangerous that's hard to control. But with God's help, we can learn how to deal with our feelings and walk in His peace. Sometimes you might do and say anything you feel like. You may have a pretty strong personality, so if you hear something that upsets you, there was a good chance you would let them know about it. Thank God, over time He can change a person through His Word and help manage emotions through the power of His Holy Spirit.

Anger is not a sin—it is what you do with it that becomes sin. The Bible says, when angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down. Leave no [such] room or foothold for the devil [give no opportunity to him].

These verses don't say, "Don't get angry" or "If you ever get angry." They say, "When you are angry." We're all going to be angry at times, but it's not feeling anger that's a problem. The problem comes when we act on those feelings. We need to be in touch with our feelings and take responsibility for them, but we can't allow them to control us.

Some people have been upset for so long that they don't even realize they're angry anymore. Proverbs 16:32 says, whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

A person who rules their spirit demonstrates self-control. Self-control is a fruit of the Spirit that's given to us to help us control ourselves. This means when we feel a certain way, we can choose not to act on it if we know it's against the Word of God.

Now it's important to understand that if you let your feelings—especially anger—get into a rage, then you may be at the point of not being able to control yourself (see Ephesians 4:27).

That's why it's so vital for us to learn how to recognize the warning signs (and put a stop to it) when those feelings first begin. And He has given us some tips in His Word about how to do it...

Second Corinthians 10:5 instructs us to take every thought captive into the obedience of Christ before it becomes a stronghold in our mind. In other words, we can choose what we are going to think and dwell on. We can continue to fuel our angry emotions with wrong thoughts...or we can take a stand and, with God's help, refuse to allow the situation to get out of control.

So, when you feel yourself getting upset, the sooner you say "No!" to those thoughts and feelings, the better. Instead of letting the anger control you, you can pray something like: "God, please help me. I know being upset is not going to get me anywhere. This person hurt my feelings and that was wrong, but I'm not going to act on this. With Your grace and strength, I'm going to control myself, and I'm going to trust You to take care of the situation."

We can trust Him to be our Vindicator. God is bigger than our feelings and He has given us self-control so we can walk in peace and experience His perfect love when we need it the most.

Activity 3 – Job and the Terrible, Horrible, No-Good, Very Bad Day

Supplies: A copy of Judith Viorst's book or a YouTube video of the reading

An author named Judith Viorst wrote a book called *Alexander and the Terrible, Horrible, No Good, Very Bad Day*. Perhaps you've read it! It is one of my all-time favorites. It starts like this: Alexander is speaking: I went to sleep with gum in my mouth and now there's gum in my hair and when I got out of bed this morning I tripped on the skateboard and by mistake I dropped my sweater in the sink while the water was running and I could tell it was going to be a terrible, horrible, no good, very bad day.

At breakfast Anthony found a Corvette Sting Ray car kit in his breakfast cereal box and Nick found a Junior Undercover Agent code ring in his breakfast cereal box but in my breakfast cereal box all I found was breakfast cereal.

I think I'll move to Australia.

Next, it's time for Alexander to go to school, and things don't go any better. He's forced to sit in the middle seat in the back in the car pool, and even when he complains about being scrunched and smushed and feeling carsick, no one answers him.

Once he gets to school, Alexander's day still doesn't improve. His teacher doesn't like his picture of the invisible castle. He sings too loud. He misses the number sixteen when counting. Alexander could tell it was going to be a terrible, horrible, no good, very bad day.

He gets in a fight with his friends, and his mom forgot to put dessert in his lunch box.

After school, Alexander and his brothers has an appointment at the dentist. Guess who is the only one with a cavity. That's right...Alexander. Dr. Fields tells them to come back next week, and he will fix it. Alexander says, "Next week, I'm going to Australia."

Well, poor Alexander's day goes from bad to worse. He gets into a fight with his brothers and even though they start it, Alexander is the one to get in trouble. They pick up his dad at his office, where Alexander knocks a big pile of books off the desk.

Back at home, there are lima beans for dinner and Alexander hates lima beans. There is kissing on TV and he hates kissing. His bath is too hot, he gets soap in his eyes, his marble goes down the drain, and he has to wear the pajamas he hates.

The book ends like this...

When I went to bed Nick took back the pillow he said I could keep and the Mickey Mouse night light burned out and I bit my tongue.

The cat wants to sleep with Anthony, not with me.

It has been a terrible, horrible, no good, very bad day.

My mom says some days are like that.

Even in Australia.

All of us have experienced terrible, horrible, no good, very bad days, just like Alexander.

Sometimes we have a string of terrible, horrible, no good, very bad days when it just seems that nothing goes right. And sometimes our worries are bigger than biting our tongue or having to eat lima beans. Sometimes it feels, as I think it did to Alexander, like no one is listening to our complaints. But I am here to tell you that there is one person who is always ready to listen...one person who always cares about how we are feeling. That person is God. You can always bring your troubles to God, and know that God hears you, no matter where you are. Even in Australia.

Pray:

Dear God, We thank you for always being with us, always caring about us and listening to us.

Help us to see that we are not alone. On good days and on bad, you are our God. We are your children. Thank-you, Lord. In Jesus' name, Amen.

Activity 4 – Anger Stress Balls

Supplies:

Rice

12" Latex Balloons

Sharpie Marker

Stretch your balloon as wide as you can and stuff the rice inside. (or you can use play dough from last month. Make a snake & stuff it in)

Press the filled balloon to make it flat and get as much air out as possible. Tie it off with a knot.

Add a face using your sharpie and you're finished!



Week 4: God is with me when I'm...HOPEFUL

Read Job 19 & 42

Verse 19:25-27: "I know that my redeemer lives, and that in the end he will stand on the earth. And after my skin has been destroyed, yet in my flesh I will see God; I myself will see him with my own eyes—I, and not another. How my heart yearns within me!"

Activity 1 – A Devotion – Hope During Coronavirus Times by Pastor Kristin

Do you know the word "hope"?

Hope is a feeling of looking forward to a future time that is good – maybe better than right now.

Hope is expecting good things to happen.

Hope is waiting for those good things.

Right now, a lot of things are difficult for us because of the Coronavirus.

We need to stay at our homes a lot more than usual. Maybe we don't see our friends and family as much as we usually did. We don't go some of the fun places we enjoy, like the pool or the amusement park. Maybe we can't go to school or daycare; maybe we miss our friends.

And when we do go out, we wear masks to protect ourselves and other people from the Coronavirus. The masks feel funny and everyone looks different.

Are you worried about the Coronavirus? About what school might be like in the fall? A lot of people are worried right now, and it's ok to feel worried.

But, we also know that we have hope.

We believe things will get better.

And, we have hope because we know Jesus is with us.

Jesus is right here with us when we stay at home, and Jesus goes with us when we go out in our masks. Jesus knows just how we feel.

Jesus promises us a future with hope because Jesus gives us courage to face whatever happens to us. Jesus always loves us.

So, today we are going to do a project to remind us – and maybe other people we see – that Jesus loves us and we have hope.

You have a mask in your box. You can take the marker in your box and write something special on your mask –

like "Jesus loves you" or "God is with me"

This is a psalm – a song God's people sing to remind us how God loves and cares for us:

1-2 I look up to the mountains;

does my strength come from mountains?

No, my strength comes from GOD,

who made heaven, and earth, and mountains.

3-4 God won't let you stumble,

your Guardian God won't fall asleep.

Not on your life! Israel's

Guardian will never doze or sleep.

5-6 GOD is your Guardian,

right at your side to protect you—

Shielding you from sunstroke,

sheltering you from moonstroke.

7-8 GOD guards you from every evil,

God guards your very life.

God guards you when you leave and when you return,
God guards you now, God guards you always.
Amen.

~ Psalm 121,
The Message

Activity 2 – A Devotion – Hope Star Wars Style

A while ago the first of the third Star Wars trilogy was released: Star Wars – The Force Awakens. Who saw it and liked it? Well, it's the first of three more to come.

Now, let's go back a little...

The very first Star Wars movie that ever came out was "Episode IV: A New Hope." This story takes place after the fall of Anakin Skywalker, the rise of Darth Vader and the conquering Empire. It follows a young boy and a young girl who are separated by galaxies but connected by bloodline and destiny.

One of the most famous lines of the movie is spoken by Princess Leia as she is trying to get a message out for help. She says, "Help Me Obi Wan Kenobi, you're my only hope." Leia is under the impression that he is her "Only Hope."

Before we unpack that idea, we need to focus on what happened in between Episode III and Episode IV.

Death and Destruction

Everything that has happened in between episode III and episode IV can be summed up in those two words. The empire's reach knows no limitations. The universe is in turmoil and disarray. The galaxy is hopeless.

Kind of like all of us. Just turn on the news and you'll see how our world is a mess. Terrorism, murder, lying, cheating, etc. It's not only the world around us, but it's you and I too. We're not terrorists or murderers, but in our own way we're all messed up. None of us are perfect, we all have our weaknesses.

We all struggle with sin. It looks different for us all. You might struggle with lust, pride, anger, or greed. Those are just a few of the countless ways sin shows its ugly head in our lives. Sin is the underlying problem all of humanity faces. It's what brings chaos to the world around us.

When we watch the news, it's easy to feel hopeless. When we look at the crazy things that happen in our own schools, it can seem pretty hopeless too. There is one problem with this idea. The Bible tells us differently.

Our hope is in Jesus!

Read Psalm 25:5 – "Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long."

Read Psalm 42:5 – "Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God."

Read Psalm 62:5 – "Yes, my soul, find rest in God; my hope comes from him."

God brings us real hope. Hope we can count on. In fact, Jesus came to earth to bring us hope. God saw that the world was a mess. It was chaos. We were separated from God because of our sins. Because of Jesus' death and resurrection, we can be right with God.

The more people who turn their eyes and hearts to Jesus, the better the world will be. Your hope for a better life is in Jesus.

When you turn to Jesus, he makes you right with God. He transforms you to become more like Him.

He shows up in the midst of your problems and difficulties.

He brings peace in the middle of chaos.

He gives you the power to overcome your weaknesses.

He gives you purpose in life. A reason for existing here on earth.

He enables you to make a difference in the lives of other people.

Luke and Leia eventually discovered they had a purpose – to bring hope to a hopeless situation. With God's power, you can too.

Discussion Questions

What situations in the world do you think are hopeless? Explain.

Have you ever been in a situation that seemed like it was hopeless? Explain.

What's difficult about placing your hope in Jesus?

Talk about a time when God showed up and did something amazing in your life?

Do you have prayer requests, especially those who currently face a difficult or hopeless situation? Pray for each other.

Activity 3 – Hang your hope on Jesus

Supplies:

Hanger

Construction paper

Construction paper in shapes that you cut out

Yarn

Hole punch

Glue or tape

Picture of you

Markers

1. Cut and cover your hanger on both sides with construction paper or any paper you choose.
2. On one side of the hanger, glue a picture of you. On the other side, glue the Hang your Hope on Jesus sign.
3. Attach string/yarn to the bottom of the hanger. One for each hope you come up with.
4. On each shape, write down one hope you have for the next few months and think about how you can ask for Jesus' help with making it happen. The hope can be for you, your family, your community, or the world.

Activity 4 – A Family Devotion w/ Activities

To say that my family has an obsession with Disney World is an understatement. My children measure holidays and big events by when the next Disney trip will be. They spend their days hoping for the next big moment to stroll down Main Street or slide down Splash Mountain. They live with these hopes and dreams because their Mom does as well. Anyone who knows me will tell you that there is a different level of excitement in my voice when I talk about anything Disney. The magic and memories we have created there have made this a special place in my heart and something I look forward to and I often spend my days hoping for the next adventure we will experience.

Still, I have been convicted about how I should be the exact same way about my faith. In this world, it is so easy to get caught up in the shiny objects and next big moments. Taking the desire of your hearts and placing your hope in anything other than the One and only Creator of your heart and lover of your soul is as easy as Googling the crowd calendar for Disney World in 2019. Hope is a feeling of expectation and desire for a certain thing to happen. As believers, our hope should be in nothing other than the very faith we place in God and His faithfulness.

My husband and I pray that our children will not waiver in their faith. That they will be certain in God and his faithfulness; even when things don't look like they think it should. We pray it is their desire and innate reaction to bring their worry, fears, and dreams to their Father and trust that He holds their tiny little hearts in His hands. And if we are able to help plant seeds of hope and expectation for their next magical visit to Disney World, then certainly we can be fueling their little souls with the life giving truths of what it means to place their hope in Christ.

What to Share with Your Children About Hope:

Hope is a feeling of expectation and desire for a certain thing to happen. Even more than we hope for our next trip to Disney World, we can and should put our hope in God and all of the blessings he provides. Be an example, daily, to your children. Allow them to visibly see you placing life's circumstances {big and small} at the feet of the Lord. Slow down the craziness of life and take time to point out how God has been an anchor to your family. Share with them how you are placing your hope in Him. Tell them about how you have placed your hope in the things of the world and been let down. Also, tell them about times you've trusted God even when it has been hard. Tell them of His faithfulness.

Ideas for Discussion:

1. God is strong. Building your life on the hope of God's promises is a solid foundation.
2. You can trust God. He created you and already knows your heart. There is no better person to share your hopes and fears with than your Creator.
3. God loves you. He is your friend and He never leaves your side. He is always with you.

Ideas for Activity:

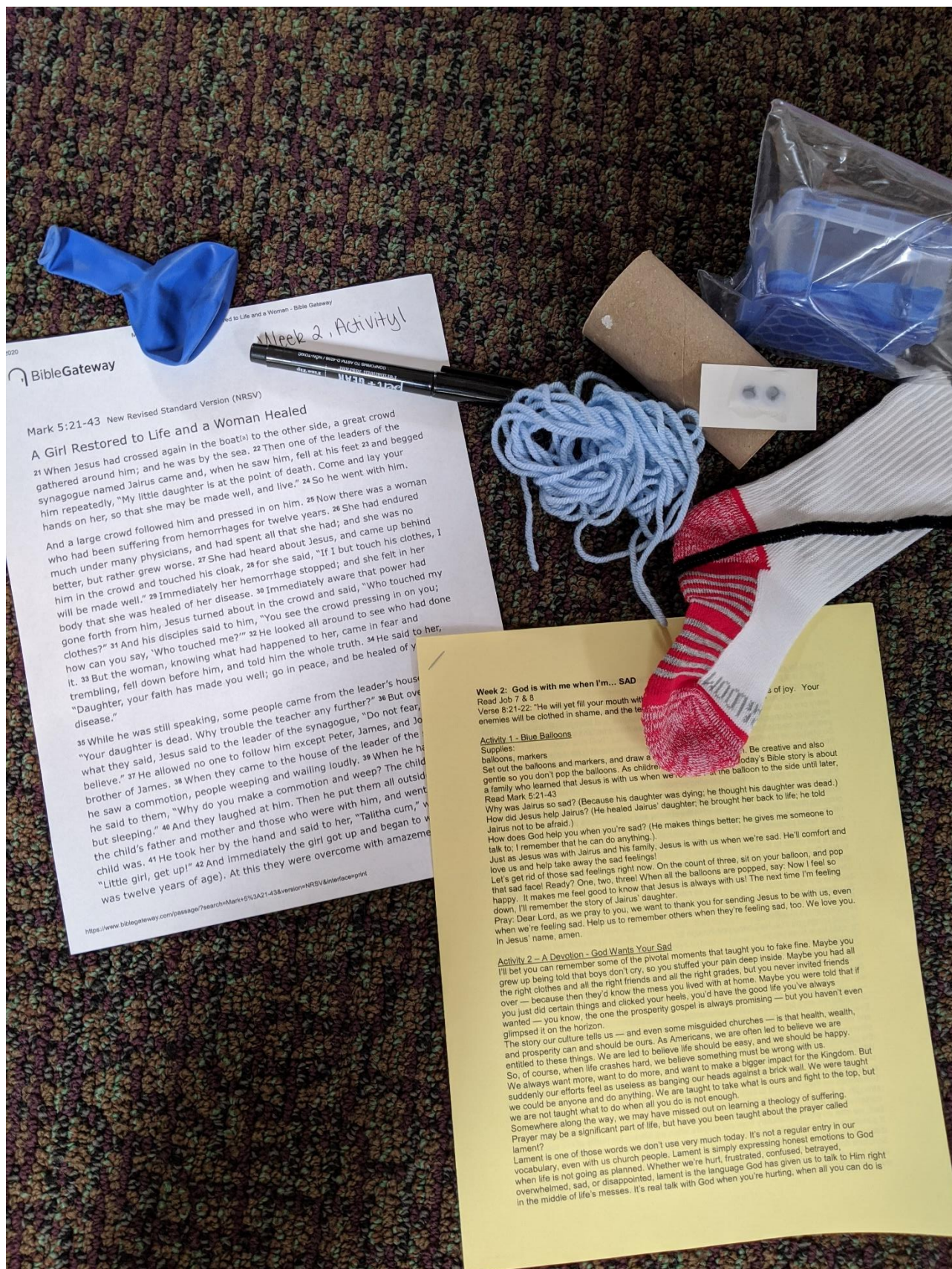
1. Keep visual family reminders throughout your home of the times you've placed your hope in the Lord and he has been faithful. Go on a family walk and collect stones. Decorate them together and use that time to talk about God's faithfulness.
2. As you anticipate your family's next big adventure, outing or holiday – do a countdown that focuses on the promises of God that we find in scripture leading up to your event!
3. When you see your child living in expectation for something other than the hope we have in the Lord, re-direct their hearts by painting or drawing a picture of an anchor to hang on their wall in their room or the fridge in the kitchen. Then, make it fun – use the picture as an accountability tool in your house for the next time anyone in the family finds themselves hoping in something other than the Lord. It can be a bit of a game in your home.
4. Memorize scripture with your child. 1 Peter 5:7 is a great simple verse about trusting and hoping in the Lord – “Cast all your anxiety on Him because He cares for You.”

3 Truths to Share with Your Child About Hope:

1. God created you. He has a plan for your life.
2. Placing our hope in anything other than God will always leave us feeling empty.
3. God wants to be your anchor. It makes Him happy when we trust Him.

Prayer:

God, thank you for being all that we need in this life. Thank you for always providing for our family. We know that we can always count on you. Help our family to trust You for our every need. Amen. Sharing with my children that Jesus is way better than Disney World will be a great point of reference for them! Oh, that I remember this too and that I take the time out of my crazy day to point out God's faithfulness to our family and their little watching eyes. May we be the example to them of placing our hope in the one true anchor that loves us unconditionally and created us with a purpose.



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BibleGateway

Week 2, Activity!

Mark 5:21-43 New Revised Standard Version (NRSV)

A Girl Restored to Life and a Woman Healed

21 When Jesus had crossed again in the boat^(a) to the other side, a great crowd gathered around him; and he was by the sea. 22 Then one of the leaders of the synagogue named Jairus came and, when he saw him, fell at his feet 23 and begged him repeatedly, "My little daughter is at the point of death. Come and lay your hands on her, so that she may be made well, and live." 24 So he went with him.

And a large crowd followed him and pressed in on him. 25 Now there was a woman who had been suffering from hemorrhages for twelve years. 26 She had endured much under many physicians, and had spent all that she had; and she was no better, but rather grew worse. 27 She had heard about Jesus, and came up behind him in the crowd and touched his cloak; 28 for she said, "If I but touch his clothes, I will be made well." 29 Immediately her hemorrhage stopped; and she felt in her body that she was healed of her disease. 30 Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, "Who touched my clothes?" 31 And his disciples said to him, "You see the crowd pressing in on you; how can you say, 'Who touched me?'" 32 He looked all around to see who had done it. 33 But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth. 34 He said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease."

35 While he was still speaking, some people came from the leader's house and said to him, "Your daughter is dead. Why trouble the teacher any further?" 36 But over what they said, Jesus said to the leader of the synagogue, "Do not fear, believe." 37 He allowed no one to follow him except Peter, James, and John, the brother of James. 38 When they came to the house of the leader of the synagogue, he saw a commotion, people weeping and wailing loudly. 39 When he had said to them, "Why do you make a commotion and weep? The child is not dead, but sleeping." 40 And they laughed at him. Then he put them all outside the house and took the father and mother and the child and went in. 41 He took her by the hand and said to her, "Talitha cum," which means, "Little girl, get up!" 42 And immediately the girl got up and began to walk. She was twelve years of age. At this they were overcome with amazement.

<https://www.biblegateway.com/passage/?search=Mark+5%3A21-43&version=NRSV&interface=print>

Week 2: God is with me when I'm... SAD

Read Job 7 & 8
Verse 8:21-22: "He will yet fill your mouth with enemies will be clothed in shame, and the terror of you."

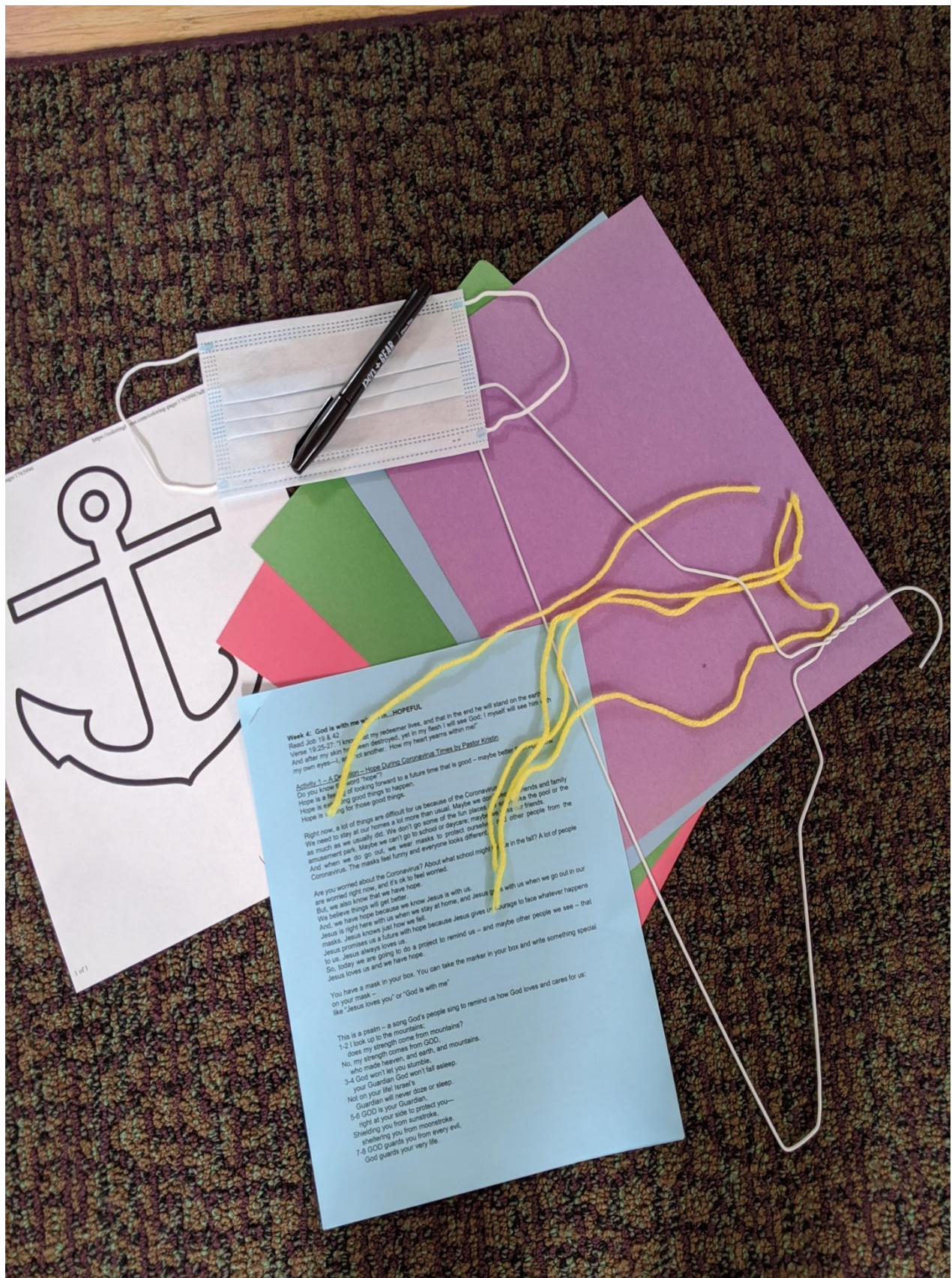
Activity 1 - Blue Balloons

Supplies:
balloons, markers
Set out the balloons and markers, and draw a sad face on each balloon. Be creative and also draw a happy face on each balloon. Today's Bible story is about a family who learned that Jesus is with us when we are sad. At the balloon to the side until later, Read Mark 5:21-43

Why was Jairus so sad? (Because his daughter was dying; he thought his daughter was dead.)
How did Jesus help Jairus? (He healed Jairus' daughter; he brought her back to life; he told Jairus not to be afraid.)
How does God help you when you're sad? (He makes things better; he gives me someone to talk to; I remember that he can do anything.)
Just as Jesus was with Jairus and his family, Jesus is with us when we're sad. He'll comfort and love us and help take away the sad feelings!
Let's get rid of those sad feelings right now. On the count of three, sit on your balloon, and pop that sad face! Ready? One, two, three! When all the balloons are popped, say: Now I feel so happy. It makes me feel good to know that Jesus is always with us! The next time I'm feeling sad, I'll remember the story of Jairus' daughter.
Pray: Dear Lord, as we pray to you, we want to thank you for sending Jesus to be with us, even when we're feeling sad. Help us to remember others when they're feeling sad, too. We love you. In Jesus' name, amen.

Activity 2 - A Devotion - God Wants Your Sad

I'll bet you can remember some of the pivotal moments that taught you to take life. Maybe you had all grown up being told that boys don't cry, so you stuffed your pain deep inside. Maybe you had all the right clothes and all the right grades, but you never invited friends over — because then they'd know the mess you lived with at home. Maybe you were told that if you just did certain things and clicked your heels, you'd have the good life you've always wanted — you know, the one the prosperity gospel is always promising — but you haven't even glimpsed it on the horizon.
The story our culture tells us — and even some misguided churches — is that health, wealth, and prosperity can and should be ours. As Americans, we are often led to believe we are entitled to these things. We are led to believe life should be easy, and we should be happy. So, of course, when life crashes hard, we believe something must be wrong with us. We always want more, want to do more, and want to make a bigger impact for the Kingdom. But suddenly our efforts feel as useless as banging our heads against a brick wall. We were taught we could be anyone and do anything. We are taught to take what is ours and fight to the top, but we are not taught what to do when all you do is not enough.
Somewhere along the way, we may have missed out on learning a theology of suffering. Prayer may be a significant part of life, but have you been taught about the prayer called lament?
Lament is one of those words we don't use very much today. It's not a regular entry in our vocabulary, even with us church people. Lament is simply expressing honest emotions to God when life is not going as planned. Whether we're hurt, frustrated, confused, betrayed, overwhelmed, sad, or disappointed, lament is the language God has given us to talk to Him right in the middle of life's messes. It's real talk with God when you're hurting, when all you can do is



Week 4: God is with me when I am...HOPEFUL
Read Job 19 & 42
Verse 18:25-27: "I know that when I am destroyed, yet in my flesh I will see God. I myself will see him with my own eyes—I will not another. How my heart yearns within me!"

Activity 1 – A Prayer for Hope

Do you know what hope is?
Hope is a feeling of looking forward to a future time that is good – maybe better than the present.
Hope is a feeling of good things to happen.
Right now, a lot of things are difficult for us because of the Coronavirus. We need to stay at our homes a lot more than usual. Maybe we don't see our friends and family as much as we usually do. We don't go to school or daycare, maybe we don't go to the pool or the amusement park. Maybe we can't go to school or daycare, maybe we don't see our friends.
And when we do go out, we wear masks to protect ourselves and other people from the Coronavirus. The masks feel funny and everyone looks different.

Are you worried about the Coronavirus? About what school might be in the fall? A lot of people are worried right now, and it's ok to feel worried.
But, we also know that we have hope.
We believe things will get better.
And, we have hope because we know Jesus is with us, and Jesus goes with us when we go out in our masks. Jesus knows just how we feel.
Jesus promises us a future with hope because Jesus gives us courage to face whatever happens to us. Jesus always loves us.
So, today we are going to do a project to remind us – and maybe other people we see – that Jesus loves us and we have hope.

You have a mask in your box. You can take the marker in your box and write something special on your mask – like "Jesus loves you" or "God is with me".

This is a psalm – a song God's people sing to remind us how God loves and cares for us:
1-2 I look up to the mountains,
does my strength come from mountains.
No, my strength comes from GOD,
who made heaven, and earth, and mountains.
3-4 God won't let you stumble,
your Guardian God won't fall asleep.
Not on your life! Isr'el's
Guardian will never doze or sleep.
5-6 GOD is your Guardian,
right at your side to protect you—
shielding you from sunstroke,
sheltering you from moonstroke,
7-8 GOD guards you from every evil,
God guards your very life.