

## WEEK 1 K-3 LESSON

Need to Know: *I Need to Deal with How I Feel*

Bible Story: *Jesus' Temptation and the Parable of the Two Builders*  
(Matthew 4:1-10, 7:24-27)



Circle Up

1

1. WELCOME kids to our new series, "Blueprints," and TELL them your name. Then SAY: *In this series, we're doing some construction and using God's Blueprint, the Bible, to know the right way to deal with everything we feel. On a construction site, you'll find lots of bricks. So, today, we'll take turns choosing a colored **candy brick**. Then I'll ask you a question based on the color brick you choose. After you answer, you can eat it.*
2. **SANITIZE** kids' hands and ALLOW each child to choose a brick and introduce themselves. Then ASK them the corresponding question from the **Question Sheet**, according to the color brick they choose.
3. After all kids have been introduced, SAY: *God gave us all so many different emotions, and He wants us to use them in the right way. That's why we always need to deal with how we feel! That's what we need to know today! Say this with me:*  
*I Need to Deal* (pound fist on flat palm)  
*With How I Feel* (fist to heart)

Read the Bible

2

1. SAY: *God gave us emotions to help us love Him and love others! Today, we're going to read some stories that Jesus told to help us understand how to deal with what we're feeling. Listen carefully as I read.*
2. READ the **Bible Story Cards** aloud to the group. After the story, ASK:
  - *In this story, Jesus had gone 40 days without something. Who remembers what it was? (Food) That's right. Jesus was very hungry, and the devil knew that, so he tried to tempt Jesus to do the wrong thing. But did Jesus let His feelings make Him do the wrong thing? (No) Jesus used God's Word to deal with how He felt, and it helped Him do what God said was right!*
  - *In the story that Jesus told of the two builders, what did the two men build their houses on? (Sand and rock) Which one's house stood strong in the storm? (The one built on rock) Our feelings are like storms but when we know what God's Word says and then we do it, we will be able to stand strong and deal with how we feel.*
3. SAY: *Just like the man who built his house on the rock, we can build our lives on the firm foundation of God's Blueprint, the Bible! When we LISTEN to the truth of God's Word, we see exactly how to deal with how we feel!*

Let's Practice

3

1. SHOW **Signs Poster**, and SAY: *In order to really deal with how we feel, we have to STOP and name what we're feeling, LOOK at what's really going on around us, and LISTEN to what God says. So to practice doing that, we're going to play "Emoji Bingo!" I'm going to give everyone a **Bingo Card** and some **counters**. The first to get five in a row is our winner. Let's play!*
2. GIVE each child one **Bingo Card** and some counters. ALLOW kids to take turns pulling a **Bingo Piece** from the **bag**. Then SHOW the **Bingo Piece** to the group and LEAD them through the activity on the back. Some **Bingo Cards** are the same, so it is OK for multiple kids in your group to win Bingo at the same time.
3. Once everyone in your group has gotten Bingo, PLACE the **Bingo Pieces** back in the **bag** for the next service and COLLECT the counters. Then SAY: *You did a great job STOPPING and naming what you were feeling, LOOKING at what was really going on in each situation, and LISTENING to the story we heard earlier from God's Word to help work through each situation we faced. We all have so many feelings. God wants us to take time to deal with how we're feeling so that we can love Him and love other people!*
4. SAY the Need to Know together a few more times:  
*I Need to Deal* (pound fist on flat palm)  
*With How I Feel* (fist to heart)
5. TELL kids they can take home their **Bingo Card** and use it to help them name what they are feeling the next time they need to stop and deal with how they feel.

Memorize It

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1. SAY: *There's a really helpful verse in our Blueprint for life, the Bible, that tells us what God says about dealing with how we're feeling. I want to teach it to you now. Just repeat after me:*  
*"But even if we* (thumbs to chest)  
*don't feel at ease,* (cross arms in front of body)  
*God is greater* (point both hands up)  
*than our feelings,* (hand over heart)  
*and He knows everything."* (fingers to temples)  
*1 John 3:20* (make book with hands)
  2. PRACTICE saying the verse with the group two times, having them repeat each line with the motions.
  3. PLAY "Fidget Spinner Time-Out." SPIN the **fidget spinner**, and HAVE the group try to say the whole verse together before the **fidget spinner** stops spinning.
  4. CONTINUE playing as time allows, having the group say the verse as many times as they can before it stops spinning.
  5. TELL kids that they have the whole series to learn this verse, and if they do, they will win a prize!
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Let's Pray

5

ASK your group for any prayer requests. Then PRAY the following for your group:

- That God would help them deal with how they feel
  - That no matter how they're feeling, they would remember to STOP, LOOK, and LISTEN to know exactly what to do
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Stay Together

6

KEEP kids engaged in Small Group until they are checked out by doing the following activities:

- PLACE the **coloring utensils** in the center of the group and HAVE kids color a **Memory Verse Coloring Sheet**.
- PLAY "Telephone" by having a child whisper a phrase to their neighbor, and then letting each child whisper what they heard to the next person in the circle. SEE if the phrase changed or stayed the same! USE the phrases below or HAVE kids come up with their own construction phrases:
  - The foreman's feet are covered in mud.
  - The crane operator is eating a sandwich.
  - I built a playhouse out of legos.
  - Skyscrapers are really tall.
  - I need to deal with how I feel.
- PLAY a version of "Musical Chairs":
  - GIVE each child a **sticky note** and TELL them to place it on the floor in front of them.
  - HAVE kids stand up.
  - REMOVE one sticky note from the circle.
  - SPIN the **fidget spinner**.
  - ALLOW kids to walk in a circle until the **fidget spinner** stops.
  - When it stops spinning, kids should race to find a **sticky note** to sit on.
  - Whoever can't find one is out.
  - Each round, REMOVE a **sticky note** and SPIN the **fidget spinner** until only one child remains.
- PLAY "Emoji Memory Match":
  - LAY the **Emoji Memory Cards**, logo side up, in the center of the group.
  - ALLOW kids to take turns choosing two **Cards** at a time.
  - If they get a match, they get to keep that match.
  - If they do not get a match, they have to put both **Cards** back, logo side up.
  - Once all matches have been found, the child with the most matches is the winner.