



FAMILY LESSON - WEEK 8

Materials: Paper, Scissors, Writing Utensils,
Tape/Stapler/Glue/Paper Clips

CIRCLE UP

Use this time to gather together and get everyone talking.

DO

Ask a question based on each family member's favorite color:

RED or PINK - Who is one person you are thankful for?

YELLOW - What is one thing outside that you are thankful for?

BLUE - What is something you are thankful you can do?

GREEN or ORANGE - What is one food you are thankful for?

PURPLE - What is one thing in our home that you are thankful for?

SAY

We have so much to be thankful for, and that makes me happy! No matter what we are feeling, we can know that God is greater than our feelings! Let me hear you say this after me:

Elementary (ES)

God Is Greater (show muscles)

Than My Feelings

(make an emoji face, like sadness, anger, excitement, etc.)

Preschool (PS)

I Feel Happy (point to smile)

When I'm Thankful

(two thumbs up)

WATCH

Watch today's Elementary and/or Preschool video on the web page where you found this lesson or on the KidSpring App or YouTube channel.

ASK your Elementary Schooler:

When King Jehoshaphat was feeling sad and scared, how did he deal with those feelings?

How do you know that God is greater than how you're feeling?

ASK your Preschooler:

When the king in today's Bible story was scared, what did he do? (Prayed, thanked God, asked God for help)

HAVE FUN TOGETHER

Build a "Thankful Chain" as a reminder that being thankful helps us feel better when our feelings seem out of control.

DO

1. Gather some paper and cut it into strips.
2. Have each family member say a few things they are thankful for, and write each one a paper strip.
3. Loop the paper strips around each other to create a paper chain. You can use tape, glue, a stapler, or paper clips to connect the paper loops around each other.
4. Add to the chain as you continue to find things to be thankful for and see how long it can get!

SAY

Our Thankful Chain can help us remember that no matter how we are feeling, we can be thankful because we know that God is with us, and He is greater than our feelings! Say this after me one more time:

Elementary (ES)

God Is Greater (show muscles)
Than My Feelings

(make an emoji face, like sadness, anger, excitement, etc.)

Preschool (PS)

I Feel Happy (point to smile)
When I'm Thankful
(two thumbs up)

PLAY

Practice saying the verse together a few times, having your child repeat each line with the motions. See if your child can tell you the verse without any help, and give them a treat for working hard to memorize it!

Elementary (ES)

But even if we (thumbs to chest)
Don't feel at ease, (cross arms)
God is greater (point up)
Than our feelings (pat heart)
And He knows everything. (arms out wide)
1 John 3:20 (make book with hands)

Preschool (PS)

God is greater (point up)
Than our feelings (pat heart)
And He knows (point up)
Everything. (arms out wide)
1 John 3:20 (make book with hands)

PRAY

Father God, You are greater than everything we face and feel, and we are so thankful that You know everything! Whenever our feelings start to get out of control, help us remember to STOP, LOOK, and LISTEN to You. We love You! Amen!