

Konnect: Emotions

“I Feel Sad”

Sunday June 28/2020

NOTE TO PARENTS

We are so excited that you have decided to lead your children spiritually today! We hope that this will be an amazing time for your family.

Today's lesson has five different parts.

- 1) Opening Question
- 2) Bible Reading
- 3) Video Lesson (17mins)
- 4) Prayer and Reflection
- 5) Family Activity

Included in this lesson is also a **Bible Point** and **Bible Verse**. They are repeated numerous times in this lesson. Be encouraged to reinforce them in your time at home together this week.

Bible Point:

When I Feel Sad, God Comforts Me!

Bible Verse: 2 Corinthians 1:4

He comforts us in all our troubles so that we can comfort others”

Set-Up:

Encourage your family to come together somewhere you have access to the internet and a screen.

This is necessary to watch the bible video.

Then lead each part of the lesson.


Each part is numbered to help you stay organized.

① Opening Questions

Together as a family spend a few minutes discussing this question:

Q.1- “What would you put on the perfect sandwich?”

Make sure everyone in your family has a chance to answer.



He comforts us in all our troubles
so that we can comfort others.
When they are troubled,
we will be able to give them
the same comfort God has given us.
2 Corinthians 1:4

② BIBLE READING

Now is your opportunity to lead your family through some scripture reading. Encourage each child to go get their bible.

Give them 30 seconds to get their bible and get back to the couch.

*Parents- This is an amazing opportunity to learn how accessible their bibles are on a daily bases.

-Ready-Set-Go

Once everyone has returned have everyone look up the bible verse:
2 Corinthians 1:4

One at a time each member of your family will read the memory verse from their bible. Or, if children can't read parents can simply read it.

Read through the verse once per family member ie, if there are four people in your family, then the verse should be read four times.

Q.2- *"When God comforts you, what does the Bible verse say you can do for others?"*

Once you've finished reading the verse and answering the question carry on to part 3!

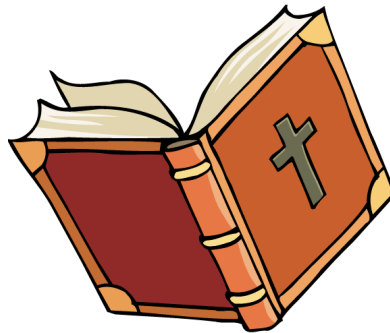
③ Video Lesson

Using the provided link play the Konnect HQ video.

You will have fun chatting about it after the video.

Encourage your children to do the bible verse motions when the Konnect crew leads them.

Once the video ends move on to Part 4.



⑤ Family Activity

Today's family activity will help us encourage others when they are sad.

Find more details on the back of the attached pages.

Send us your pics to the Farringdon Facebook Page!

④ Prayer and Reflection

*Parents- Pick someone in your family to facilitate this conversation. It could be an adult or older child.

Say: "Looks like we all feel sad sometimes. But, God comforts us when we turn to Him."

Q.3 *"What things make you sad?"*

Q.4- *"What's the hardest thing about being sad? (it hurts, it feels like it won't stop, I don't like crying, I feel alone)"*

Q.5- *"People show sadness in different ways. How did harper, Mike and Edison show sadness?" (Harper: Angry, Mike: Cried, Edison: Got quiet)*

Q6- *"What are some different things God might do to comfort you? (Give you peace, help your heart feel better, give you people to listen, send a special friend.)"*

Q7- *"Is there anything you're sad about right now?"*

As a family pray about the things that are bringing you sadness. If you don't know where to start try with this lead a repeat after me prayer today.

"God thank you /for comforting us/when we're sad./Please help us when we're sad./Please also/Help us to/comfort others with your love/Amen"