

# Konnect: Emotions

## “How to Stop Feeling Guilty”

July 5/2020

### 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:**

I can ask God to give me grace when I feel guilty.

**Bible Verse:** 1 John 1:9 “...if we confess our sins to him, he is faithful and just to forgive us.”

#### **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 these questions:

*Q.1- “What would you do if you found someone’s diary?”*

*Q.2- “What does it mean to feel guilty? (suffering from bad feelings of having done wrong)”*

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



## 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:  
1 John 1:9

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 member of your family.

After reading the bible verse:

**Q3-** *"In the Bible Verse, who is faithful and just to forgive our sins? (God, His Son, Jesus.)"*

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

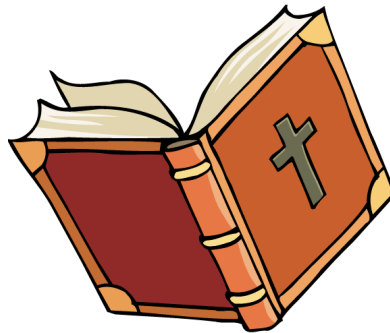
## ③ Video Lesson

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 is going to be colourful!

See Attached Sheet for further details.

Reflect:

As your family completes their activity chat feel free to use this conversation starter:

"What do you think you can do to help other people who feel guilty?"

## ④ Prayer and Reflection

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

**Say:** "God erases guilt-just like that. All we have to do is choose to follow Jesus and ask for His forgiveness."

**Q.4-** *"When you follow Jesus how many times will God forgive you?" (As many times as you ask him to.)*

**Q.5-** *"When you ask God's forgiveness and still feel guilty, what can you do?" (Remind yourself you're forgiven, forgive yourself, talk to someone about it.)*

**Q.6-** *"What do you think would happen if you hid all your guilty feelings and didn't ever talk about them??" (You can fight and attack evil with the truth in the bible-It's a spiritual weapon)*

**Q.7.** *When you've chosen to follow Jesus, how can you show God you're thankful He forgives you? (Tell Him, ask Him to help you choose not to sin.)*

### Time to Pray!

Parents! Let's lead a repeat after me prayer today. "Dear God/ thank you for the forgiveness/ we have in Jesus/ Please help us talk to you/ When we feel guilty/Amen.