

## WEEK 2 ELEMENTARY LESSON GUIDE

## BIG AND SMALL

### THE BIG IDEA

God listens when we have big feelings.

### THE BIBLE

**Job Cries Out to God:** Job 23:1-7;  
Hebrews 4:15-16

## LARGE GROUP TIME

*WHAT? What are we talking about today?*

### MUSIC | Worship

- **INSTRUCTIONS:** You can lead kids in worship with any songs you like best, but here are a few songs that go along with this month's theme. Make sure you have purchased any licenses required to play or perform these songs. For more information, [read this!](#)
  - "Super Big," (Yancy & Little Praise Party)
  - "Lord, I Need You," (Kids Version)
  - "Never Lost" (Allstars Kids Club)
  - "Yes I Will" (Kids Version)
  - "It's Been a Lovely Day" (Vineyard Kids)

### ACTIVITY | Giant Emoji

- Okay, friends! **Who can tell me what an emoji is?** That's right! They are little pictures of faces that we can use to communicate different emotions.
- **INSTRUCTIONS:** Print the emoji printable. Fold the label on the bottom backward so the kids can't see the answer, only the emoji. Have the kids guess which emotion the emoji is showing. After a few rounds, switch it up and have a kid act out the emotion and encourage the other kids to guess what it is.
- We have so many different kinds of emotions! **Do you think God cares about our emotions?**

### ACTIVITY | Giant Candy Land

- **Has anyone ever played Candy Land?** Today, we're going to play a game of Giant Candy Land and see if we can be the first to reach the end. Let's play!
- **INSTRUCTIONS:** *Place different color pieces of paper on the ground to make a path. Print and spread out the printables throughout your life-sized "game board." Have the kids roll dice to see how many spaces they move. Encourage the kids to celebrate the winner when someone makes it to the finish line.*
  - ✂ **SPECIAL NEEDS HACK:** *For kids who are not able or do not wish to participate in the life-size version, provide the actual board game they can play together with a leader and a few of their peers.*
- **It was hard when we landed on spots that made us wait or go backward, wasn't it? But how did you feel if you got to go forward?**
- Even playing games can cause us to have big emotions!

### Poll | Big Feelings

- **INSTRUCTIONS:** *Present the kids with the following statements and have them respond by pretending to cry if they would be sad, or pretending to laugh if they would be happy.*
  - ✂ **SPECIAL NEEDS HACK:** *Utilize the emoji printable from the "Giant Emoji" activity. Pick two opposite emotions (i.e., happy/sad), print them out in double-sided format and have kids show you the emoji that represents how they would feel.*
- **How would you feel if . . .**
  - Your friend remembered your birthday.
  - Your dog ran away.
  - You heard someone say something mean about you.
  - You got first place in a contest.
  - You lost your favorite toy.
  - You found out you're getting a little brother or sister.
- **Sometimes, we have big feelings, don't we?**
- Our feelings are important! God made us to have big feelings and emotions.

**SO WHAT?** *Why does it matter to God and to us?*

### BIBLE STORY | Job Cries Out to God

- **INSTRUCTIONS:** *Have the kids open their Bibles to today's passage, Job 23:1-7, and read each verse as prompted below.*
  - ✂ **PRETEEN HACK:** *Since we are talking about feelings today, have preteens form small groups and, as they listen to the Bible story, see if they can retell the story using emojis from a tablet or a leader's phone.*
- **Has anyone ever been so upset that all you could do was cry? What are some of the emotions you were feeling?**

- I think some of those emotions may have been what Job was feeling in the verses we are going to read today.
- At this point in our story, Job has been through a lot of tough stuff, and he felt he needed to release all of his emotions against God.
- **Do you remember some of the tough things Job has been through?**
- Let's see what Job said.
- *[Read Job 23:1-2.]*
  - Job said his complaint was bitter. **What do you think that means?**
  - Bitter can also mean feelings of anger or hurt. I think if I went through the same things Job did, I would feel the same way. **Would you?**
- *[Read Job 23:3-5.]*
  - Job is so upset, he wants to know where to go to find God.
- *[Read Job 23:6-7.]*
  - **Did God treat Job's feelings as if they weren't important or did God listen to Job's feelings?**
  - That's right! God listened to how Job was feeling, even though Job was sad and angry.
  - Whatever we are feeling, whether it's happy, sad, or angry, God will always listen to us.
- **Do you feel like you can talk to God about anything?** I know sometimes it may feel weird, especially if we are shy or quiet. Or it may even feel like God is not listening to us at all and won't help us.
- **How can we practice talking to God about all of our feelings?** We just start! Even if we feel silly, or shy, or quiet. No matter what we may feel, God is there listening to us and wants us to talk about anything.

### BIG IDEA | God listens when we have big feelings.

- **INSTRUCTIONS:** Write the Big Idea in a really small font on a huge piece of paper. Choose a kid to come up to the front and choose a really big magnifying glass or a small one to read the Big Idea with. Have the rest of the kids repeat the Big Idea after you.
- Last week, we had a similar piece of paper and it told us something big about God. I wonder what it will say today?
- **Who can come up here and read what this says?**
- **God listens when we have big feelings!**
- We can share all our feelings with God.

### VIDEO | Big and Small, Episode 2

- **INSTRUCTIONS:** Play this week's episode of [Grow TV](#).

### ACTIVITY | Small Claims Court

- **INSTRUCTIONS:** Prepare the scenario cards from the printable. Choose two kids who will debate that particular scenario. Flip a coin to see who will debate "for" and who will debate "against." Even if they don't personally agree with the statement, they have to defend their case! Have the other kids act as the jury and choose who won the case. Then, pick the next scenario card and choose two new kids to play.

✂ **SPECIAL NEEDS HACK:** *Having to debate a position would be challenging for some kids with special needs. Instead, appoint them to be the head juror or even a judge (give them a gavel and everything!) and have them decide who won the debate!*

- Okay, we're going to create our own courtroom scene now! I'm going to pick two volunteers to argue for or against a secret scenario. **Who wants to volunteer and pick the scenario?**
- Now, let's flip a coin to see who will argue for and who will argue against. Now, argue your cases!
- Those of you who are listening, you are the jury! You will decide who wins in the end.
- Sometimes, when we really believe in something, we try to make others believe it's the best or true way, too. **Does that mean we are always right?** That's right! No one is right all the time.
- And big feelings and emotions aren't bad. They are important, but it is important to learn the right time and place to share them with other people.
- **Can we always share our big emotions with God, though?** Yes! We can share what we're feeling with God at any time.

### OBJECT LESSON | God Listens

- **INSTRUCTIONS:** *Have a baby monitor close by.*
- **Who can tell me what this is?** [*Hold up the baby monitor.*]
- Yes! It's a baby monitor. **And what do baby monitors do?**
- They let us hear a baby from another room.
- **So, why do you think we have a baby monitor with us this morning?**
- In some ways, our prayers to God are similar to this baby monitor.
- Just like a baby monitor tells us when a baby needs something while we're in another room, our prayers to God are our way to tell God what we need.
- When a parent hears their baby crying, they see what is wrong and help . . . just like God listens to you and helps you.
- **God listens when we have big feelings!**

### BIBLE | Hebrews 4:14-16

- **Has anyone ever said to you, "I know how you feel," but you got the feeling that they really didn't get it all?**
- **How does it make you feel when it seems like people don't understand what you're feeling or what you're trying to say?**
- The great news is that even if people don't understand us, we can talk to God and God actually knows how we feel!
- **INSTRUCTIONS:** *Read Hebrews 4:14-16.*
- God knows how we feel because God knows what it's like to feel the same way! God created the feelings we have and knows exactly what to do when we have big feelings.
- What's more, when Jesus was here on earth, he experienced the same kinds of big feelings we do today. He went through difficult times like a friend dying, people rejecting him, his friends walking away from him, and even more sorrowful things before he died then rose again. Jesus knows exactly what it feels like to be sad, lonely, frustrated, and even angry!
- So it's a good idea to take our big feelings to God because not only does God understand us, **God listens when we have big feelings!**

**NOW WHAT?** *What does God want us to do about it?*

**REFLECTION | What Would You Do?**

- **INSTRUCTIONS:** *Invite the kids to list some of the things Job experienced (e.g., loss of wealth, loss of health, loss of family members, etc.). Then, ask them leading questions about who they would talk to if these things happened to them.*
  - ✂ **SPECIAL NEEDS HACK:** *Have kids design their own emoji on a paper plate (feel free to provide templates) and have them put it in a big bucket labeled, "God," to show that they can entrust their big feelings to God.*
- **Who can remind us of some of the things that happened to Job?**
- Now, imagine if all those things happened to you. **Would you be more likely to talk to someone who had no idea what that was like, or would you want to talk to someone who knew exactly how you felt?**
- **Why?**
- No matter what's happening to us and how we're feeling about it, we can talk to God! We can be confident that God knows every feeling we may have.
- We never have to hide our feelings from God, and we can trust that God will never make fun of us or leave us because of the way we feel.

**ACTIVITY | Can You Hear It Now?**

- We're going to do an activity where we let the music represent our feelings. Some songs are big and loud and others are small and low.
- **INSTRUCTIONS:** *Divide the kids into groups and tell them to stand in different areas of the room. Tell the kids to raise their hands or dance once they hear the music. Play the music at different volume levels each time.*
- The same kind of thing happens with our emotions. Sometimes, we have small, quiet feelings, and other times, we have big, loud feelings.
- **What's an example of a small feeling?**
- **What's an example of a big feeling?**
- **Does the size of your feelings change how God listens to you?**
- No! God actually cares about everything we feel, but usually, we are able to handle the smaller feelings on our own. But aren't you glad you don't have to deal with the tougher things all by yourself because **God listens when we have big feelings?**

**MEMORY VERSE | Mystery Box**

- **INSTRUCTIONS:** *Have one small box and one big box. In each box, put a different way the kids can recite the memory verse. Keep the unused mystery box from last week and create a second option for box two (e.g., "Shout," "Silently act out," etc). Save whichever box isn't chosen for next week and replace the chosen box with a new way to memorize the verse.*

## PRAYER

- Dear God, thank you for taking the time to listen to our feelings no matter what they are. We know that you understand how we are feeling and that we can count on you to listen to us, care for us, and help us when we talk to you. Amen.

## SMALL GROUP TIME

### DISCUSSION

- According to Hebrews 4:16, what can we expect when we come to God with our feelings?
- What were some of Job's big feelings?
- If you were Job, what are some things you might have wanted to say out loud?
- Read Hebrews 4:14-15. Why do you think it is important that Jesus was tempted in every way, but did not do anything wrong?
- What should we do when we have big feelings?
- How should we approach God when we have big feelings?
- How do you know God cares about how we feel?

### ACTIVITY | Giant Listening Ears

- **INSTRUCTIONS:** Give the kids the giant ears printable. Have the kids cut the ears out and decorate them as they want. Give them a strip of paper and have them write the Big Idea on the paper. Staple this strip of paper in a circle to make a headband and attach the ears to it. Make an example ahead of time to show to the kids.
  - ✂ **PRETEEN HACK:** Have preteens try out the whisper challenge in their small groups, since we are talking about how God listens! Have a volunteer listen to music using noise-cancelling headphones while the group says a phrase. See if they can guess the phrase correctly.
- It's important to remember that **God listens when we have big feelings.**
- As a reminder, we are going to make giant ears to remind us that God is always listening to us.

### MEMORY VERSE | Job 37:5 (NIV)

- **INSTRUCTIONS:** Practice this month's memory verse with the signs (a combination of SEE and ASL) available in your Programming folder or at [growcurriculum.org/Job37-5](http://growcurriculum.org/Job37-5).
- Let's practice this month's memory verse together!
- **"God's voice thunders in marvelous ways; he does great things beyond our understanding."**