

4-WEEK CHILDREN'S MINISTRY CURRICULUM

EMOTIONS

Emotions can sometimes feel overwhelming, like a storm inside us that we can't control. But these powerful feelings are part of the way God designed us, a beautiful gift meant for our good and His glory. In this series, we will explore how the Bible helps us grow in awareness of our emotions, guiding us to take them to God. Through faith in Jesus, we can enjoy the fullness of our emotions, understanding that He is with us in every joy, sorrow, fear, and hope. The Bible teaches us to accept our emotions, listen to the wisdom they bring, and express thankfulness to God for this incredible gift. By following God's directions for life through His Word, we learn to navigate our feelings and find peace and joy in Him.

Emotions: 4-Week Children's Ministry Curriculum explores how God created feelings for our good and His glory, teaching children how to navigate both positive and negative emotions with a clear connection to the Gospel. Each lesson emphasizes that knowing Jesus is most important. Their relationship with God is the source of eternal life and help in hard times. The curriculum aims to keep the children's attention, get them into God's Word, and help them grow in their personal relationship with Jesus Christ.

Main Idea: Emotions are a gift from God for our good and His glory.

You are viewing week #1 as a free sample lesson. To purchase the complete curriculum, visit [The Sunday School Store](https://sundayschool.store) or scan this code. <https://sundayschool.store/products/emotions-4-lesson-curriculum>



Week 1: "Happiness - Hannah's Joyful Surprise"

- Bible Story: Hannah's Prayer and Samuel's Birth (1 Samuel 1:1-20)
- Emotions Highlighted: Sorrow, Faith, Joy
- Main Idea: God hears our prayers and brings us joy.
- Gospel Connection: Just as Hannah trusted God and found joy, we can trust Jesus for our ultimate joy and salvation. Jesus answers our prayers and brings us eternal joy when we believe in Him.

Week 2: "Fear - Elijah Alone in the Dark"

- Bible Story: Elijah's Encounter with God (1 Kings 19)
- Emotions Highlighted: Despair, Loneliness, Hope
- Main Idea: God is always with us, even in our darkest moments.
- Gospel Connection: God provided hope and comfort to Elijah, and He provides us eternal hope through Jesus. In our darkest moments, we can find hope and salvation in Jesus, who is always with us.

Week 3: "Trust - Mary Accepts the Impossible"

- Bible Story: Mary Visits Elizabeth (Luke 1:39-56)
- Emotions Highlighted: Surprise, Joy, Gratitude
- Main Idea: God brings joy and fulfillment through His promises.
- Gospel Connection: Mary rejoiced in the promise of Jesus, who brings us the ultimate joy and fulfillment. Believing in Jesus brings us the greatest joy and the promise of eternal life.

Week 4: "Anger - When Jesus Had 'Enough'"

- Bible Story: Jesus Clears the Temple (Matthew 21:12-13)
- Emotions Highlighted: Anger, Righteous Indignation, Disgust
- Main Idea: Jesus teaches us to stand up for what is right.
- Gospel Connection: Jesus' anger in the temple was a righteous response to wrongdoing. His actions remind us that He came to bring us closer to God. Through His ultimate sacrifice, Jesus shows us the way to salvation and eternal life. Believing in Jesus helps us understand and manage our emotions, guiding us to live righteously.

Video Bible Stories: Use this link to access recommended Bible story videos and bonus content for this curriculum series. https://linktr.ee/emotions_lessons

Emotions: Can they be trusted?

We know that different faith traditions among Christians have placed more or less emphasis on emotions. Our role is always to serve your church, and we offer the following explanation to clarify the approach our team has used in this series.

Emotions are a vital part of our human experience and a gift from God. However, like every part of us, our emotions are flawed by sin. Just as our thoughts and actions can be influenced by sin, so can our feelings. This doesn't mean that emotions are bad or useless; rather, they must be understood and managed in light of God's truth.

Balanced View of Emotions: Emotions are wonderful gifts from God that help us understand and enjoy life. But just like our thoughts can sometimes be wrong or lead us astray, sin can also influence our feelings. This means that while emotions can be helpful clues about what's happening inside us, they aren't always perfect or reliable. That's why we must look to God's Word to judge the thoughts and intentions of our hearts.

The Role of Self-Control: It is important to learn self-control and guide our emotions with God's truth. The Bible teaches us to be aware of our feelings and to bring them to God, asking for His help to handle them correctly. By doing this, we learn to use our emotions as powerful tools God has blessed us with.

The Hope of Redemption: One day, when Jesus returns, He will remove all the painful and confusing parts of our emotions. We will no longer feel things the sting of sadness, fear, or anger in a harmful way. Instead, we will enjoy the positive feelings of joy, peace, and love as we worship and enjoy God forever. This doesn't mean we forget everything sad, but Jesus will make all the sad things come untrue in His infinite power. This remains a mystery, but we can be certain that all things are working according to God's plan to reveal the glory and love of our Savior.

Integration of Knowledge and Emotion: While our lessons focus on understanding and managing our emotions, we also emphasize the importance of knowing God's Word and applying biblical principles to our lives. Our faith involves both our hearts and our minds. The Bible speaks powerfully to both our thinking and our feeling selves—there is no division of truth—and God's Word is faithful to guide every aspect of our lives.

[Tony Kummer](#),

Editor and Founder,
The Sunday School Store

4-WEEK CHILDREN'S MINISTRY CURRICULUM



Week 1: Happiness "Hannah's Joyful Surprise"

Bible Story: Hannah's Prayer and Samuel's Birth (1 Samuel 1:1-20)

Emotions Highlighted: Sorrow, Faith, Joy

Main Idea: God hears our prayers and brings us joy.

Gospel Connection: Just as Hannah trusted God and found joy, we can trust Jesus for our ultimate joy and salvation. Jesus answers our prayers and brings us eternal joy when we believe in Him.

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Hidden powers - what feelings can you find?

Happiness



Sadness



Surprise



Fear



Calm



Anger



Excitement



Disgust



Loneliness



Confusion



Introduction Activity

“Hidden Powers – Feeling Finder”

[Place the “Hidden Powers – Feeling Finder” poster on display in your teaching area.]

TEACHER: Welcome, everyone! I’m so glad to see you here this morning.

Think of a time you felt so happy you couldn’t hide the smile, or maybe you remember a time you laughed so hard you couldn’t stop. Have you ever felt so mad that you’re a volcano ready to explode? Or like you’re invisible when you’re scared or sad?

Well, you’re not alone! We all have emotions, and sometimes they are very strong. Other times, you can feel all mixed up inside and confused about what it means. Emotions can feel good or bad, but they are a powerful gift from God. In a way, they are like superpowers when we understand them and use them as God planned.

Today, we’re starting a new lesson series called “Emotions,” but let me promise you, it’s not all mushy stuff. We’ll learn about our emotions through fun games, exciting Bible stories, and cool activities that show us how to use this superpower in our own lives. So get ready to explore, play, and discover how God helps us understand and handle every feeling!

Each week, we’ll start our time together with an activity looking for these hidden powers inside called “Feeling Finder.”

Now, let’s look at this poster with different feeling emojis and their meanings. This is not all the emotions people find, but it’s a good place to begin. Let’s go over them together and some examples of their hidden powers:

- Happiness: Feeling good and smiling. 😊
 - It can show us what or who is important in our lives.
 - It can remind us that God is joyful and the source of all joy.
- Sadness: Feeling down and wanting to cry. 😞
 - It can remind us to care for ourselves or talk to a friend.
 - It reminds us about Jesus' return and promises to wipe away every tear.
- Fear: Feeling scared or worried. 😬
 - It can help us stay safe and seek help when in danger.
 - It shows our world has fallen to sin and needs Jesus to make it new.
- Anger: Feeling mad or upset. 😡
 - It can show us that something is wrong and needs to be fixed.
 - It reminds us all people sin and need to be remade by Jesus.
- Surprise: Feeling shocked or amazed. 😲
 - It can help us appreciate new and unexpected things.
 - It reminds us that only God knows everything, and He is never surprised.
- Disgust: Feeling grossed out or sick. 🤢
 - It can protect us from things that might harm us.
 - It shows our world has fallen to sin and needs Jesus to make it new.
- Calm: Feeling relaxed and peaceful. 😌
 - It can help us make good decisions and stay healthy.
 - It can remind us to find peace in our relationship with Jesus.
- Excitement: Feeling very happy and eager. 😄
 - It can motivate us to try new things and face challenges.
 - It helps us know that God has good things planned for our future.
- Confusion: Feeling unsure or puzzled. 😕
 - It can encourage us to learn and understand more.

- It reminds us that only God knows everything and is never confused.
- Loneliness: Feeling alone and wanting company. 😞
 - It can remind us to connect with others and build relationships.
 - It reminds us that we need to spend time with Jesus daily.

Now, let's take a moment to consider feelings and how they can help us. We'll see many different emotions in our Bible stories, but now is a good time to consider what kind of power or purpose they can serve in God's plan.

For example, feeling fear isn't fun, but it can help us get help when we're in trouble. If a scary dog is outside when you're playing, fear will tell you to get somewhere safe or find an adult to help. Can anyone tell me another hidden power that could come with one of these emotions?

[Pause to give children time to look at the poster and choose an emotion.]

Let's remember these feelings as we go through our lesson today. Remember, it's okay to feel all these emotions, and God's Word can help us understand these powerful hidden powers he's given us all.

Now, let's play a fun game to act out some of these feelings.

Group Game

“Emotion Charades”

Supplies Needed:

- Index cards or pieces of paper with different emotions on the index cards or pieces of paper. You can print an extra copy of the emotions finder activity page and cut it into cards if needed.
- Markers or pens
- A bowl or hat to draw the cards from

Instructions:

1. Have the children sit in a circle.
2. Start by holding up each card and reading it to the children before you fold it and place it in a bowl or hat. Have the children explain what each means.
3. Explain: We'll take turns picking a card from the bowl. When it's your turn, read the emotion to yourself, but don't show anyone else. Then, without using words, act out the emotion while the rest try to guess what it is.
4. Start the game by picking a card and demonstrating how to act out an emotion. For example, if you choose "happy," you might jump up and down with a big smile.

Once the emotion is guessed, discuss briefly how we all experience these feelings and how today we'll learn about everyone's favorite emotion - happiness!

Object Lesson

“Balloon Emotions”

Supplies Needed:

- Balloons (one per child, plus a few extra)
- Permanent markers
- Pump (optional for inflating the balloons)
- A large paper bag or box

TEACHER: Today, we’re learning about happiness and joy, like a woman named Hannah experienced in our Bible story.

I have a balloon here, and I want you to think of this balloon as your heart. When something happy happens, like getting a hug from your parents or playing with your best friend, our hearts start to fill up with joy, just like this balloon fills up with air.

[Inflate the balloon a little bit.]

But sometimes, we have other emotions, too. Maybe we feel sad when something doesn't go our way, or we feel scared when we hear a loud noise.

[Inflate the balloon a bit more.]

If we keep filling our hearts with all these emotions without talking to God about them, our hearts can feel like they're about to burst!

[Inflate the balloon more, but do not pop it. Show the balloon stretched tight.]

That's why it's important to bring all our feelings to God. When Hannah felt sad because she didn't have a child, she prayed to God. She told Him about her sadness and her hope. And God answered her prayer, filling her heart with joy.

Now, let's write or draw a happy face on our balloons to remind us that God brings us joy when we trust Him.

[Pass out balloons and markers, and give the children time to draw happy faces on their balloons.]

When we pray and trust in Jesus, He helps us with our emotions. He gives us joy, even when things are difficult. Like Hannah felt happy when God answered her prayer, we can feel joy knowing Jesus loves us and is always with us.

Now, let's see what happens when we trust God with our feelings.

[Slowly let the air out of the balloon, showing how it returns to a relaxed state.]

When we trust Jesus and give Him our emotions, He helps us feel calm and happy inside, just like this balloon. It's not about holding everything in until we burst but letting Jesus help us handle our feelings.

Remember, knowing Jesus and trusting Him with all our emotions is the most important thing. He's the source of our true happiness and joy!

In our Bible story, Hannah experienced great joy because she trusted God with her deepest feelings. When we know Jesus and talk to Him about our emotions, He fills our hearts with joy and helps us handle all our feelings. Let's always remember to bring our emotions to God and trust in Jesus.

Bible Story

“Hannah's Joyful Surprise”

TEACHER: Now, let's read this amazing story about a woman named Hannah. We're going to learn how God turned her sadness into great joy. This story shows us that God is in control and wants us to bring our feelings to Him.

First, let's talk about where this story fits in the big picture of the Bible. Hannah's story happened at a time when things were changing a lot for the people of Israel. They used to be led by judges, kind of like leaders or heroes, and now they were about to start having kings. Samuel, the baby boy that God gave Hannah, would grow up to be a very important person. He was the last judge of Israel and the prophet who helped choose the first two kings, Saul and David.

Have you ever wanted something so much that it made you sad when you didn't have it? Maybe it was a special toy, or maybe you wanted to make a new friend. Today, we'll see how Hannah felt this way and how she talked to God about it. Let's dive into her story and see what happened!

READ: 1 Samuel 1:1-8

Having a baby was Hannah's very important life goal, and the sadness reminded her of what she wanted. This was an emotion that made her feel really bad. Even though her husband tried to make her feel better, she still felt alone and unhappy.

Raise your hand if you've ever felt sad when you didn't have something you really wanted. It can be difficult, right? Just like Hannah, we all have times when we feel sad. But guess what? The sadness also helped Hannah turn to God for his help. We

can talk to God about our feelings, just like Hannah did. He cares about every feeling we have

READ: 1 Samuel 1:9-18

Hannah decides to pray to God. She was so sad she cried while praying. Her strong emotions got Eli's attention, and she also got an answer from God. Eli told her to go in peace and that God would answer her prayer.

Have you ever cried because you were really upset? Feeling sad is not fun, but it can help us look for our family or pray to God for help. Hannah did the right thing by talking to God. When we feel really sad, we can pray and tell God all about it. He listens and cares about us.

READ: 1 Samuel 1:19-20

God heard Hannah's prayer, and guess what? He answered it! Hannah had a baby boy named Samuel, which means "asked of God." Hannah was so happy because God had heard her prayers and blessed her with a son.

Now, here's something really special: Samuel, the baby that Hannah dedicated to God from birth, reminds us of Jesus. Just like Samuel was set apart for God's purposes from the very beginning, Jesus was also set apart for God's amazing plan from the start. And there's another cool connection: after Samuel was born, Hannah sang a song of praise to God. This song is a lot like the song Mary sang when she found out she would be the mother of Jesus. Both songs show us how God brings joy and salvation to His people.

GOSPEL CONNECTION: This story shows us that God is in control and cares about our situation. He is the source of all joy, and when sin separates us from that,

bringing great sadness into the world. But God loves us so much that he sent Jesus to die for our sins and bring us eternal life with Him. When our sins are forgiven, we are connected to the infinite and perfect happiness of God Himself.

Our forever home with Jesus is the final solution to all the sadness we experience in this life. So, feeling sad doesn't feel good, but sadness can help us love Jesus more and look forward to His return because He promised to wipe away all the sadness and pain we feel now.

Discussion Questions & Prayer

LEADER: You all did a fantastic job hearing Hannah's story today. Seeing God answer her prayers and fill her heart with joy was great. Now, let's talk a bit more about what we learned.

1. Why was Hannah so sad at first, and what did she do about it?
2. How did Hannah show her trust in God when she prayed?
3. How can we talk to God when we feel happy or sad, just like Hannah did?

Prayer Requests: Before we finish, does anyone have anything they would like us to pray about? It can be something you're happy about, something you're worried about, or anything at all. Let's all pray together.

Dear God, thank You for Hannah's story and for showing us how You care about our feelings. Help us to remember to talk to You when we're happy, sad, or anything in between. Thank You for listening to our prayers and for sending Jesus to be with us. We ask that You help each of us trust in You just like Hannah did. Please be with us this week and fill our hearts with joy. In Jesus' name, we pray, Amen.

Hannah found happiness in trusting God.



Word Search Puzzle

HANNAH - JOY - PRAYER - SAMUEL - GOD - FAITH - CHILD - HAPPY

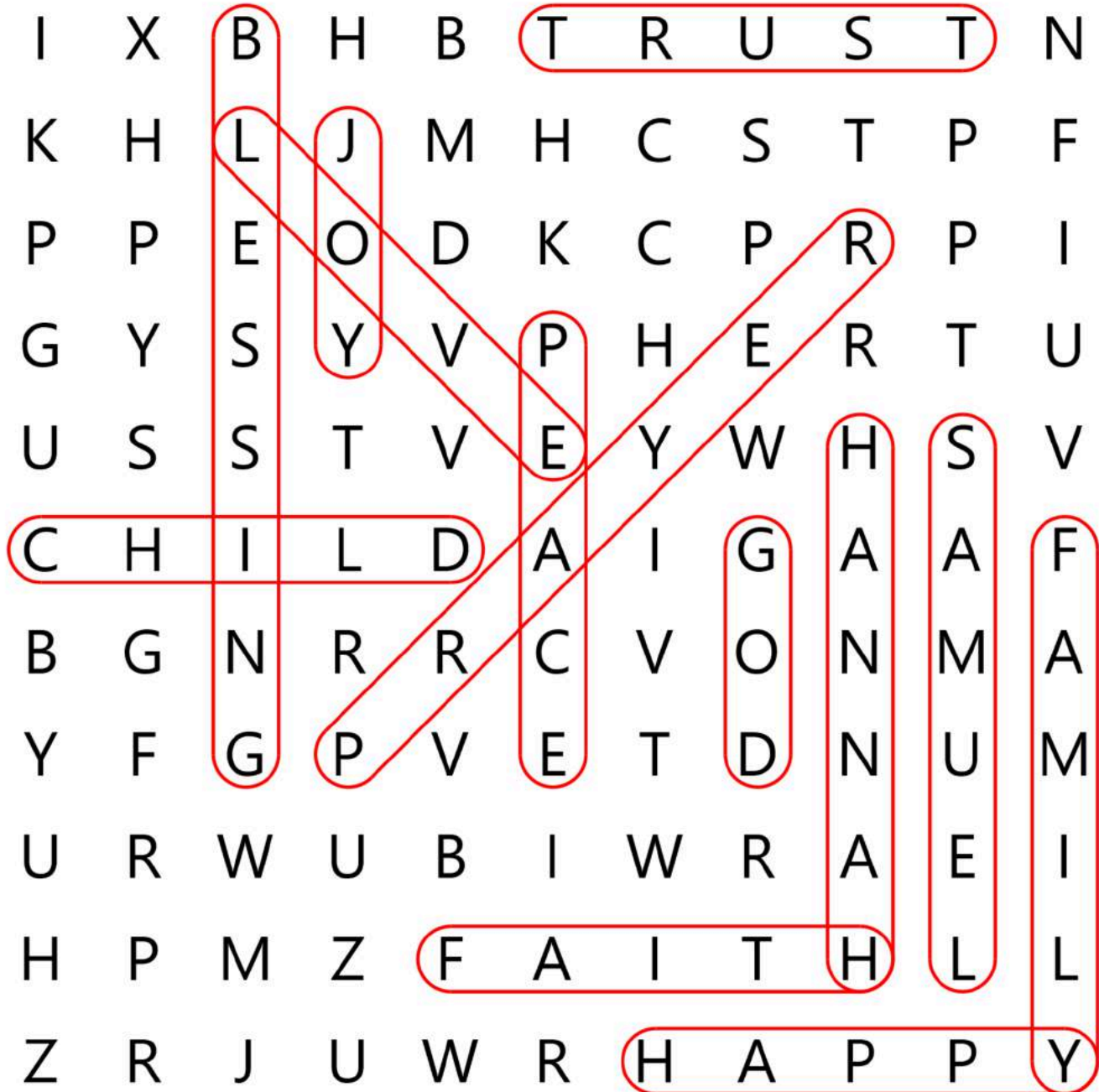
BLESSING - FAMILY - TRUST - PEACE - LOVE

I	X	B	H	B	T	R	U	S	T	N
K	H	L	J	M	H	C	S	T	P	F
P	P	E	O	D	K	C	P	R	P	I
G	Y	S	Y	V	P	H	E	R	T	U
U	S	S	T	V	E	Y	W	H	S	V
C	H	I	L	D	A	I	G	A	A	F
B	G	N	R	R	C	V	O	N	M	A
Y	F	G	P	V	E	T	D	N	U	M
U	R	W	U	B	I	W	R	A	E	I
H	P	M	Z	F	A	I	T	H	L	L
Z	R	J	U	W	R	H	A	P	P	Y

Word Search Answers

HANNAH - JOY - PRAYER - SAMUEL - GOD - FAITH - CHILD - HAPPY

BLESSING - FAMILY - TRUST - PEACE - LOVE



Craft Activity

“Joyful Prayer Sun”

Supplies Needed:

- Paper plates (one per child)
- Yellow and orange construction paper
- Glue sticks
- Markers or crayons
- Safety scissors



Step-by-Step Directions:

1. Create Sun Rays: Pre-cut strips of yellow and orange construction paper. These will be the sun's rays.
2. Decorate the Sun: Give each child a paper plate. Let them draw a happy face or decorate the center of the plate with markers or crayons. Encourage them to add words or pictures that remind them of joy and blessings from God.
3. Attach Sun Rays: Help children glue the strips of yellow and orange paper around the edge of the plate to create sun rays.
4. Discussion: As the children work, remind them how Hannah prayed to God and how He filled her heart with joy. Explain that their sun is a reminder that God hears their prayers and brings light and joy into their lives.

4-WEEK CHILDREN'S MINISTRY CURRICULUM



Week 1 – Note for Parents

Today in our lesson, your child learned about "Happiness – Hannah's Joyful Surprise." We explored the story of Hannah and how God turned her sadness into joy when He answered her prayer for a child. As Hannah trusted God and found joy, we can trust Jesus for our ultimate joy and salvation. Jesus answers our prayers and brings us eternal joy when we believe in Him.

This lesson is part of our curriculum theme, "Emotions," where we teach children that emotions are a gift from God to help us understand and enjoy life. We talked about sadness and how it can remind us to care for ourselves or talk to a friend. It can also remind us about Jesus' return and His promises to wipe away every tear.

Thank you for investing in your child's spiritual development by bringing them to today's lesson. We look forward to continuing this journey with your family.