

## 4-WEEK CHILDREN'S MINISTRY CURRICULUM

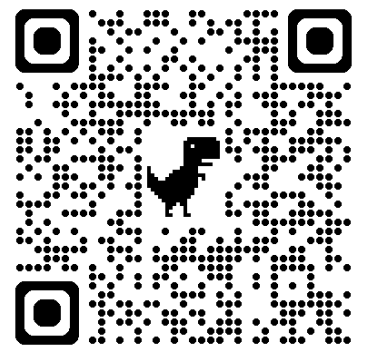
# EMOTIONS

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>



## 4-WEEK CHILDREN'S MINISTRY CURRICULUM



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

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**Bible Story:** Elijah's Encounter with God (1 Kings 19)

**Emotions Highlighted:** Fear, 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.

**Video Bible Stories:** Use this link to access recommended Bible story videos and bonus content for this curriculum series. [https://linktr.ee/emotions\\_lessons](https://linktr.ee/emotions_lessons)



Hidden powers - what feelings can you find?

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Happiness



Sadness



Surprise



Fear



Calm



Anger



Excitement



Disgust



Loneliness



Confusion



# Introduction Activity

## “Hidden Powers – Feeling Finder”

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

**TEACHER:** Welcome back, everyone! I'm so glad you're here today. We're starting with our "Hidden Powers" activity again to help us recognize how we're feeling as we begin our lesson. Remember, emotions are a gift from God, and it's important to understand and talk about them.

We have our poster with different emojis and their meanings. Let's go over them, and you can help me explain what they mean:

[Allow students to recall the meanings if possible; otherwise, reference the below.]

- **Happiness:** Feeling good and smiling. 😊
- **Sadness:** Feeling down and wanting to cry. 😞
- **Fear:** Feeling scared or worried. 😨
- **Anger:** Feeling mad or upset. 😡
- **Surprise:** Feeling shocked or amazed. 😲
- **Disgust:** Feeling grossed out or sick. 🤢
- **Calm:** Feeling relaxed and peaceful. 😌
- **Excitement:** Feeling very happy and eager. 😄
- **Confusion:** Feeling unsure or puzzled. 😕

We've been learning that emotions are part of the way God designed us, and they can help us understand life. Even when we feel sad or lonely, that can be telling us that something important is missing. Maybe you will notice a sad feeling if you have a friend who moves away. That's okay, and it even shows us that friendship is so

important. This feeling can remind us to make new friends and enjoy spending time with them when they are around.

Now, let's take a moment to think about what feelings you can find in yourself right now. Look at the poster and see which emoji matches the feelings you notice.

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

Can anyone share which emoji they chose and why they are finding it today? [Allow a few children to share.] Thank you for sharing!

Think about your emotions during the week, and you can share more about them next time. Whether we're happy, sad, or even mad, God wants us to talk to Him about it.

This week, we're learning about fear and how God is with us even in our darkest moments through the story of Elijah. Just like Elijah felt afraid and alone, we might feel that way too sometimes. This fear was important because it helped Elijah to remember how important it was to know God personally and always stay connected to him through prayer. Then God showed Elijah that He was with him, and God is always with us, no matter how scared we might feel.

Remember, knowing Jesus helps us handle all our emotions because He loves us so much. When we feel afraid, we can trust that Jesus is right there with us, giving us comfort and hope.

Let's keep these feelings in mind as we go through our lesson today. Remember, it's okay to feel all these emotions, and God is always here to help us with them.

# Introduction & Group Game

## “Fear in the Dark”

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**TEACHER:** Last week, we talked about happiness and joy with the story of Hannah. This week, we're going to explore another important emotion: fear. Have you ever felt really scared, maybe when it's dark or when you hear a loud noise? Today, we'll learn about a man named Elijah who felt very scared and alone, but God helped him through it.

Before we dive into the story, let's play a game that will help us understand how fear can feel and how we can overcome it.

### Supplies Needed:

- Blindfolds (one for each child)
- A clear space for the game

### Instructions:

1. Have the children sit in a circle and explain the game.
2. Each child will take turns being blindfolded and led through a simple obstacle course or path created in the room.
3. The other children will give gentle verbal instructions to help the blindfolded child navigate the course safely.

**TEACHER:** Great job, everyone! Now that we've experienced a bit of what it's like to feel unsure and how important it is to trust, let's learn about Elijah and see how God was with him during his scary times.

# Object Lesson

## “God’s Guiding Light”

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### Supplies Needed:

- A flashlight or small lamp
- A dark blanket or sheet
- A Bible

**TEACHER:** Hi everyone! Today, we're learning about fear and how God helps us when we're scared. We're going to do a fun object lesson to show how God is like a light that guides us when we feel afraid, just like He did for Elijah.

First, let's imagine it's nighttime, and everything is really dark. I have this dark blanket to help us imagine what it feels like to be in the dark.

[Turn off the lights or dim the room, and cover the flashlight or lamp with a dark blanket.]

It can feel pretty scary when you can't see what's around you, right? This is how Elijah felt. He was afraid and felt all alone. But even in the darkness, God was with him.

Fear is an emotion that feels bad, but it's also good for us sometimes! Being afraid helps us know when danger is around and find help from a parent. This is part of God's good design when he created people. So when you notice a feeling of fear, it's okay to be curious and think about what needs to change so you can be safe.

Remember, when you are feeling afraid, it's a great time to pray and ask God for help.

Now, let's see what happens when we turn on a light.

[Turn on the flashlight or lamp under the dark blanket.]

Wow! Look at that! Even a little light can make the darkness go away. This light helps us see and feel less afraid. It shows us the way. Just like this light helps us see in the dark, God helps us when we're scared. He is always with us, guiding us and giving us courage, just like He did for Elijah.

In our story today, Elijah felt very scared and alone. He was hiding in a cave, feeling afraid. But God was with him, just as that light is with us now. God spoke to Elijah in a gentle whisper, reminding him that He was always there to help and guide him. Just like Elijah learned that God was with him in his fear, we can know that God is always with us. When we're afraid, we can pray and trust that God will guide us and help us.



# Bible Story

## “Elijah Alone in the Dark”

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**TEACHER:** Today we're going to learn about Elijah and how God was with him even in his darkest moments. But first, let's see where Elijah's story fits into the big picture of the Bible.

After the time of judges and kings like Saul and David, Israel had many more kings. Some of these kings followed God, but many did not, and they led the people away from God. During these times, God sent prophets to help guide the people back to Him. Prophets were special messengers who told people what God wanted them to hear. Elijah was one of these prophets.

Elijah lived during a time when the people of Israel were worshiping false gods instead of the one true God. This made Elijah's job very hard and sometimes very scary. But even when Elijah felt alone and afraid, God was always with him, giving him strength and comfort.

So, Elijah's story is part of the bigger story of God sending prophets to help His people stay close to Him. Even when things were difficult, God never left His people alone. Elijah's story teaches us that no matter how scared or lonely we might feel, God is always with us too.

Let's see how God helped Elijah when he felt all alone and scared.

### **READ: 1 Kings 19:1-4**

Elijah had just done something very brave. He stood up to some bad people and showed everyone that God is the true God. But now, a mean queen named Jezebel

wanted to hurt him. So Elijah was really scared and ran away to hide in the wilderness. He was so scared and tired that he just wanted to give up.

Elijah was very brave before, but now he was really scared because someone wanted to hurt him. He felt alone and ran away to hide. Sometimes, even the bravest people can feel afraid and need help.

Raise your hand if you've ever felt like running away when you're scared. It's okay to feel that way. Elijah felt like that, too. When we're scared, it's important to remember that we can talk to God about our fears. He listens and cares about us, just like He cared for Elijah.

**READ: 1 Kings 19:5-8**

While Elijah was hiding, he fell asleep under a tree. God sent an angel to look after Elijah, giving him food and water to help him feel better. Even when Elijah was scared and alone, God was with him, providing what he needed.

Let's pretend we're eating some yummy bread and drinking water. When we feel scared or alone, God provides what we need, just like He did for Elijah. We can trust that God is always with us, taking care of us.

**READ: 1 Kings 19:9-13**

Elijah traveled for many days until he reached a cave on a mountain. There, God spoke to him, asking why he was hiding. Elijah explained how scared and alone he felt. Then, God showed His power through a mighty wind, an earthquake, and a fire. But God wasn't in those powerful things. Instead, God spoke to Elijah in a gentle whisper, reminding him that He was there.

Let's make the sound of wind by blowing softly, pretending to shake like an earthquake, and flicking our fingers like fire. Just like Elijah, we might look for God in big, loud things, but He often speaks to us in quiet, gentle ways. When we're scared, we can listen to God's gentle whisper, reminding us He is near.

**GOSPEL CONNECTION:** Here's where this story connects to the big story of the Bible and to Jesus. Just like Elijah, Jesus came to a world where many people were not following God. Jesus came to show us who God is and to bring us back to Him.

When Jesus died on the cross, He took on all our sins and mistakes so that we could be forgiven. This was the ultimate sacrifice, much greater than any of the sacrifices Elijah knew about. Because of Jesus' sacrifice, we can be close to God and have our sins forgiven when we believe in Him. This is how we Jesus make things right between us and God.

So, Elijah's story reminds us that even when we feel alone or scared, God is with us. And because of Jesus, we know that God loves us so much He sent His only Son to die for our sins. When we believe in Jesus, we are never alone, and we can always trust that God is with us, helping us through every emotion and situation.

# Discussion Questions & Prayer

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**LEADER:** You all did an amazing job hearing Elijah's story today. It's incredible to see God help him through his fear. Let's talk a bit more about what we learned.

1. Why was Elijah so scared, and where did he go to hide?
2. How did God show Elijah that He was with him and taking care of him?
3. When you feel afraid, who in your life can help? (parents, teachers, etc.)
4. When you feel scared, what are some ways you can remember that God is with you?

## **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 pray together.

*Dear God, thank You for the story of Elijah and for showing us that You are always with us, even when we are scared. Help us remember to talk to You when we feel afraid and trust that You will guide and help us. Thank You for sending Jesus to be our Savior and friend. Please be with us this week and give us courage. In Jesus' name, we pray, Amen.*

# God Helped Elijah Through His Fear



# Word Search Puzzle

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ELIJAH - FEAR - CAVE - ANGEL - GOD - WHISPER - PRAYER

TRUST - COURAGE - DARK - PEACE - HELP - FAITH

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

# Word Search Answers

ELIJAH - FEAR - CAVE - ANGEL - GOD - WHISPER - PRAYER

TRUST - COURAGE - DARK - PEACE - HELP - FAITH

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

# Craft Activity

## “God’s Guiding Light”

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### Supplies Needed:

- Clear plastic cups or jars (one per child)
- Tissue paper (various colors)
- Glue sticks
- Battery-operated tea lights (one per child)
- Markers or crayons



### Step-by-Step Directions:

1. Decorate the Cup: Give each child a clear plastic cup or jar. Let them use markers or crayons to decorate the outside of the cup with drawings or designs that remind them of God's light and love.
2. Apply Tissue Paper: Tear the tissue paper into small pieces. Help children glue the tissue paper pieces onto the outside of the cup, creating a colorful, stained-glass effect. The glue stick should be used to apply the tissue paper.
3. Insert the Light: Place a battery-operated tea light inside each cup.
4. Light Up: Turn on the tea light and place the cup over it. The light will shine through the tissue paper, creating a glowing lantern effect.



## 4-WEEK CHILDREN'S MINISTRY CURRICULUM



### Week 2 – Note for Parents

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In today's lesson, your child learned about "Fear - Elijah Alone in the Dark." We explored the story of Elijah and how God was with him in his darkest moments, providing comfort and hope. This lesson is part of our overall curriculum theme, "Emotions," where we teach children that emotions are a gift from God to help us understand and enjoy life. Feeling afraid can remind us we need help from a parent or teacher to be safe.

We highlighted that it's normal to feel scared, but we can trust that God is always with us, just as He was with Elijah. We also tied this lesson back to the Gospel, emphasizing that Jesus is our ultimate source of hope and comfort in all emotions.

Thank you for bringing your child to today's lesson and investing in their spiritual growth. We are excited to continue this journey of discovering God's love and guidance through our emotions.