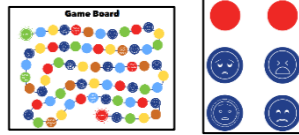
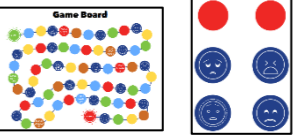
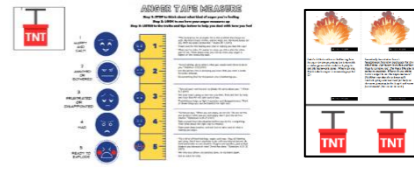


Big emotions are real!

Looking at emotions and how we can deal with them

KEY VERSE FOR THE MONTH: "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:27"



Bible Story	Key Concepts	PRIMARY PREP-2	PRIMARY 3-5
<p>4-5 March Jonah - Down</p> <p>Key Passage: Jonah 1-4</p>	<p>LESSON: Jonah's feelings of sadness were very real to him. The reality was God had a bigger picture. But despite God's bigger picture, God still took the time to rescue and comfort Jonah. God knows our feelings and will always take the time to help and comfort us in our need.</p> <p>BIG IDEA: When I feel down, God comforts me.</p>	<p>LifeGroups: Prep-Primary 2:</p> <ul style="list-style-type: none"> • Craft: • Discussion Questions –optional 	<p>LifeGroups: Primary 3-5:</p> <ul style="list-style-type: none"> • Game and questions 
<p>11-12 March Gideon - Worry</p> <p>ENCOUNTER</p> <p>Key Passage: Judges 6</p>	<p>LESSON: Worrying is something we all do. The key is to put it into perspective. Gideon had plenty to worry about, but when he stopped asking "what if" and started to trust God with his worry, it all changed. Learning to hand over our worry to a big God who we can trust isn't always easy, but when we start, we realise God will never let us down.</p> <p>BIG IDEA: When I feel worried, I can trust God.</p>	<p>LifeGroups: Prep-Primary 2:</p> <ul style="list-style-type: none"> • Craft: • Discussion Questions –optional 	<p>LifeGroups: Primary 3-5:</p> <ul style="list-style-type: none"> • Game and questions 
<p>18-19 March Nehemiah - Angry</p> <p>Key Passage: Luke 10:38-42</p>	<p>LESSON: Nehemiah was faced with a situation where he could have let his emotions, particularly his anger, get the better of him. He was being goaded by others, but he made the right choice and exercised self-control because He relied on God. It is far from easy to do this, but knowing God helps us, makes it easier.</p> <p>BIG IDEA: When I feel angry, God gives me self-control.</p>	<p>LifeGroups: Prep-Primary 2:</p> <ul style="list-style-type: none"> • Craft: • Discussion Questions –optional 	<p>LifeGroups: Primary 3-5:</p> <ul style="list-style-type: none"> • Anger Measure Tape Activity 
<p>25-26 March Jehoshaphat - emotions Communion</p> <p>Key Passage: 2 Chronicles 19-20</p>	<p>LESSON: Jehoshaphat knew how to deal with his feelings. He went straight to God. He prayed and knew that God would help. God created our emotions and so He is the best one to help us deal with them. And once we've dealt with them we need to thank God. Being grateful has shown to help us stop focusing on our problems/feelings, and change to a positive outlook.</p> <p>BIG IDEA: God will help me deal with my emotions.</p>	<p>LifeGroups: Prep-Primary 2:</p> <ul style="list-style-type: none"> • Craft: • Discussion Questions –optional 	<p>LifeGroups: Primary 3-5:</p> <ul style="list-style-type: none"> • Thankful Card Activity • Thankful Activity Sheet • Questions – if time 