

God is Pure and Holy Year 2

Emotions: Teacher's topic guide

Spiritual Overview: Controlling anger and expressing the Fruit of the Spirit

God cleanses us from sin when we accept Him as Saviour, but this doesn't automatically mean that we stop sinning. As we follow Jesus, learn what the Bible says and put it into practice we can show traits of purity and holiness. This is expressed when we show the Fruit of the Spirit.

Our response to 'God is Pure and Holy'

Because God is Pure and Holy I will...

- Obey Him.
- Try to do the things He wants me to do.
- Ask God to forgive me when I sin.
- Ask Him to make me clean inside.
- Admit when I make mistakes.
- Remember the fruits of the Spirit and try to show them in my life.
- Have respect for other people.
- Put God first in my life.

Values

- **Integrity:** Remember the Fruit of the Spirit and try to show these in my life.
- Have **respect** for other people in the way we treat them.
- Show **love** and **kindness** when others are sad.
- Show **self-control** in our emotional responses

Fruit of the Spirit

Holiness is showing the fruit of the Spirit

As we grow in holiness we display more and more of the fruits of the Spirit in our lives. Love, joy, peace, patience, goodness, kindness, gentleness, faithfulness and self-control are signs of life of purity. Displaying these fruits is a matter of putting God first, surrendering our lives to Him so that He may refine us.

Biblical references

General reference to fruit:

Galatians 5:22-23 - The fruit of the Spirit

Matt. 7:15-20 - A tree is known by its fruit.

John 15:5 - Jesus said, "I am the vine and you are the branches. Whoever remains in my and I in him, will bear much fruit; for you can do nothing without me."

Specific references to fruit:

Mark 12:30-31 - **Love** your neighbour as yourself.

Acts 3 - The lame man healed, walking and leaping with **joy**.

Matthew 6:26 - Do not worry. (Have **peace**)

Ezra 4-6; Nehemiah 1-6 - **Patience** in rebuilding Jerusalem

2 Samuel 4 & 9 - **Kindness** to the lame prince, Mephibosheth

Luke 10: 25-37 - The Good Samaritan is a story of **kindness** and **gentleness**

Ephesians 5:8-11 - Show **goodness**, by living as children of the light

Jonah - Being **faithful** is obeying the Lord.

1 Samuel 17; 1 Samuel 26 - King Saul lacked **self-control**. His jealousy caused him to lose his temper.

Ephesians 6 - Put on the armour of God so that we may do the things God wants us to do. (**goodness**)

1 John 1:7 Walk in the light as He is in the light. (**goodness**)

1 Cor 3:4 – Love is **patient** and **kind**.

Other Bible stories and passages related to emotions

James 1:19-27 **ANGER** – We all get upset and angry sometimes, but we can learn that we need to be slow to anger so our emotions don't get out of control.

Luke 17:11-19, Jesus Heals Ten Lepers. **DISGUST** – When we see things we don't like or understand we may feel disgusted, but we can know that Jesus loves everyone – even those others find disgusting.

John 11:17-44, Jesus Raises Lazarus from the Dead. **SADNESS** – No one likes to feel sad, but we can learn to out Jesus when we are sad. This is the best place we could ever go.

Luke 19:1-9 Zacchaeus meets Jesus and finds **JOY**. – Joy is the emotion that makes us feel the best. When we walk with Jesus he will transform our anger, sadness, disgust and fear into a celebration of joy.

1 John 4:7 Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. (Loving others makes us feel joyful.)

Mark 4:35-41, Jesus Calms the Storm, The disciples had **FEAR** - When we are afraid we can tell God what's scaring us and he will comfort us.

Memory verses

Galatians 5: 22-23 But the Fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Deuteronomy 6:5 Love the Lord your God with all your heart and with all your soul and with all your strength.

James 1:19 Everyone should be quick to listen, slow to speak and slow to become angry.

Key Questions

What are emotions?

Which emotions are good?

Which emotions are bad?

What are the fruits of the Spirit?

How do I get them?

Why should I have them in my life?

How can the fruits of the Spirit help me to get on better with other people?

How did Jesus show the fruits of the Spirit?

What are emotions?

Which emotions make us feel good and which ones make us feel bad?

What should we do when we feel angry? upset?

Outcomes

Students will

Identify emotions and explore positive / negative emotional responses.

Knowledge

- gain an understanding of the fruit of the Spirit, (Galatians 5:22)
- understand the meaning of positive and negative emotions

Skills

- improve social skills by practicing the fruits of the Spirit
- know how to control negative emotions

Values

- treat others with kindness, love, patience, gentleness
- be faithful to friends and those who care for you
- practice goodness, patience, self-control
- help others to be joyful

Activities

Make a list of as many emotions as you can think of. Describe what a person looks and acts like when he or she is feeling: proud, scared, angry, embarrassed, happy, excited, grumpy, sad, impatient. Draw faces expressing different emotions. Make a list of things you do that make you feel happy. Make it into a book: "I feel happy when..."

How could you help someone when they are feeling: sad, scared, lonely, angry, grumpy? Explain how you would help someone who is troubled by one of these emotions.

Go through the nine *Fruit of the Spirit* and describe how they help us with our feelings, e.g. LOVE – When I feel sad or lonely; PEACE – When I feel frightened

How to cope with an unpleasant feeling

Sometimes we feel good, and sometimes we feel bad. Both kinds of feelings are normal. Of course, we all enjoy good feelings. But when we don't like the way we are feeling, sometimes we don't know what to do about it. Here is a plan that will help you help yourself when your feelings are bothering you.

1. DESCRIBE how you are feeling. Say to yourself: "I am sad." "I am frightened." "I am angry." "I am embarrassed."
2. RELAX and take "time out" before you act. Take slow deep breaths and relax all the muscles of your body.
3. THINK how to do the right thing instead of harming yourself or other people.
4. DO something to help get rid of the bad feelings. Maybe it would help to talk to someone, or to do something you enjoy.

Discuss

1. What kinds of things are scary? (Make a chart and put it on the wall.)
2. Is it okay to feel afraid when something scares you? Is it ever not okay?
3. What do you do when you are feeling afraid? Who can you talk to?

Work in pairs

Have the children act out these emotions in pairs:

- a) I am feeling bored. I would like to feel enthusiastic.
- b) I am feeling worried. I would like to feel calmer.
- c) I am feeling afraid. I would like to feel safe and secure.
- d) I am feeling sad. I would like to feel happier.
- e) I am feeling angry. I would like to feel more peaceful.

Sticks and stones: a saying:

Sticks and stones can break my bones but names can never hurt me.

Is this true? (No)

How can people's feelings get hurt? What should we do if we have hurt someone's feelings?

What should we do if we have had our feelings hurt?

Activities for Fruit of the Spirit

- Identify fruits of the Spirit.
- Study definitions for each of the fruits -
 - **Love** - loving with the same kind of love that God has for us; loving God and treating others the way you would like to be treated yourself.
 - **Joy** - the happiness that God gives; sharing God's happiness with others.
 - **Peace** - a calm feeling inside, knowing that God is looking after you; letting God take all your worries.
 - **Patience** - learning to wait; not getting angry when things are not going as we'd like; sticking to a job and not giving up.
 - **kindness** - treating others with special care; thinking about how other people feel; doing special things for others.
 - **gentleness** - showing kindness and understanding; not being 'pushy'; considering the feelings of others.
 - **goodness** - obeying God's word and doing the right thing.
 - **faithfulness** – never leaving or giving up on someone.
 - **self-control** - not losing your temper; knowing when to stop; saying 'no' when you feel like doing the wrong thing.
- Identify emotions and discuss appropriate ways of expressing emotions
- Discuss ways of helping others who may be feeling sad.
- Discuss ways of sharing positive emotions with others.
- Discuss reasons why the fruits of the Spirit can help us to get on better with our family and friends.
- Make a large fruit tree, with different fruits. Write the nine fruits of the Spirit on the fruits.

Assessment

What have I learned from the study of the fruit of the Spirit...about God? about doing what God wants me to do? about the Bible?

God is Pure and Holy

Values education Year 2

Forgiveness

God wants us to forgive others as He has forgiven us.

Forgiveness is...

- giving a person another chance, even if they have hurt me
- not wanting to pay someone back for the wrong things they have done to me
- being kind to those who have hurt me
- not reminding myself or the other person of the wrong things they have done to me

Activities

1. When Jesus died, He said, "*Father forgive them, for they do not know what they are doing.*" What wrong things did people do to Jesus?
2. What does it mean to forgive someone?
3. Sometimes we find it hardest to forgive people in our own family. We might say that they often treat you badly. Sometimes you treat them badly as well. What would Jesus want us to do?
4. Think about a time when you forgave someone in your family.
5. Do you think you should forgive a person even when they don't say sorry? Why?
6. What good things happen when you forgive someone?
7. What bad things can happen if you don't forgive someone? Think about your feelings and emotions.

What does the Bible say about forgiveness?

Ephesians 4:32 Forgive one another as God has forgiven you.

Matthew 18:21-35 The parable of the king's servant.

Luke 15:11-32 The son who left home.

Art Year 2

God is Pure and Holy

Topic: Emotions

Biblical connection: Having the Fruit of the Spirit in our lives helps us to express our emotions in a way that is pleasing to God.

Bible art as a wall display: Galatians 5:22 A tree showing the fruit of the Spirit

1. Modelling

- Using clay or dough, model faces showing different emotions

2. Drawing

- Draw cartoon faces showing different emotions

3. Painting

- Use colour to show emotions, e.g. bright colours for happiness, dull colours or tones for sadness. Discuss cool colours and warm colours and how they make you feel.
- Divide a piece of paper into four and paint colour patches for each of these: colours that make you feel warm or cool, happy or sad.
- Paint a scene that makes you feel happy. Use colours that make you feel happy.
- Paint a scene that makes you feel excited. Use colours that make you feel excited.
- Paint a scene that makes you feel calm. Use colours that make you feel calm.



Emotions 1

Draw faces for these emotions:
happy
sad
surprised
angry

Emotions 2

Finish this sentence in three different ways:
I'm happy when

Emotions 3

Think of 10 ways to cheer up a sad friend.

Emotions 4

The answer is:
"a hug"

Think of 3 questions.
e.g. What would you like to have when

Emotions 5

Design a birthday present for your friend that would make them really happy. It has to be something that you could make.

Emotions 6

Think of three things that Jesus would want you to do when you feel angry.