

Feeling and Emotions

God is Pure and Holy

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 these in my life.
- Have respect for other people.
- Put God first in my life.

Bible stories and passages

Galatians 5:22-23 The Fruit of the Spirit

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 – 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." Galatians 5:22-23.

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

Key Questions

What are emotions?

Which of the nine Fruit of the Spirit are emotions?

Which emotions are good?

When we show the Fruit of the Spirit other people feel good. How?

Which emotions are bad?

Activities

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.

Discussion

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?
4. Does being a boy or a girl affect the way you show your feelings? If so, can you give an example?
5. Can you think of any ways in which it might be harmful to keep your feelings hidden? What could happen?
6. How could you help someone when they are feeling: sad, scared, lonely, angry?

Work in pairs

1. 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.
2. Draw faces expressing different emotions.
3. Design a "Dealing with Feelings" poster that illustrates the four-step method at the top of this column. Keep it displayed on a wall.
4. Describe how you feel when you cry. What it is like to laugh?
5. Make a list of things you do that make you feel happy.
6. Describe what a person looks and acts like when he or she is feeling:
 - a) proud
 - b) scared
 - c) angry
 - d) embarrassed
 - e) happy

f) sad

7. Make a list of people you trust enough to discuss your feelings with.

Sticks and stones

There is 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?

