

### January 2024

#### Week 1 | Emotions (Worry) - Jesus & The Storm

I Can Look to Jesus for Peace - Ask what worries them, teach them how we can find peace in God.

**Home Activity** - You and child write down things that make you worry. When you're done, pray to God about those worries. Let child think of a fun way to destroy paper after.

#### Week 2 | Emotions (Fear) - David & Goliath

**God is with Me, I Will Not Be Afraid** - Talk about having faith in God and standing up for what is right.

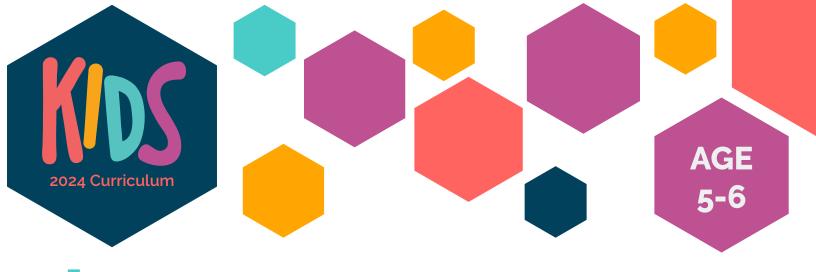
Home Activity - Talk about or draw a superhero. Discuss how they stand up for justive and kindness. Reinforce the importance of being brace and doing what is right.

# **Memory Verse**

...The peace of God that exceeds all understanding will keep your heart and mind safe in Christ Jesus.

Philippians 4:7

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### Week 3 | Emotions (Jealousy) - Joseph & Brothers

I Can Be Grateful & Celebrate Others - Help focus on personal growth instead of comparisons.

**Home Activity** - Cut out pictures from magazines, or draw things we are grateful for. Display on fridge or mirror as reminder.

#### Week 4 | Emotions (Joy) - Paul & Silas

**God's Promises Bring Me Joy** - Talk about trusting God's plan even when you don't understand it. Find comfort and joy knowing God is in control.

**Home Activity** - Take turns blindfolding/leading each other through the house. Reinforce trusting God without seeing.

## **Memory Verse**

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