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# GROWING

God's  
Good  
Story

LESSON 5

I have big feelings

1 Corinthians 6:12-20

faith  kids





## Read and understand

### I have big feelings

1 CORINTHIANS 6:12-20

**TRUTH** = We belong to the Lord who can help us to respond well to our big feelings.

**FAITH** = Children who can make good choices with their strong feelings because they know who they belong to.

*"I have the right to do anything" you say - but not everything is beneficial. "I have the right to do anything" - but I will not be mastered by anything... The body is for the Lord, and the Lord for the body!"*  
**1 CORINTHIANS 6:12**

*"You are not your own; you were bought with a price. Therefore honour God with your bodies."*  
**1 CORINTHIANS 6:20**



## Talk together



### 7 and Under

- What strong feelings can you think of?
- Sometimes a strong feeling is like a fizzing ball inside you. If that feeling was in charge:
  - What might your hands do?
  - What might your feet do?
- What would be different if you listened to God more than your strong feelings?



### 8 and Over

- How do you think the girl on the wall and the girls in the group might feel?
- Imagine that the girl watching feels desperate to have friends and fit in. How could this feeling take over and lead her to make bad choices?
- What difference could listening to God make?



## Live it out

This week, see what different feelings people show about things that happen in your house, eg.

- "It's pasta for tea."
- "It's PE today!"
- "There's no more broccoli!"

Does anybody smile? Jump up and down excitedly? Get cross or sad? Do something unkind or naughty because of their feelings?

### Connect to the truth

- Our feelings are a good gift from God
- But they aren't in control
- We belong to God and want to listen to him more than our feelings

### Pray

Draw some different emoji faces on a piece of paper:



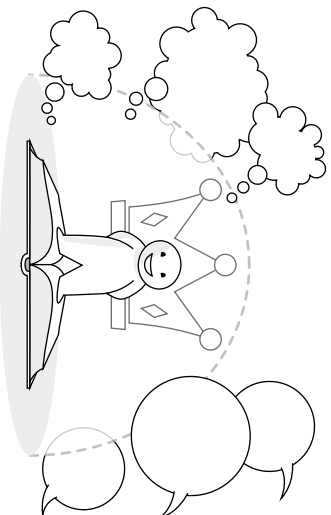
Thank God for your feelings – the things you love, enjoy and how they can help you stay safe.

Point to a feeling that you find hard to handle. Ask God to help you when you feel that way.

**Let's be people who trust God to help us with our big feelings.**

## God's better story

- My feelings don't own me – they are God's good gift, but they aren't meant to control us. We can't always control how we feel, we can choose what we do.
- I belong to God – he helps us to make good choices with our big feelings. We listen to God, who made us and loves us, more than we listen to other voices - including our feelings.



We've got more on this topic on our podcasts. Listen in and carry on the conversation.



**#145**



**#120**