

BIG AND SMALL

WEEK 2

BIG IDEA

God listens when we have big feelings.

BIBLE

Job 23:1-7 (Hebrews 4:15-16)

FREE TIME

PLAY | Free Time

INSTRUCTIONS: *Tables will be set with games and activities for kids to play until the lesson begins. This is a great opportunity to get to know some kids and work on building relationships.*

Poll | Big Feelings

- **INSTRUCTIONS:** *This poll will be written on the board as a discussion starter while kids arrive. Have kids draw a smiley face if they would be happy and a cry face if they would be sad.*
- **How would you feel if . . .**
 - Your friend remembered your birthday.
 - Your dog ran away.
 - You heard someone say something mean about you.
 - You got first place in a contest.
 - You lost your favorite toy.
 - You found out you're getting a little brother or sister.
- **Sometimes, we have big feelings, don't we?**
- Our feelings are important! God made us to have big feelings and emotions.

MUSIC | Worship

- **INSTRUCTIONS:** *Play a selection of worship music videos during free time. Some may choose to dance along while it may be background music for others.*
- *Alternatively, learn a few of the motions yourself, introduce them to the class and dance along together to kick things off!*

LARGE GROUP TIME

WHAT?

ACTIVITY | Giant Emoji

- Okay, friends! **Who can tell me what an emoji is?** That's right! They are little pictures of faces that we can use to communicate different

emotions.

- **INSTRUCTIONS:** *Print the emoji printable. Fold the label on the bottom backward so the kids can't see the answer, only the emoji. Have the kids guess which emotion the emoji is showing. After a few rounds, switch it up and have a kid act out the emotion and encourage the other kids to guess what it is.*
- We have so many different kinds of emotions! **Do you think God cares about our emotions?**

SO WHAT?

BIBLE STORY | Job Cries Out to God

- **INSTRUCTIONS:** *Have the kids open their Bibles to today's passage, Job 23:1-7, and read each verse as prompted below.*
- **Has anyone ever been so upset that all you could do was cry? What are some of the emotions you were feeling?**
- I think some of those emotions may have been what Job was feeling in the verses we are going to read today.
- At this point in our story, Job has been through a lot of tough stuff, and he felt he needed to release all of his emotions against God.-
- **Do you remember some of the tough things Job has been through?** (recap Job's story so far as needed)
- Let's see what Job said.
- *[Read Job 23:1-2.]*
 - Job said his complaint was bitter. **What do you think that means?**
 - Bitter can also mean feelings of anger or hurt. I think if I went through the same things Job did, I would feel the same way.
Would you?
- *[Read Job 23:3-5.]*
 - Job is so upset, he wants to know where to go to find God.
- *[Read Job 23:6-7.]*
 - **Did God treat Job's feelings as if they weren't important or did**

God listen to Job's feelings?

- That's right! God listened to how Job was feeling, even though Job was sad and angry.
- Whatever we are feeling, whether it's happy, sad, or angry, God will always listen to us.
- **Do you feel like you can talk to God about anything?** I know sometimes it may feel weird, especially if we are shy or quiet. Or it may even feel like God is not listening to us at all and won't help us.
- **How can we practice talking to God about all of our feelings?** We just start! Even if we feel silly, or shy, or quiet. No matter what we may feel, God is there listening to us and wants us to talk about anything.

BIG IDEA | God listens when we have big feelings.

- **INSTRUCTIONS:** *Write the Big Idea in a really small font on a huge piece of paper. Choose a kid to come up to the front and choose a really big magnifying glass to read the Big Idea with. Have the rest of the kids repeat the Big Idea after you.*
- Last week, we had a similar piece of paper and it told us something big about God. I wonder what it will say today?
- **Who can come up here and read what this says?**
- **God listens when we have big feelings!**
- We can share all our feelings with God.

(OPTIONAL) VIDEO | Big and Small, Episode 2

- **INSTRUCTIONS:** *Play this week's episode of [Grow TV](#).*

NOW WHAT?

OBJECT LESSON | God Listens

- **INSTRUCTIONS:** *Have the classroom walkie-talkie close by.*
- **Who can tell me what this is?** *[Hold up the walkie-talkie]*
- Yes! It's a walkie-talkie. **And what do they do?**
- They let us communicate with someone in another room or building.
- **So, why do you think we have a walkie talkie with us this morning?**
- In some ways, our prayers to God are similar to this walkie-talkie
- Just like we can use this walkie-talkie to tell our security team when we need some help from another room, our prayers to God are our way to tell God what we need.
- If the security team heard us ask for help on this, they would come to help . . . just like God listens to you and helps you.
- **God listens when we have big feelings!**

REFLECTION | What Would You Do?

- **INSTRUCTIONS:** *Invite the kids to list some of the things Job experienced (e.g., loss of wealth, loss of health, loss of family members, etc.). Then, ask them leading questions about who they would talk to if these things happened to them.*
 - **SPECIAL NEEDS HACK:** *Have kids design their own emoji on a paper plate (feel free to provide templates) and have them put it in a big bucket labeled, "God," to show that they can entrust their big feelings to God.*
- **Who can remind us of some of the things that happened to Job?**
- Now, imagine if all those things happened to you. **Would you be more likely to talk to someone who had no idea what that was like, or would you want to talk to someone who knew exactly how you felt?**
- **Why?**
- No matter what's happening to us and how we're feeling about it, we can talk to God! We can be confident that God knows every feeling we may have.
- We never have to hide our feelings from God, and we can trust that God will never make fun of us or leave us because of the way we feel.

MEMORY VERSE | Mystery Box

- As we're learning about how BIG God is all month through the story of Job, we're also working together to memorize a verse from that story. It reminds us that God is BIG.
- **INSTRUCTIONS:** *Have kids choose between the small box or the big box. In each box will be a different way the kids can recite the memory verse.-*
- **"God's voice is glorious in the thunder.
We can't even imagine the greatness of his power."**

PRAYER

- Dear God, thank you for taking time to listen to our feelings no matter what they are. We know that you understand how we are feeling and that we can count on you to listen to us, care for us, and help us when we talk to you. Amen.

SMALL GROUP TIME

DISCUSSION

- **According to Hebrews 4:16, what can we expect when we come to God with our feelings?**
- **What were some of Job's big feelings?**
- **If you were Job, what are some things you might have wanted to say out loud?**
- **Read Hebrews 4:14-15.-Has anyone ever said to you, "I know how you feel," but you got the feeling that they really didn't get it all?**
- **How does it make you feel when it seems like people don't understand what you're feeling or what you're trying to say?**
- **The great news is that even if people don't understand us, we can talk to God and God actually knows how we feel!**

- God knows how we feel because God knows what it's like to feel the same way! God created the feelings we have and knows exactly what to do when we have big feelings.
- What's more, when Jesus was here on earth, he experienced the same kinds of big feelings we do today. He went through difficult times like a friend dying, people rejecting him, his friends walking away from him, and even more sorrowful things before he died then rose again. Jesus knows exactly what it feels like to be sad, lonely, frustrated, and even angry!
- So it's a good idea to take our big feelings to God because not only does God understand us, **God listens when we have big feelings!**
- **What should we do when we have big feelings?**
- **How should we approach God when we have big feelings?**
- **How do you know God cares about how we feel?**

ACTIVITY | Whisper Challenge

- **-INSTRUCTIONS:** *Have kids try out the whisper challenge in their small groups, since we are talking about how God listens! Have a volunteer listen to music using noise-cancelling headphones while the group says a phrase. See if they can guess the phrase correctly.*

MEMORY VERSE | Job 37:5 (NLT)

- **INSTRUCTIONS:** *Practice this month's memory verse together.*
- *Award tokens to any kid that can say the verse from memory.*
- Let's practice this month's memory verse together!
- **"God's voice is glorious in the thunder.
We can't even imagine the greatness of his power."**