

WEEK of October 10 & 13  
ELEMENTARY LESSON GUIDE

**BIG**  
AND SMALL

## THE BIG IDEA

God listens when we have big feelings.

## THE BIBLE

Job Cries Out to God: Job 23:1-7  
(Hebrews 4:15-16)

## LARGE GROUP TIME

*WHAT? What are we talking about today?*

### GRADES 4 AND 5 Game

Marshmallow Toe Relay, Supplies needed: Marshmallows, paper plates

#### INSTRUCTIONS:

- Break preteens up into groups of 8-10.
- Have each group sit on the ground in a line, by their teammates.
- Players should have their feet out in front of them.
- Place a paper plate in front of each player.
- Tell students to take off their socks and shoes.
- The player at the end of the line has a large stack of mini marshmallows on their plate, and all the other players have an empty plate.

On “go”, the player at the end of each line grabs as many marshmallows as possible with their feet and toes, placing the marshmallows on the plate of the teammate next to them. Marshmallows that don’t make it on the plate are dead and can’t continue.

The player at the end continues to grab and pass marshmallows with their feet and toes until they are all gone. The marshmallows continue down the line to each player. The first player in the line is piling up the marshmallows that made it on their paper plate.

**Discussion:** These mini marshmallows seem small, and they can represent our feelings. But when we have a lot of little fillings they can soon turn into BIG fillings.

How does God feel when we have BIG feelings? See what their responses are.

God listens when we have BIG feelings!!

Getting to Know you Forms, Supplies needed: Getting to Know you Forms.

**GRADES 1 – 3 Poll** | Big Feelings, Supplies needed: Post-it paper, marker

- **INSTRUCTIONS:** As kids arrive, have large post-it paper on the wall. Have the kids respond using a marker with a happy face or sad face on each post-it.
- **How would you feel if . . . (One phrase written on each post-it to go on the wall)**
  - 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 created us to have big feelings and emotions.

*SO WHAT? Why does it matter to God and to us?*

**BIBLE STORY** | Job Cries Out to God, Supplies needed: Bible

- **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 his emotions against God.
- **Do you remember some of the tough things Job has been through?**
- 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 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, Supplies needed: paper with Big ideas, magnifying glass.

- **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 using a magnifying glass read the Big Idea. 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.

**VIDEO** | Big and Small, Episode 2

- **INSTRUCTIONS:** *Play this week's video.*

## SMALL GROUP TIME

### DISCUSSION

- 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. Why do you think it is important that Jesus was tempted in every way, but did not do anything wrong?
- 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 | Small Claims Court, Supplies needed: scenario cards

- **INSTRUCTIONS:** *Prepare the scenario cards from the printable. Choose two kids who are willing to debate that scenario. Decide who will debate "for" and who will debate "against." Even if they don't personally agree with the statement, they must defend their case! Have the other kids act as the jury and choose who won the case. Then, pick the next scenario card and choose two new kids to play.*
- Okay, we're going to create our own courtroom scene now! I'm going to pick two volunteers to argue for or against a secret scenario. **Who wants to volunteer and pick the scenario?**
- Now, argue your cases!
- Those of you who are listening, you are the jury! You will decide who wins in the end.
- Sometimes, when we really believe in something, we try to make others believe it's the best or true way, too. **Does that mean we are always right?** That's right! No one is right all the time.
- And big feelings and emotions aren't bad. They are important, but it is important to learn the right time and place to share them with other people.
- **Can we always share our big emotions with God, though?** Yes! We can share what we're feeling with God at any time.

#### OBJECT LESSON | God Listens, Supplies needed: Walkie Talkie

- **INSTRUCTIONS:** *Walkie Talkies*
- **Who can tell me what this is?** *[Hold up the walkie talkie]*
- Yes! It's a walkie talkie. **And what do walkie talkie's do?**
- They let us hear from someone in another room.
- **So, why do you think we have a walkie talkie with us this morning?**
- In some ways, our prayers to God are like this walkie talkie.
- Just like a walkie talkie tells us when someone needs something while we're in another room, our prayers to God are our way to tell God what we need.

*NOW WHAT? What does God want us to do about it?*

#### 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.*
- **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.

### ACTIVITY | Can You Hear It Now?

- We're going to do an activity where we let the music represent our feelings. Some songs are big and loud, and others are small and low.
- **INSTRUCTIONS:** *Divide the kids into groups and tell them to stand in different areas of the room. Tell the kids to raise their hands or dance once they hear the music. Play the music at different volume levels each time.*
- The same kind of thing happens with our emotions. Sometimes, we have small, quiet feelings, and other times, we have big, loud feelings.
- What's an example of a small feeling?
- What's an example of a big feeling?
- Does the size of your feelings change how God listens to you?
- No! God actually cares about everything we feel, but usually, we are able to handle the smaller feelings on our own. But aren't you glad you don't have to deal with the tougher things all by yourself because **God listens when we have big feelings?**

### PRAYER and BLESSING

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.

Trace the sign of the cross on each child's forehead and say, "God listens when you have big feelings and small feelings! God loves you."