



## FAMILY LESSON - WEEK 7

Materials: Ball, 1 Rock per Family Member, Decorations (markers, paint, washi tape, temporary tattoos, etc.)

### CIRCLE UP

*Use this time to gather together and get everyone talking.*

**DO** Grab a ball and call it a “wrecking ball.” Toss it back and forth three times, then have the person holding the ball say what makes them feel better when they are feeling sad or down. Repeat until everyone has shared.

**SAY** We all have different things that make us feel better when we’re feeling down. When we’re dealing with feelings of sadness, we can remember that God comforts us! Another way to help us feel happy if we’re feeling down is to be thankful! So let me hear you say this after me:

Primary

**When I Feel Down**, (point to frown)  
**God Comforts Me** (hug self)

Preschool

**I Feel Happy** (point to smile)  
**When I’m Thankful**  
(two thumbs up)

### WATCH

*Watch today’s video online by visiting [onehope.org.au](http://onehope.org.au)*

#### **ASK your Primary Schooler:**

How did you see God comforting Jonah in today’s Bible story?

What has made you or your friends feel sad or down?

What can you remember and do the next time you feel that way? (God comforts me, I can talk to Him & others)

Who can you talk to when you feel down?

#### **ASK your Preschooler:**

How does it make you feel when you say, “Thank you?”

## HAVE FUN TOGETHER

Each family member will create their own "Thankful Stone" as a reminder that being thankful helps us feel better when our feelings seem out of control.

### DO

1. Find a rock for each family member. Then wash and dry the rocks.
2. Have each family member decorate their thankful stone using markers, paint, washi tape, temporary tattoos, etc.
3. Here are some ways that you can use your stones to help you be thankful:
  - Have each person say one thing they're thankful for and place their stone in a special bowl or jar.
  - At a meal, pass one thankful stone and have each person share one thing they are thankful for.
  - When your feelings are out of control, hold one of your thankful stones as you pray and tell God, "Thank You," for what you see around you.

### SAY

Taking time to tell God, "Thank You," for all He's given to us and has done for us is a sure way to help us feel better when we are feeling down! Say this after me one more time:

Primary

**When I Feel Down**, (point to frown)  
**God Comforts Me** (hug self)

Preschool

**I Feel Happy** (point to smile)  
**When I'm Thankful**  
(two thumbs up)

### PLAY

Practice saying the series memory verse while tossing the "wrecking ball" to each other. Whoever catches it on the last word ("20") is out, or they have to do an exercise or something silly.

Primary

**But even if we** (thumbs to chest)  
**Don't feel at ease**, (cross arms)  
**God is greater** (point up)  
**Than our feelings** (pat heart)  
**And He knows everything**. (arms out wide)  
**1 John 3:20** (make book with hands)

Preschool

**God is greater** (point up)  
**Than our feelings** (pat heart)  
**And He knows** (point up)  
**Everything**. (arms out wide)  
**1 John 3:20** (make book with hands)

### PRAY

Father God, we are so thankful that You're always here to comfort us. Help us to feel that You are with us today. You are the best, and we love You! Amen!