

# BUILD IT UP





# Group Time Guide

Supplies Needed: “Emotions” stories

## 1. Introductions

**Circle Up:** Have each Kid-O give you a high five and then sit down in a circle. Encourage each Kid-O to say their name as you give them hand sanitizer.

## 2. Discussion Questions

- Who talked to God in our Bible Adventure? (Peter and John)
- When can we talk to God? (Anytime)

## 3. Hands-On Option

**Do This:** Read each one of the “emotions” stories. Have Kid-Os put their thumb up if they can talk to God and their thumb down if they can’t. They will be able to put their thumb up for all the stories because we can always talk to God.

**The Point:** We can always talk to God, no matter how we are feeling. We can talk to Him when we are happy, sad, disappointed, angry, or excited. God always listens to us because he loves us so much!

## 4. Big Idea, Memory Verse, Stickers, and Prayer

**Do This:** Practice the Big Idea and Memory Verse with the kids.

**Memory Verse:** Colossians 2:7 – “Build yourselves up in Him. Grow strong in what you believe.”

**Big Idea:** I can always talk to God.

**Do This:** Encourage kids to talk about what they learned with their grown-ups.

**Do This:** Pray! “Dear God, we love you. Thank you for loving us. Help us to talk to You every day. Amen.”