



😊 Feelings and Obeying Jesus

Age Group: 3–5 years old

Lesson Time: 20–30 minutes

Main Lesson:

Children learn that **people have many feelings, but we should still choose to obey Jesus no matter how we feel.**



Bible Truth: We obey Jesus even when our feelings are big.

Explanation: “Big” feelings are strong negative emotions such as anger, fear, sadness, etc.

Simple Memory Phrase:

“Obey Jesus.”

🟡 1. Welcome and Warm-Up (5 minutes)

Sit the children in a circle.

Teacher says: “Today we are going to talk about **feelings**. God made us with feelings!”

Ask the children:

- Can you show me a **happy face**? 😊
- Can you show me a **sad face**? 😞
- Can you show me an **angry face**? 😡
- Can you show me a **surprised face**? 😲

Let them act out each emotion.

Explain simply:

“Feelings are not wrong. Everyone has feelings. But even when we feel upset or angry, we must still **obey Jesus**.”



2. Simple Bible Teaching (5 minutes)

Teach me more
about Jesus.

Tell a short example story: veo.com.co/stories



Practical Applications:

“Sometimes we feel angry when someone takes our toy. Sometimes we feel sad when something doesn’t go our way.

But Jesus wants us to **choose what is right**, even when our feelings are big.

For example:

- When we feel angry, Jesus wants us to be kind.
- When we feel upset, Jesus wants us to obey.
- When we feel sad, we can still trust Him.”

Ask the children:

“What should we do even when we feel angry or sad?”

Children answer: **“Obey Jesus!”**

Repeat together:

👉 **“We obey Jesus no matter how we feel.”**



3. Craft Activity: Emotion Faces (10–15 minutes)



Materials

- Paper circles or paper plates
- Fudge sticks (craft sticks)
- Googly eyes
- Crayons or markers
- Glue

Instructions

1. Give each child a **paper circle**.
2. Glue **two googly eyes** on the face.
3. Draw a **mouth showing a feeling**.

Help them make different faces:

- 😊 Happy
- 😞 Sad
- 😡 Angry
- 😮 Surprised

4. Glue or tape the **fudge stick to the bottom** so they can hold the face like a puppet.



4. Emotion Game (5 minutes)

Hold up situations and let children hold up the emotion face.

Examples:

Teacher says:

“You dropped your ice cream.”

Children hold **sad face**.

“Your friend shares a toy with you.”

Children hold **happy face**.

“Someone pushes you.”

Children hold **angry face**.

Then ask:

“Even when we feel angry or sad, what should we do?”

Children answer:

“Obey Jesus!”



5. Closing Prayer (2 minutes)

Simple prayer guide:

“Dear Jesus,
Thank you for making us with feelings.
Help us obey you when we feel happy, sad, or angry.
Help us choose what is right.
Amen.”



Key Point to Repeat Often

Say together:

“No matter how we feel, we **obey Jesus!**”

