

## LESSON 6 SNAPSHOT

**BOTTOM LINE:** God forgives our sins and takes away our guilt.

**TAGLINE:** How are you feeling?

**OBJECTIVE:** Little ones will learn, “I can confess my sins to God.”

**KEY PASSAGE:** Psalm 51:1-4 & 1 John 1:9

**MEMORY VERSE:** “Lord who rules over all, blessed is the person who trusts in you.”  
Psalm 84:12 (NirV)

**SUMMARY:** When David felt the guilt of his sin, he chose to call out to God and ask for forgiveness. When we know we have done wrong and feel bad about it, that is called guilt. We can follow David’s example when we feel guilty and confess our sins to God because he has promised to forgive us.

**SIMPLE PRAYER:**

Dear Jesus (Dear Jesus),  
Forgive my sins (Forgive my sins)  
And take away my guilt (And take away my guilt).  
Amen (Amen)

## SPECIAL 1 PAGE LESSON FOR 1 AND 2 YEAR OLDS:

**PLAY TIME:** Spend the first 15 minutes on the floor playing with the kids. Cars, dolls, blocks, and simple puzzles are great for this time.

**BIBLE TIME:** Seat the kids in the place they will be having their snack. Hold up a Bible or Illustrated Kids' Bible and say, "This is the Bible. God wrote the Bible. Everything in the Bible is true." Then allow each child to pat the Bible with his hand.

**LESSON:** "Today we are talking about the guilt we feel because of our sin. When we ask Jesus to forgive us for our sins He takes our guilt away. We become free from our guilt and there is no more shame. Jesus is the way!" (Note if you are using a full Bible, feel free to read today's Scripture from Psalm 51:1-4 and 1 John 1:9. If you are using an illustrated kids Bible you may want to just point to the pictures of the resurrection as you read the lines above.)

**MAKE IT REAL:** After the lesson say, "I can confess my sins to God." Point to each child and say, "When you confess your sins, Jesus takes (child's name) guilt away."

**PRAYER TIME:** Ask the children to fold their hands and bow their heads. Say, "Let's pray before our snack. Thank you, God, for our families. Thank you for loving me. Thank you for this snack we get to eat. Amen."

**SNACK TIME:** Wash each child's hand with a wet wipe and then serve the snack. At this age crackers or goldfish with water are generally best, but you always want to be mindful of any food allergies.

**POTTY BREAK:** After snack is a great time to ask those who are potty trained if they need to use the bathroom, or change diapers of those who are not yet potty trained.

**PLAY TIME:** Finish the day with more playtime until it's time for dismissal.

## MEMORY VERSE:

*“Lord who rules over all, blessed is the person who trusts in you.” Psalm 84:12 (NIRV)*

### **LARGE GROUP MEMORY VERSE ACTIVITY:**

“Lord who rules over all (spread arms out in front of you), blessed (put hands on cheeks and smile) is the person who trusts (put hands on heart) in you. (Point up at heaven.)”

Teach the hand motions to the memory verse. Ask kids to follow you and try them.

### **SMALL GROUP MEMORY VERSE ACTIVITY:**

Read the memory verse to the kids:

“Lord who rules over all (spread arms out in front of you), blessed (put hands on cheeks and smile) is the person who trusts (put hands on heart) in you. (Point up at heaven.)”

Say, “When we are blessed, God is giving us good things. What are some good things that God gives us? God gives us Food, Friends, and Family, and he also gives us Forgiveness for our sins. All of these blessings start with the letter F. Can you think of another word that starts with the letter F?”

Examples: Forest, fox, fort, frog, fountain, etc.

“God gives us other blessings too. They start with all different letters of the alphabet. Can you think of a blessing that starts with the letter B?”

Examples: Bread, ball games, bacon, bracelet, butterflies, etc.

## PUPPET SHOW:

### How are You Feeling?

**ITEMS NEEDED:** The Letter W

**CHARACTER BREAKDOWN:**

Dog Puppet - Willow

Kids - Audience

**CHARACTERS:**

Willow the Dog

Interactive Audience

*(Willow holds up the letter W.)*

WILLOW: Hi everyone! I'm so glad you are here today! My name is Willow the Dog...if you forgot my name. I am excited because I just found out what letter my name starts with. Can anyone tell me what letter Willow starts with?

*(Willow looks around at the kids.)*

WILLOW: Great! Willow makes a 'wuh' 'wuh' sound. It starts with the letter 'W'. 'W' is for Willow! Do you know what else starts with the letter 'W'? Raise your hand and I'll call on a few of you to share 'W' words.

*(Willow calls on a few friends to share.)*

WILLOW: Awesome. 'W' is for William, water, wash, Wendy, waste, wake up....so many words. Oh my goodness guess what? "Word" also starts with 'W'. Ha Ha Ha!

*(Willow rolls on the ground laughing.)*

WILLOW: Anyway...I want to hear what your name starts with. So, everybody yell it out at the same time so I can hear you all. What letter does your name start with?

*(Willow jumps up high.)*

WILLOW: Wow, that was loud. That was also a LOT of letters. Speaking of letters, I sent a LETTER in the mail the other day. Not a letter of the alphabet...but you know...a letter that you mail to a friend. I sent a letter to my friend to see how they were doing. But I did something wrong. In the letter I spoke badly about my other friend. I complained about them and I talked behind their back. Now that I sent it, it is too late...but I feel guilty about it. Have you ever done something and then felt bad about what you did before?

## PUPPET SHOW PAGE 2:

(Willow looks out at the audience.)

WILLOW: If you have ever felt guilty before, raise your hand.

(Willow raises his paw.)

WILLOW: We all make mistakes sometimes and we all sin. After we do, we often feel bad about what we did. This is because it was wrong and we shouldn't have done it. So, when we feel guilty about something. What should we do? Does anyone know? Raise your hand and I'll call on you. What do we do when we feel guilty?

(Willow calls on a few friends to answer.)

WILLOW: Yes, when we feel guilty, we should ask for forgiveness. We can ask God first because He is the one who forgives us for our sins. Then we can even ask the person who we did wrong, to forgive us too. In my case, I can talk to my friend to whom I wrote the letter and tell them that I should not have written what I wrote in the letter and that I'm sorry for that. I can also talk to the friend I talked badly about and tell him I was wrong to talk about him the way that I did. I can say that I am sorry, and I would still like to be friends.

(Willow chases his tail for a second.)

WILLOW: Sorry...just got a little distracted by my tail. I just had to chase it!

(Willow rolls on the ground laughing again.)

WILLOW: Next time you feel guilty, that is 'G' for Guilty, you can pray to Jesus and ask Him to forgive you too. He will take your guilt away! Hooray! That's what I'm going to do. I don't want to feel guilty a minute longer. It is not a good feeling. I'll see you all next time! Bye!

(Willow waves and runs off stage.)

## CRAFT

**Jesus takes our guilt away!**

**ITEMS NEEDED:** The included letter 'G' coloring sheet, glue sticks, and glitter (or confetti, shredded pieces of colored paper if you prefer not to use glitter)

**ADVANCED PREPARATION:** Print enough copies for everyone.

**DIRECTIONS:** Have kids trace the letter 'G' with their glue stick. Then give them glitter to sprinkle all along the letter. Instruct kids to shake off the excess in the trash can.



## HANDS-ON ACTIVITY

**Make your letter!**

**ITEMS NEEDED:** Playdough

**ADVANCED PREPARATION:** Gather all different colored playdough

**DIRECTIONS:** Show kids how to roll playdough out into long snakes. Then ask them to turn their rolled-out playdough into the letter that their name starts with. Encourage them to try uppercase and lowercase as well. If there is extra time, kids can try to spell their whole first name. Finally, ask all the kids to make the letter 'G' for guilt. Tell them that once we ask Jesus to forgive us, our guilt is gone. Ask kids to squash their letter G because their guilt is gone....and put all the playdough away!

## SNACK

**ITEMS NEEDED:** Apple Sauce (Consider unsweetened for a healthier choice.)

**ADVANCED PREPARATION:** Post a sign outside the preschool area that says: “Today’s snack is Apple Sauce. Please let your child’s teacher know if it is not ok for your child to have this snack.”

**CONNECTION:** Tell the kids, “A is for Apple! ‘G’ is for God takes our Guilt away when we pray and ask for forgiveness!”

## MAIN LESSON

**BOTTOM LINE:** God forgives our sins and takes away our guilt.

**TAGLINE:** How are you feeling?

**OBJECTIVE:** Little ones will learn, “I can confess my sins to God.”

**KEY PASSAGE:** Psalm 51:1-4 & 1 John 1:9

**WORSHIP TIME:**

Prior to the lesson, sing one or two songs with the kids. Use CDs or live lyrics of songs that the kids are familiar with.

**LESSON:**

How are you feeling today? Is it a good feeling or a bad feeling? There are all sorts of different feelings. I’m going to call on a few of you to say how you feel.

Thanks for sharing! The BIG BOOK OF EMOTIONS is full of all sorts of feelings that David felt. He felt happy, sad, angry, lonely, worried, guilty...yes sometimes we feel guilty because we are. When we have sinned and done something wrong and we feel bad about it, that feeling is called “guilt”. Even though it doesn’t feel good to feel that way, guilt can be a good thing. This is because when we notice we did something wrong and feel guilty, we can do something about it. We can ask Jesus to forgive us and we can ask the person we did something wrong to forgive us too. Feeling guilty doesn’t feel good but it is necessary to help us see that we did something wrong.

But what if we didn’t do anything wrong? What if someone says something that makes us feel guilty? If this happens, we can still pray to God and ask Him to take that guilt away. We don’t need to feel guilty when we have not sinned.

So, what are you feeling today? If you feel guilty you can pray in your head right now and Jesus will forgive you. He will take your guilt away and it will feel so much better! Let’s see how David did it in the Psalms, our big book of emotions. As I read I’m going to point to myself everytime David says “I”, “me” or talks about himself and I’m going to point to heaven every time David talks about God. Can you do that with me? Ok, here we go!

**READ Psalm 51:1-4:**

“God, have mercy on me (point to self)  
according to your (point to heaven) faithful love.  
Because your love is so tender and kind,  
wipe out my lawless acts.  
2 Wash away all the evil things I’ve done.

## MAIN LESSON

Make me pure from my sin.

3 I know the lawless acts I've committed.

I can't forget my sin.

4 You are the one I've really sinned against.

I've done what is evil in your sight.

So you are right when you sentence me.

You are fair when you judge me.

You can really hear David's guilt. He asked God to forgive him. And the good news is that the Bible also tells us in 1 John 1:9

**"But God is faithful and fair. If we confess our sins, he will forgive our sins. He will forgive every wrong thing we have done. He will make us pure."**

GOD FORGIVES OUR SIN AND TAKES AWAY OUR GUILT. Guilt is a bad feeling and it is a wonderful thing when God takes that feeling away. We can confess our sins to God and God will forgive. Say this with me "I CAN CONFESS MY SINS TO GOD." "I CAN CONFESS MY SINS TO GOD." Next time you are feeling guilty, check your heart to see if you have sinned. If you have, ask for forgiveness. If you haven't, ask God to take away the unnecessary guilt that you have or that someone else has placed on you. No matter what the reason for your guilt, God is able to heal and take it away! Let's pray!

### **SIMPLE PRAYER:**

Dear Jesus (Dear Jesus),

Please forgive my sins (Please forgive my sins)

And please take away my guilt (And please take away my guilt).

Amen (Amen)

## MAIN LESSON DISCUSSION QUESTIONS:

**WIGGLE TAMER:** Play the YMCA song and teach kids how to make a 'Y' 'M' 'C' 'A' with their arms.

### **SMALL GROUP MEMORY VERSE ACTIVITY:**

Read the memory verse to the kids:

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Examples: Forest, fox, fort, frog, fountain, etc.

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### **DISCUSSION QUESTIONS:**

What did David do when he realized that he was guilty and felt guilty?

What letter does Forgiveness start with? How does forgiveness make you feel?

When someone says sorry to us, how can we help them to stop feeling guilty?

### **SMALL GROUP GAME OR ACTIVITY:**

Begin with explaining that, “When we ask for forgiveness from our friends and family, sometimes they will forgive us. Sometimes they have a hard time forgiving us.

Whether or not they forgive us, God always will. You can be free from guilt because Jesus forgives you, whether or not the other person does.”

Play a quick game of “Forgiveness Tag” designed the same as freeze tag. Every time someone is tagged, they are stuck in their guilt. Every time someone unfreezes them, they are forgiven. When the game ends, make sure everyone has a chance to be unfrozen! Remind the kids that Jesus always forgives when we ask for forgiveness!

# MAKE IT STICK

THE BIG BOOK OF EMOTIONS PRESCHOOL LESSON 6

4 SIMPLE WAYS  
YOU CAN MAKE  
THIS LESSON STICK  
WITH YOUR KIDS

## THIS WEEK'S LESSON:

Use these four common times in a preschooler's day to reinforce this week's lesson:



### DRIVING:

Ask your child, "How does sin make us feel? What should we do when we sin?" Ask your child to count all the cars they see as you drive. Tell them that this is a lot like how many times Jesus will forgive us...He will keep on forgiving...just like we keep on seeing more and more cars.



### PLAYING:

Sing the alphabet. Ask your child to come up with a word that starts with each letter of the alphabet. Examples from our lesson: F is for forgiveness, G is for guilt, W is for Willow the dog, etc.



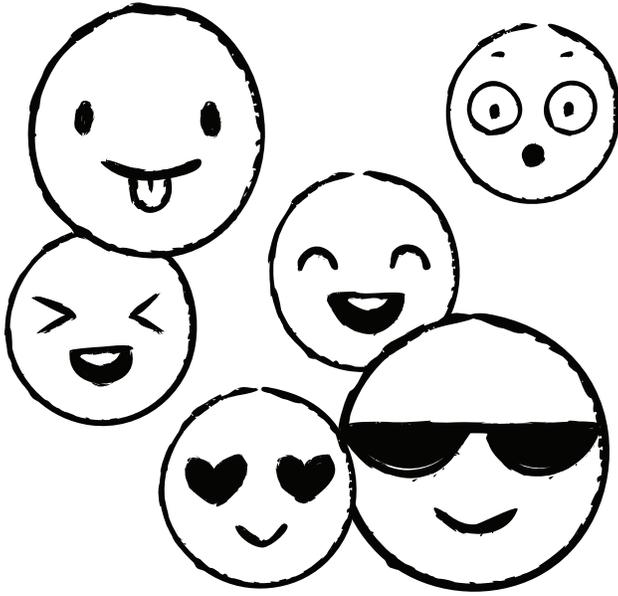
### EATING:

Say a prayer together before you eat and ask God to forgive your family for your sins and to take your guilt away. Confess any sins that you have been struggling with as an example of humility for your child. This will show them that it is safe to talk about their mistakes. Ask your child if there is anything that they feel guilty about. Encourage them to share because it helps to admit sin in order to get rid of the guilt we feel.

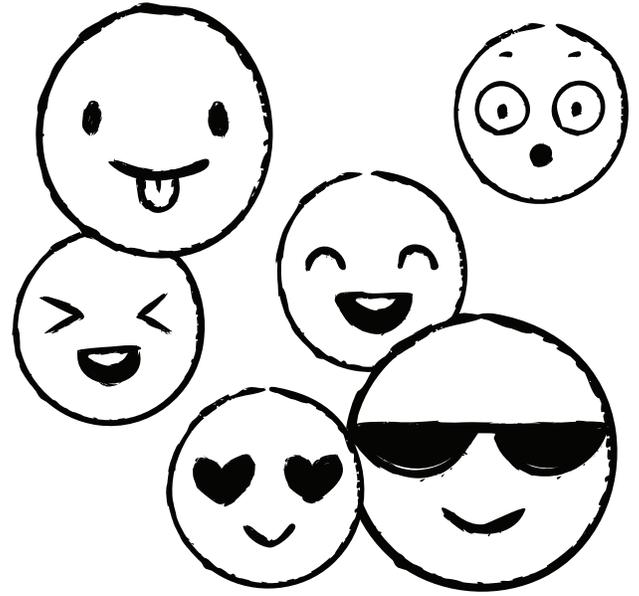


### SNUGGLING:

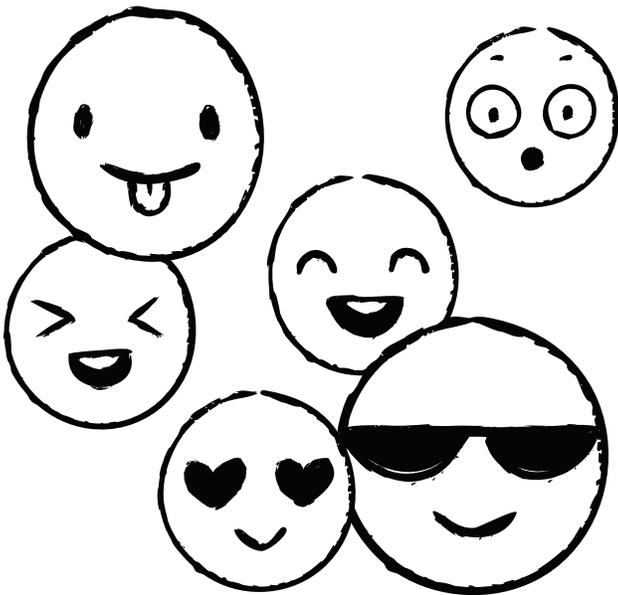
When you're rocking with your child at night, or reading a bedtime story, choose to read this week's Bible lesson at least one night of the week. (Psalm 51:1-4 and 1 John 1:9) Talk about how great it feels to confess sins and be rid of our guilt!



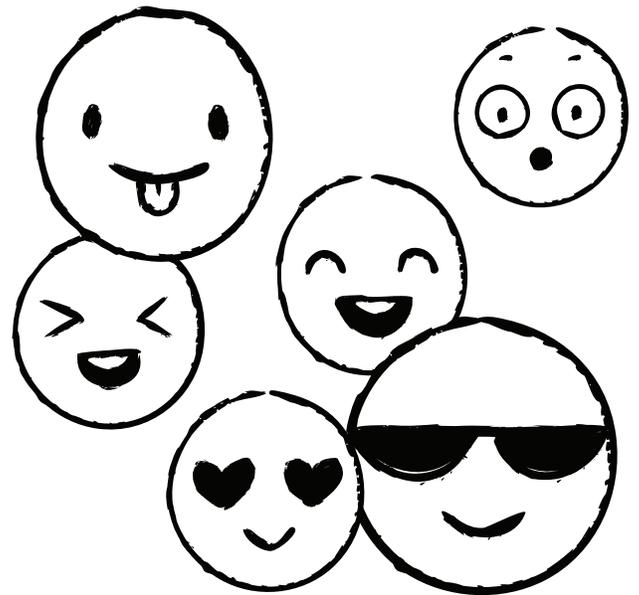
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