

# THE EMOTIONS OF HOLY WEEK

FPC KIDS STUDY GUIDE





GREETINGS,

# GROWNUPS!

What an opportunity this season to grow in faith as a family! Lent and Easter bring out **#AllTheFeelings**, and it's important to sit with those emotions and process them with your children. Over the next seven weeks, we invite you to reflect on how Jesus and the disciples might have felt during Holy Week. While there are seven emotions for seven weeks, don't feel bound by time! Some weeks, you may explore two emotions, or perhaps none at all. We look forward to celebrating the resurrection with you on Easter, and as always, we're cheering you on!

**FPC KIDS**

[kids@fpchouston.org](mailto:kids@fpchouston.org)



WEEK 1

# HAPPINESS

**Happy** is the feeling you get when something good happens, like being with good friends, getting a hug, or doing something you enjoy. It makes you smile and feel good inside.

Have you ever felt happy? Jesus' disciples did.  
Let's read about it in Matthew 21:1-11.

Jesus had been traveling with His disciples. He was teaching crowds of people and performing miracles (including raising Lazarus from the dead!) People wanted to be near Jesus. His teaching was different; they were drawn to what He had to say. His miracles were amazing to see! When Jesus made His way to Jerusalem, He started in an impromptu parade. A very large crowd came to cheer and wave palm branches while He rode in on a donkey. At this moment, they felt happy! Perhaps they were happy to rest after a long time of travel, happy to see Jesus celebrated, or happy to be a part of the excitement.

## WHERE TO TURN WHEN YOU FEEL HAPPY

- *"The Lord has done it this very day; let us rejoice today and be glad."*  
–Psalm 118:24
- *"Always be joyful. Never stop praying. Give thanks no matter what happens. God wants you to thank him because you believe in Christ Jesus."*  
–1 Thessalonians 5:16-18
- *"Always be full of joy in the Lord. I say it again, rejoice!"* –Philippians 4:4

## LET'S GO ON A HUNT FOR... ORANGE

Orange is bright and warm, like a beautiful sunset. Being around the color orange can help you feel energetic, positive, or uplifted. Be on the lookout for the color orange this week and remember that Jesus understands happiness. He wants to celebrate with you!



WEEK 2

# CONFUSION

**Confused** is the feeling you get when you're not sure what to do. When things don't make sense. You might feel lost or unsure.

Have you ever felt confused? Jesus' disciples did. Let's read about it in Mark 14:12–26.

Every year, Jesus and His disciples celebrated Passover to remember how God rescued His people from slavery in Egypt. It was a meal rich in tradition and filled with powerful symbols. But this time, things were different. Jesus said things that left His friends confused. Someone would betray Him? Who? He called the bread they were eating His body and predicted it would be broken. He also told His disciples He would not drink with them on earth again. What could it all mean?

## WHERE TO TURN WHEN YOU FEEL CONFUSED

- *"If any of you needs wisdom, let him ask God. He gives freely to everyone and doesn't find fault. And it will be given to him."* –James 1:5
- *"Trust in the Lord with all your heart. Don't depend on your own understanding. In all your ways, obey him. Then he will make your paths smooth and straight."* –Proverbs 3:5–6
- *"I will guide you and teach you the way you should go. I will give you advice and watch over you."* –Psalm 32:8

## LET'S GO ON A HUNT FOR... GRAY

Gray is not very bright or clear. Similar to not being sure about something; when everything feels blurry or hazy. Be on the lookout for the color gray this week and remember that Jesus understands confusion. Look to Him for help.



WEEK 3

# AFRAID

**Afraid** is the feeling you get when something makes you scared or worried, like during a storm or when you're alone. It's when you don't feel safe or calm.

Have you ever felt afraid? Jesus did.  
Let's read about it in Luke 22:39–43.

After dinner, Jesus went to the Garden of Gethsemane to pray. He knew that the time was coming that He would be arrested and tortured. He turned to God, the Father, and asked Him to take away “this cup of suffering.” He was in distress and troubled as He prayed. His friends did not comfort Him; they fell asleep—He was alone. He prayed for God's will to be done, knowing that would mean He would be led to death. God did not take away His cup of suffering, but He did send an angel to be with Jesus and give Him strength.

## WHERE TO TURN WHEN YOU FEEL AFRAID

- *“So don't worry. I am with you. Don't be afraid. I am your God. I will make you strong and help you. I will support you with my right hand that brings victory.”*  
–Isaiah 41:10
- *“I prayed to the Lord, and he answered me. He freed me from all my fears.”*  
–Psalm 34:4
- *“I leave you peace. I give you my peace. I don't give it to you as the world does. So don't let your hearts be troubled or afraid.”* –John 14:27

## LET'S GO ON A HUNT FOR... PURPLE

Purple is a deep, mysterious color. It's sometimes used in things that are spooky or uncertain. Be on the lookout for the color purple this week and remember that Jesus understands being afraid. Turn to Him for peace and comfort.



WEEK 4

# BETRAYAL

**Betrayal** is when someone does something that hurts you or breaks your trust, like telling a secret you asked them not to. It can make you feel sad or upset.

Have you ever felt betrayed? Jesus' disciples did.  
Let's read about it in Mark 14:43–50.

Judas was a friend of Jesus. He was one of His disciples, traveling alongside the twelve and forming close bonds with the others. They had all left their families to follow Jesus, and their connection was strong—they did everything together. So, imagine the deep sense of betrayal the disciples must have felt when they saw Judas arrive in the garden with men to arrest Jesus. Picture their shock and disgust as he greeted their friend... and then betrayed Him.

## WHERE TO TURN WHEN YOU FEEL BETRAYED

- *“Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: ‘It is mine to avenge; I will repay,’ says the Lord.”* –Romans 12:19
- *“Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.”*  
–1 Peter 3:9
- *“But I tell you, love your enemies and pray for those who persecute you.”*  
–Matthew 5:44

## LET'S GO ON A HUNT FOR... GREEN

Green is a color associated with nausea—a time when the body is physically repulsed. A betrayal—especially from someone close to you—can cause your stomach to hurt. When the disciples saw Judas coming to betray their friend Jesus, they were likely disgusted with him. Be on the lookout for the color green this week and remember that Jesus understands betrayal. Lean on Him as the only friend that will never let you down.



WEEK 5

# DEVASTATION

**Devastation** is a really strong feeling of sadness or shock when something bad happens, like losing something important or seeing something get destroyed. It makes you feel heartbroken and upset.

Have you ever felt devastated? Jesus' friends did. Let's read about it in Mark 15:33–41.

Jesus' death was a shock to His friends. For years, they had followed Him—He was their beloved friend and leader. They had witnessed His miracles and heard Him teach about God, even claiming to be God's Son. They had left their families to follow Him; He was everything to them. So, when He died, the devastation they felt must have been unbearable. At that moment, they didn't understand that the purpose of His death was to save them—and us—and they couldn't yet grasp that He would soon conquer death and rise from the tomb.

## WHERE TO TURN WHEN YOU FEEL DEVASTATED

- *"He heals the brokenhearted and binds up their wounds."* –Psalm 147:3
- *"We know that in all things God works for the good of those who love him, who have been called according to his purpose."* –Romans 8:28
- *"The Lord is close to those whose hearts have been broken. He saves those who are crushed in spirit."* –Psalm 34:18

## LET'S GO ON A HUNT FOR... BLUE

Blue is the color of tears. Jesus' friends likely shed many tears at His death. It is the color that symbolizes being cold and can evoke a darkness or foreboding. Be on the lookout for the color blue this week and remember that Jesus' friends knew devastation at His death... but in just three days, that devastation would change to joy!



## WEEK 6 JOY

**Joy** is a feeling of deep gladness and peace. It's the feeling of warm happiness you get when something wonderful happens. It's like the excitement of knowing God loves us and keeps His promises.

Have you ever felt joy? Jesus' friends did.  
Let's read about it in Matthew 28:1–10.

After an incredibly difficult week, two women—both named Mary—went to Jesus' tomb. These women were friends of Jesus and must have walked to the tomb with incredible sadness. That sadness quickly turned to confusion when they saw the stone was moved. Then shock when an angel appeared to them and told them that Jesus had risen. Then, the Bible says they were filled with joy. Jesus is alive! He died to rescue us. He defeated death so that we can be united to God forever. What joy!

### WHERE TO TURN WHEN YOU FEEL JOYFUL

- *“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”* –Romans 15:13
- *“The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.”* –Zephaniah 3:17
- *“Be joyful in hope, patient in affliction, faithful in prayer.”* –Romans 12:12

### LET'S GO ON A HUNT FOR... **YELLOW**

Yellow is the color of sunshine! It brings us warmth, excitement and optimism. How differently the women felt as they left their encounter at the tomb. They were filled with joy and hope! Be on the lookout for the color yellow this week and remember that Jesus knows joy... share your excitement with Him!



WEEK 7

# BRAVERY

**Bravery** is when you feel scared but still do something because it's the right thing to do. It's facing your fears, like trying something new or helping others.

Have you ever needed bravery? Jesus' disciples did.

Let's read about it in Matthew 28:16–20.

Jesus' friends started their week with a parade into Jerusalem. They were confused when Jesus said strange things at their annual Passover dinner. In the garden they were fearful of what was to come and disgusted at the betrayal from Judas. They were devastated to witness Jesus being tortured and killed. Then they were absolutely joy-filled to see Him alive, to know that He walked out of the tomb! Before Jesus went to Heaven, He gave them a responsibility—one that we, as followers of Jesus, also hold. A task to bravely share this story with everyone we know, to share this good news with all the nations.

## WHERE TO TURN WHEN YOU NEED TO FEEL BRAVE

- *"I have not commanded you to be strong and brave? Don't be afraid, because the Lord your God will be with you wherever you go."* –Joshua 1:9
- *"Be strong and brave. Don't be afraid of them. Don't be terrified because of them. The Lord your God goes with you. He will never leave you or forget you".* –Deuteronomy 31:6
- *"I can do all this through him who gives me strength."* –Philippians 4:13

## LET'S GO ON THE HUNT FOR... RED

Red is a symbol of courage and passion! We are called to courageously share our faith with those around us. We can be bold in our faith and share our passions with others. This will take bravery, but Jesus promised in Matthew 28:20 that He would be "always with you, to the very end." Be on the lookout for the color red this week and remember that God is always with you, giving you strength.





5300 MAIN ST | HOUSTON, TX 77004 | 713.620.6500 | [FPCHOUSTON.ORG](http://FPCHOUSTON.ORG)