

## Using the Bible to teach Social Emotional Learning

You can use the Bible to teach social emotional learning in many ways. You can begin with teaching your child that emotions are not wrong. Jesus felt emotions. He didn't act in a way that would disobey God even with powerful emotions. Below are some verses about Jesus's emotions.

- Joy- Luke 10:21 "At that time Jesus, full of joy through the Holy Spirit, said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do."
- Joy- John 15:10-11 "If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. 11 I have told you this so that my joy may be in you and that your joy may be complete."
- Rejection- Isaiah 53:3 "He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem."
- Sorrow- John 11:35 "Jesus wept."
- Sadness- Luke 19:41 "As he approached Jerusalem and saw the city, he wept over it."
- Righteous Anger- John 2:14 "In the temple courts he found people selling cattle, sheep and doves, and others sitting at tables exchanging money. So he made a whip out of cords, and drove all from the temple courts, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. To those who sold doves he said, "Get these out of here! Stop turning my Father's house into a market!" His disciples remembered that it is written: "Zeal for your house will consume me.""
- Tiredness- John 4:6 "Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon."

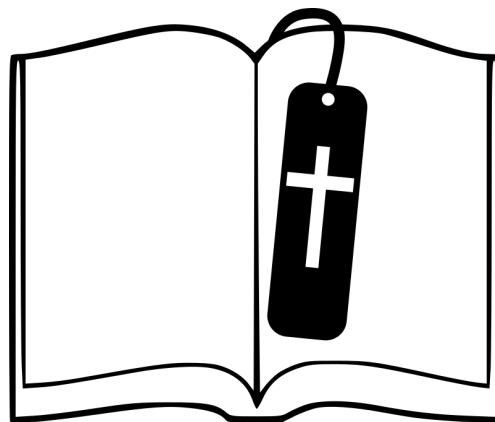
You can continue teaching social emotional learning with the Bible by reading through a children's Bible for younger children or the actual Bible for older children. You and your child could possibly read one story each day. With each story, discuss the

characters emotions and if that character made choices that obeyed God despite his or her emotions. This would be a great time to remind children of the gospel story. No one but Jesus is perfect. We all mess up. That is why we all need Jesus.

I have attached a worksheets to help older children and teens think through social and emotional aspects with any Bible story. Your child could use a children's Bible or the actual Bible to use with the worksheets.

Another great way is to memorize verses about emotions. Remind your child that emotions are not sinful, but how we react to our emotions can be sinful. For example, if someone harms us our emotion might be anger, but we shouldn't harm that person or even think bad thoughts about him or her. This further points us back to needing Jesus. Some good verses to memorize are:

- Phillipians 4:4-7 "Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
- Ecclesiastes 3:4 "a time to weep and a time to laugh, a time to mourn and a time to dance,"
- Romans 12:15 "Rejoice with those who rejoice; mourn with those who mourn."
- 1 Peter 1:8 "Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy,"



Thank you to [openclipart.org](https://openclipart.org) for the awesome clipart!

## Social Emotional Learning with the Bible

Characters		
Emotions felt by the character were...		
What occurred that created those emotions?		
How did that character react to his/her emotions?		
<p>Would there have been a better way to react to those emotions?</p> <p>Whether this character did wrong in this situation or not, remember Jesus came to forgive.</p>		
What Biblical quality could this character have prayed for?		

If you would like a list of Biblical qualities, you could look at the Beatitudes (Matthew 5:3-12), the Fruits of the Spirit (Galatians 5:22-23), read Micah 6:8, or the book of Proverbs.

## Connecting back to Jesus...

What is sin? Write 1 John 3:4 here: \_\_\_\_\_

---

---

Sin is disobeying God. Who sins? Write Romans 3:23 here: \_\_\_\_\_

---

---

We all have times when we disobey God. Even if we try our best, emotions often get the best of us. We react poorly. Do you remember the story of Peter? Read Luke 22:33-34 and Luke 22:54-62. Peter was confused and terrified when he denied Jesus. Peter was heart-broken after he realized what he had done. Jesus forgave Peter. Read what Jesus said to Peter after he rose again in John 21:19. Jesus still wanted Peter to follow Him.

Jesus forgives all of us when we sin if we sincerely ask for it. He knows we are imperfect. He knows we are only human. This is why He died on the cross. Write John 3:16 here:

---

---

---

---

Just like Jesus told Peter to follow Him after Peter sinned, Jesus does the same with all of us. When we mess up, we can choose to follow Him again. We can obey God to the best of our ability knowing that when we react poorly we should sincerely ask for forgiveness. Then we should follow Him.