



# KID for Teens: Leader's Guide

## Thinking about feelings

God created us to have feelings. They are an important part of being human. They are not wrong or bad, they are just feelings. And they can be very useful. Today we'll learn how to understand our feelings and how we can respond to our feelings, and the feelings of others, in ways that share God's love.

# 24



### Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (right).
3. Work with another team member and plan who will manage each section of the session.

### Leadership Preparation:      Personal Preparation:

Was there ever a time when God used your emotions to help you learn more about him, or to help someone else? How have your emotions helped or hindered you in your spiritual journey? If the Holy Spirit invites you to do so, be ready to tell the story of your experience during the welcome or the conclusion. Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

You will need...

- Marker pens/felt pens
- Icebreaker:**
- Emotion Cards; *Copy these onto thin card and cut apart – you will need one per person (it won't matter if you have to double up and have two people with identical cards)*
- Mission Possible:**
- Copies of the 'Emotional Explorer' sheets
- Word Search:**
- A3 paper and marker pens
- Copies of 'Word Search' studies enough for 1 set per person
- Family Focus Time:**
- Family Discussion Cards - 1 card per family
- Praying Together:**
- A large bag of nuts and raisins - if someone has a nut allergy use carrots, crackers or hard vegetables instead of nuts.
- Small bowls – 1 per family
- Praying Together cards, - 1 per family. (see Resources section).
- Jesus and Me (JAM) Session:**
- CD player and CD of soft worship music
- One set of 'Jesus and Me' Journal Pages per participant
- Take-away Menu (optional):**
- Soft cotton balls

### By the end of the session, the group members will:

- Know that God created them to experience a full range of human emotions, and that Jesus experienced many of their human emotions during his life on earth.
- Feel that their feelings, and the feelings of others, are important and that their feelings are not to be thought 'bad', nor are they to be ignored.
- Respond by choosing to express their feelings, and respond to the feelings of others, in ways that reflect God's loving, compassionate and patient character.



# 24 KID for Teens: Leaders Guide: Invisible Friend



Welcome and Prayer – 5 mins

## Say:

“ We sometimes think that our feelings are a bit like the little girl in the British nursery rhyme. When they are good they are very, very good, but when they are bad, they are horrid! Today we will discover why God has given us feelings and how they can be useful and important in our spiritual journeys, rather than being misleading, dangerous and confusing. ”

### Icebreaker - 8 mins

*You will need:*

1. Emotion Cards
  - Hand everyone an ‘Emotion Card’ and ask them not to show it to anyone else.
  - When you say ‘Go!’ each person has to talk to someone else as if they have the emotion that is printed on their card, but they are not to mention the word on the card.
  - Each person has to guess the emotion their partner is trying to depict.
  - If someone guesses correctly they swap their Emotion Cards and then they go and find someone else to talk to, using the emotion on their new card.
  - Stop everyone after 5 minutes.
  - Ask each person to tell their partner why they are not feeling like the word on the card, so that they can debrief and not take on the emotions they have been acting out.
  - This is very important to do as it protects the emotional well-being of the group members.

**Ask:** ‘What did you find easy about this exercise? What did you find hard about this exercise? What did you find interesting about this exercise?’

### Mission Possible: Emotional Explorer - 15 mins

*You will need:*

- Emotional Explorer sheets
- Pens
- Ask everyone to work in their own family groups and give them 7-10 minutes to work through this exercise.
- Ask them to think about Jesus and the different emotions he may have felt in his life. Some are clearly named and described and others may have to be guessed because of the context.
- This is an important exercise because many people are afraid of their strong emotions and think that ‘good’ Christians don’t show their emotions, or have negative emotions. But Jesus had many strong feelings and he wasn’t afraid to express them.

### Emotional Explorer Feedback

- What did you discover by exploring some of Jesus’ emotions?
- Which of Jesus’ feelings surprised you the most? Why?
- Has this changed the way you think about your own emotions?





# 24 KID for Teens: Leaders Guide: Invisible Friend



## Word Search - 35 mins

*You will need:*

1. A3 paper and marker pens
  2. Copies of Word Search studies - 1 set of studies per person
- Let each person choose which Word Search they would most like to study and then divide the group up into four smaller groups based around the four studies (anger, fear, worry and sadness). Try to have at least 3 people in each group. It is also important that everyone feels comfortable with their study group, so be willing to be flexible, but also make sure that no one is left out.
  - Give out A3 paper and marker pens to the groups looking at anger, fear and worry.
  - Allow 20 minutes for the study and then bring them back to the main group.
  - Invite each group to present their discoveries to the rest of the group.

## Family Focus – 15 mins

*You will need:*

1. Drinks and cups
  2. Family Discussion Cards
- Serve drinks.
  - Let the everyone re-assemble into their family groups, collecting a drink on the way.
  - Give each family a discussion card.

## Praying together - 10 mins

*You will need:*

1. A large bag of nuts and raisins (If someone has a nut allergy use carrots, crackers or hard vegetables instead of nuts).
  2. Small bowls – 1 per family
  3. Prayer time instruction cards – one card per family (see resource section)
- Give each family a small bowl of nuts and raisins or alternative.
  - Ask them to pass the bowl around the circle of their family.
  - Each person in turn takes a nut or hard edible object out of the bowl and tells the rest of their family members about an emotion that is a tough challenge for them at the moment. They can say as little or as much about the emotion as they like. If they wish they can just name the emotion.
  - Then everyone eats one nut as they think about the hard thing their family member is facing.
  - Then they each pray a simple prayer that God will help the person with their challenging emotion. They also pray that God will help them know what to say or how to respond when their family member is struggling with the emotion.
  - During the next round of prayers, each person celebrates an emotion that they enjoy, and everyone joins in their celebration by eating a raisin as a symbol of delicious and energising emotions.
  - This time each person prays a prayer of thanks for the lovely emotions God has given for our enjoyment.

## JAM Session (Jesus and Me) - 5 mins

*You will need:*

1. CD player and CD of soft worship music
  2. One set of 'Jesus and Me' Journal Pages per participant
- Give out the Jesus and Me journal pages for this week.
  - Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

## Take-Away Menu

*You will need:*

1. Soft cotton balls
- Give each person a soft cotton ball.
  - The cotton ball is a reminder that we need to express our feelings in ways that are pure and in ways that are kind to ourselves and others, so that we can reflect the character of Jesus in our lives.

## Closing Prayer



<i>Fear</i>	<i>Disappointment</i>	<i>Happiness</i>
<i>Excitement</i>	<i>Frustration</i>	<i>Irritation</i>
<i>Sadness</i>	<i>Resentful</i>	<i>Peaceful</i>
<i>Bored</i>	<i>Ashamed</i>	<i>Confused</i>
<i>Confident</i>	<i>Shy</i>	<i>Content</i>
<i>Suspicious</i>	<i>Panicky</i>	<i>Dependent</i>
<i>Curious</i>	<i>Playful</i>	<i>Tired</i>
<i>Guilty</i>	<i>Loving</i>	<i>Compassionate</i>
<i>Impulsive</i>	<i>Rejected</i>	<i>Anxious</i>



# 24 KID for Teens: Handout: Thinking about Feelings Mission Possible: Emotional Explorer



Jesus had feelings too. Work as a family group and fill in the different gaps on this grid to learn more about Jesus' emotional experiences.

<i>Jesus' emotion</i>	<i>Where can we read about Jesus' emotion?</i>
	JOHN 11:33-38
	JOHN 11:34-36; LUKE 19:41-44
	LUKE 17:11-18; LUKE 22:54-61; MATTHEW 26:40-41
	MATTHEW 23:37-39; MATTHEW 11:16-19
	MATTHEW 26:10
	JOHN 12:27
	JOHN 2:13-17
	MATTHEW 26:39; MARK 14:33-36
	MARK 15:34
	LUKE 7:9
	LUKE 7:13; MATTHEW 20:29-33
	LUKE 10:21
	MATTHEW 26:37





# 24 KID for Teens: Handout: Thinking about feelings Word Search A: Managing Anger



Work together as a group to develop a definition for anger. Write your ideas below:

What do we know about God's anger? Exodus 34:6; Psalm 103:8-10

There are two kinds of anger – one which we might experience when we feel attacked (protecting self), and one which we might experience when we see or hear of others being attacked or abused (protecting others).

Which anger is Jesus expressing in John 2:13-17?

**Our anger is a God-given emotion.  
It helps us to identify something that needs  
to change in our relationships.**

What 3 practical and helpful tips does James give us about relationships and anger, in James 1:19-20?

1.

2.

3.





# 24 KID for Teens: Handout: Thinking about feelings Word Search A: Managing Anger



What do the verses in Ephesians 4:26, 27, 29, 30, 31, 32 and 15 tell us about anger and how we should deal with it?

Write down all the different ideas and guidelines you can find in these verses to help you manage anger in an appropriate and Christ-like way. There are at least ten of them!

1.

6.

2.

7.

3.

8.

4.

9.

5.

10.

How can our anger damage our relationships with other people and with God?

What suggestions does Solomon have for dealing with angry people? Proverbs 15:1

Read 1 Corinthians 13:4-8 – What principles can you find in these verses for dealing with your own anger?

How can we show God's love to those around us through the ways we express our own anger and the ways we relate to other people's anger?

Make a large poster of your discoveries about anger to share with the other groups in feedback time.

Use diagrams, words, pictures, flow-charts, etc, whatever you need to give a clear message about managing anger in a loving way.



# 24 KID for Teens: Handout: Thinking about feelings Word Search A: Managing Anger



When we notice a feeling of anger building up inside us it is useful to stay calm and tell the person: 'I think I need to go away and think about this on my own for a while. Can we get together and talk about this some more in a few hours' time?'

Here are a few suggestions about what to do...

- Use your thinking space to think about the feeling you have that is underlying your anger – disappointment, hurt, frustration, rejection, loss, shame, being misunderstood etc...
- Ask yourself: 'What are the most important things that need to be changed in this situation?'
- Then ask yourself what you can do, positively and lovingly, that might make a difference to the situation.

Then think of a five point sentence to express your concerns and your needs in a constructive, positive and helpful way:

1. When A happens (be specific and non-blaming about the situation or Activating event)
2. I feel B (Be clear about your main emotion, which may not be anger)
3. Because C (give a Clear non-blaming reason why you feel that way)
4. And I think it would help me if you could D (offer a simple, helpful, non-blaming, practical suggestion that would be easy for the other person to Do)
5. Because then I would feel E... (positive Emotion)



*When I see the dirty plates left on the table after dinner*

*I feel disappointed/frustrated/sad*

*Because I've already worked hard to make the meal*

*And I think it would help me if you could put your things in the dishwasher/help me wash up*

*Because then I would feel supported/that my efforts to cook were appreciated, etc.*



For example:

Practice saying this sentence a few times so that you can easily say it in a way that sounds caring and loving.

How does this response fit with the guidelines you developed from exploring the verses in Ephesians 4?







# 24 KID for Teens: Handout: Thinking about feelings Word Search B: Sadness



Work together as a group to develop a definition for sadness. Write your ideas below:

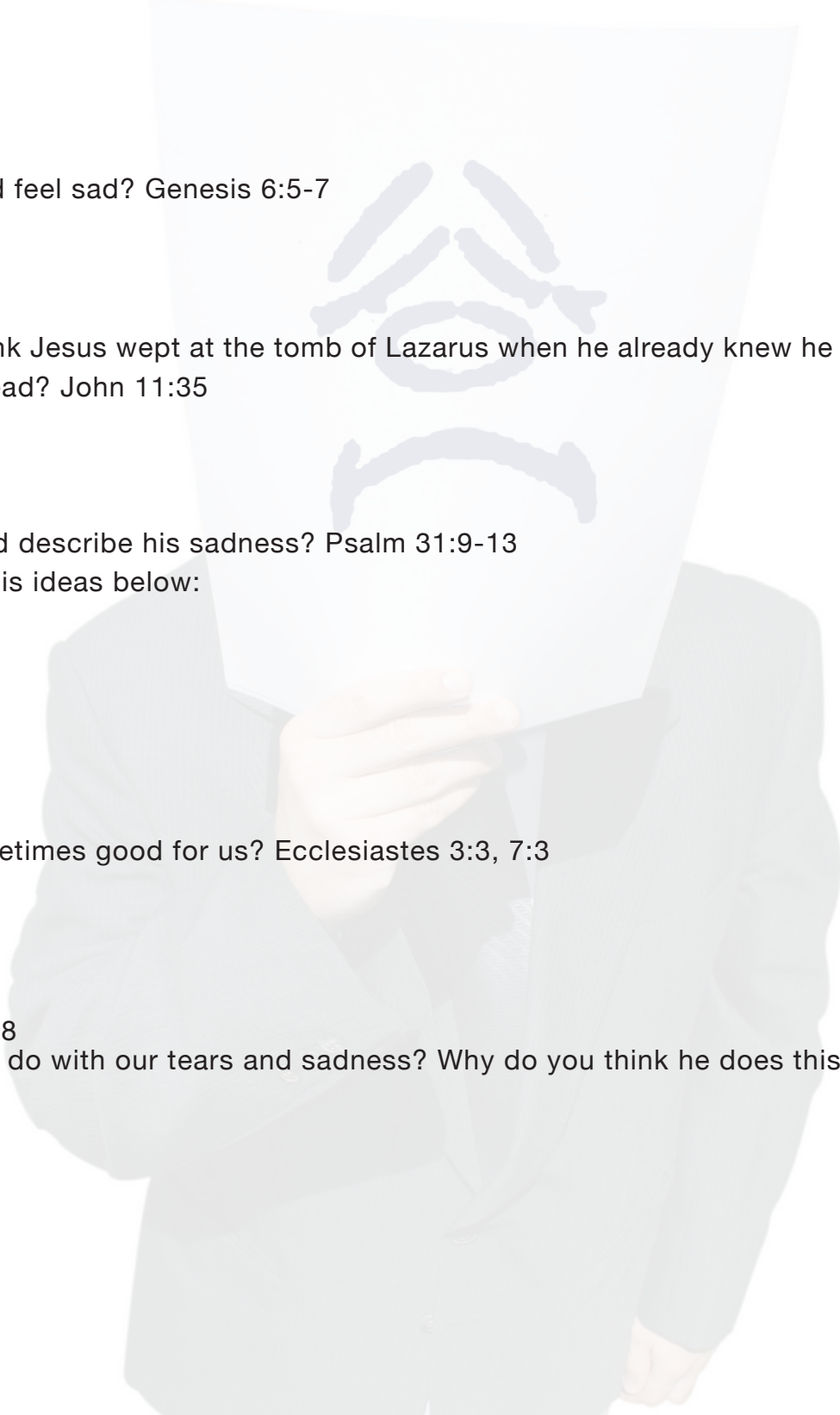
When does God feel sad? Genesis 6:5-7

Why do you think Jesus wept at the tomb of Lazarus when he already knew he would raise him from the dead? John 11:35

How does David describe his sadness? Psalm 31:9-13  
Write some of his ideas below:

Is sadness sometimes good for us? Ecclesiastes 3:3, 7:3

Read Psalm 56:8  
What does God do with our tears and sadness? Why do you think he does this?





# 24 KID for Teens: Handout: Thinking about feelings

## Word Search B: Sadness



What else does God promise to do for us when we feel sad?

2 Corinthians 1:3-7

Matthew 5:4

Psalms 34:17-18

Psalms 46:10

How should we not respond when someone is sad? Proverbs 25:20

What's the best way of responding when someone else is feeling sad? Romans 12:15b

How do we do this, and why do you think this is the most loving way of responding to someone's sadness?

What can we learn from all the previous verses that can help us know how to respond to our own sadness?

What does God eventually promise to do with our sadness? Revelation 21:1-4

What principles have you discovered in this study that will help you to respond lovingly to your own sadness and to the sadness of others?

Make a large poster of your discoveries about sadness to share with the other groups in feedback time. Use diagrams, words, pictures, flow-charts, etc, whatever you need to give a clear message about responding to your own sadness, and the sadness of others, in a kind and loving way.



# 24 KID for Teens: Handout: Thinking about feelings

## Word Search B: Sadness



When we feel sad it may be because we have lost something or someone that is precious to us. It maybe that someone has died, or said good-bye, or abandoned us. Maybe our computer has crashed and we've lost an important piece of homework. Maybe we have lost something more abstract, such as our dignity if someone has shamed us. Maybe we feel hurt because we have been betrayed or let down, or our hopes have been dashed...or maybe we feel alone – lonely from other people, or even lonely from God.

Sadness is an appropriate response to losing something very special. Our sense of loss and sadness is greatest when the person we have lost has been very important and special to us. So our sadness can be a reminder that we have had a very special relationship in the past, which we are missing badly.

Some things that happen to us are very sad indeed. It's natural that it can take a longer time to feel happy again after something very sad has happened and we need to be very patient with ourselves and with each other.

Identify why you feel so sad. When did the sadness start? When do you feel most sad? When does the sadness fade, and what do you think makes it fade for a while?

“Rejoice with those who rejoice; mourn with those who mourn.”

- *Romans 12:15*

Paul, Jesus and God give us the best solution for sadness (see the verses in the study): **'Comfort' is the best medicine for sadness.**

**We need comfort from God.** God cries with us and he hurts too, when we are sad. It was never part of his original plan that we should live in a world with death and suffering.

He is the source of all real comfort because one day he will wipe away all our tears. Imagine him comforting you by holding you tight against his chest as you cry. Imagine his tears mingling with yours as he strokes your cheek and imagine the words of comfort he might long to say to you.

**We also need comfort from each other.** Paul tells us to be sad with those who are sad. People who are experiencing sadness don't need our logic and reasoning, or our cheerful distractions. They need someone who's willing to be sad with them so that they don't have to cry alone. They also need people who will comfort their sadness in different ways, to suit their individual needs, and eventually they'll begin to feel better.

If you are sad, write a list of things that the people around you could do to comfort you. Tell people what you need them to do so that they feel confident being with you and comforting you. If you know someone who's sad, help them to make a list of their favourite comforting things and ask them what you can do to comfort them, too. It may be a long process, but every act of comfort will help to melt away the sadness.





# 24 KID for Teens: Handout: Thinking about feelings Word Search C: Worry & Anxiety



Work together as a group to develop a definition for worry. Write your ideas below:

How does God relate to worry? Romans 8:26-39

What are the different things David tells us to do when we are worried?  
Look in Psalm 37:1-7 to find at least 8 things that you can do when you feel worried.

Is 'worry' sometimes good for us?

Some constructive 'worry' and concern helps us to plan ahead to prevent future problems and disaster. Proverbs 27:12





# 24 KID for Teens: Handout: Thinking about feelings Word Search C: Worry & Anxiety



## What does Jesus say about worry?

Matthew 6:25-34 and Luke 12:22-31 (these are similar passages), Matthew 11:28-30, Luke 10:38-42, Luke 12:11-1, John 14:1-3

## What does God say that soothes our worries?

Psalms 46:1 and 10, Romans 8:28, 37-39, Isaiah 40:29-31

What does Paul tell us to do in Philippians 4:6-7?

What does Peter tell us to do in 1 Peter 5:7?

The best thing we can do with our worries is to give them to God.

Why is this the best idea? List as many reasons as possible.

How can we respond, in ways that show God's love, when someone else is worried or anxious?

Make a large poster of your discoveries about worry and anxiety to share with the other groups in feedback time. Use diagrams, words, pictures, flow-charts, etc, whatever you need to give a clear message about responding to your own worry and anxiety, and the worries of others, in a kind and loving way.



# 24 KID for Teens: Handout: Thinking about feelings Word Search C: Worry & Anxiety



Life is full of many things that can cause us to be worried and concerned. Every week we hear of new and dangerous things that can threaten our health and safety, our work, our homes, and our finances. Every day we hear more bad news on the TV, Internet and in the newspapers than most of our ancestors heard in their lifetime!

## So what can we do with our worries?

The most important thing is to develop our trust in God. Many of the verses in the previous study about worry are about God reassuring his people that he is in control and in charge. Things may seem troubling, but his ultimate plan is for our well-being and eternal safety (John 14:1-3).

### How do we develop our trust in God?

1. Look in the Bible and see how God kept his promises to his people through the ages.
2. Study the Bible prophecies and see how God always did what he said he would do.
3. Read the stories of people in the Bible and how God took care of them in difficult circumstances and provided for their needs in miraculous ways.
4. Look at our own lives and see how God has woven our mistakes, our sad times and our struggles into a beautiful tapestry. There may be some loose ends and parts of the picture that don't look quite right at the moment, but it is all work in progress and he's not finished with us yet. It is often amazing when we look back on our lives and see how God used all kinds of difficult experiences to help us grow and come closer to him. He will keep on doing that.

### What can we do with our worries?

1. We can look at the things we can change in our lives and try to do something different.
2. We can accept the things we can't change and give them to God because he can work miracles.
3. We can shape our worries into prayers (*Philippians 4:6-7*). Whenever a worry pops into our mind we can turn it into a prayer and give it to God to look after.
4. We can thank God for the good things he is doing. It is when we learn to delight in him that he will give us the desires of our heart (*Psalms 37:4*).





# 24

KID for Teens: Handout: Thinking about feelings

## Word Search D: Fear



Work together as a group to develop a definition of fear. Write your ideas below:

It is important to understand that there are two different kinds of fear in the Bible:

1. Awe and respect for God
2. Terror, alarm, horror, panic, trepidation, etc

Is fear sometimes good for us? Psalm 111:10; Proverbs 1:7; Proverbs 9:10

How does God reassure us when we feel afraid?

Psalm 23

Psalm 46:10

Psalm 91:11

Psalm 118:6

Isaiah 41:10

Romans 8:28

James 1:2-4

How should we respond when someone else is feeling afraid? 1 John 4:18-19

What does perfect love do? 1 Corinthians 13:4-8

How can the different actions in 1 Corinthians 13 take away the fears of those around us?





# 24 Word Search D: Fear



Fear is a very important emotion because it's been put into our brains to keep us safe.

When we feel afraid of something our body gets ready to run away from it, or it gets ready to fight it, or we want to be close to other people who can reassure us and help us to run or fight if we need to.

If we weren't afraid we could do some very dangerous things. Fear is very protective. We feel very afraid, our bodies respond to protect us and then our fear subsides again. But sometimes our fears can be so big that they stop us from doing good things, or enjoying our lives, or feeling that God still loves and forgives us.

## Try asking yourself the following questions:

- What am I most afraid of?
- How big is my fear? Is my fear really too big for the thing which makes me feel afraid?
- How does this fear limit my life and my happiness?
- What effect does this fear have on me, my relationships with other people, and my relationship with God?
- When do I feel less afraid? What helps me to feel safer at those times?
- What could other people do that would help me to feel less afraid?
- How can my trust in God help me to feel less afraid?
- Throughout the Bible God tells different people not to be afraid because he is with them. How can I experience God's closeness to me? How might this experience take away my fear?
- What kind of perfect love experience would help me to feel less afraid, or take away my fear completely?
- When I feel afraid I can pray to God and know he is on my side.
- When I feel afraid I can recite a psalm or other memorised verses that help to reassure me.
- I can remind myself that everything that happens to me is for a good purpose and God won't let anything bad happen unless he wants to make something good come out of it for me.

Make a large poster of your discoveries about fear to share with the other groups in feedback time. Use diagrams, words, pictures, flow-charts, etc, whatever you need to give a clear message about responding to your own fears, and the fears of others, in a kind and loving way.



LESSON 24 -  
**FAMILY Discussion CARD**

One of my favourite emotions is..... because...

When I feel sad it helps me to feel better when someone...

I like the story about Jesus feeling.....because...

Something I have learned today about why God have us feelings is...

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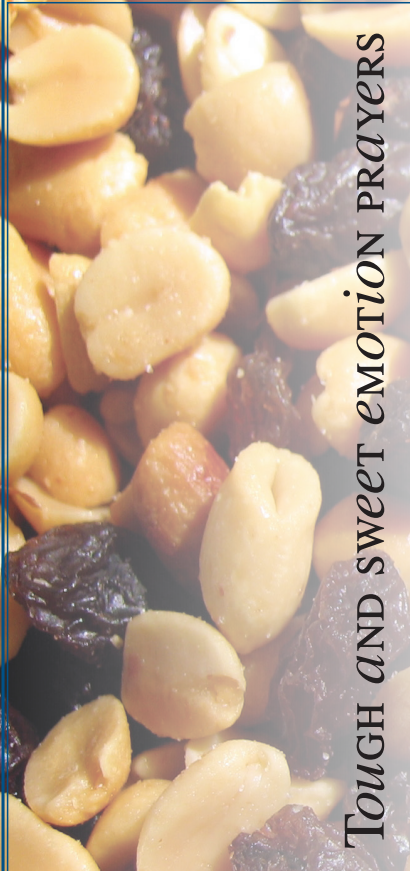
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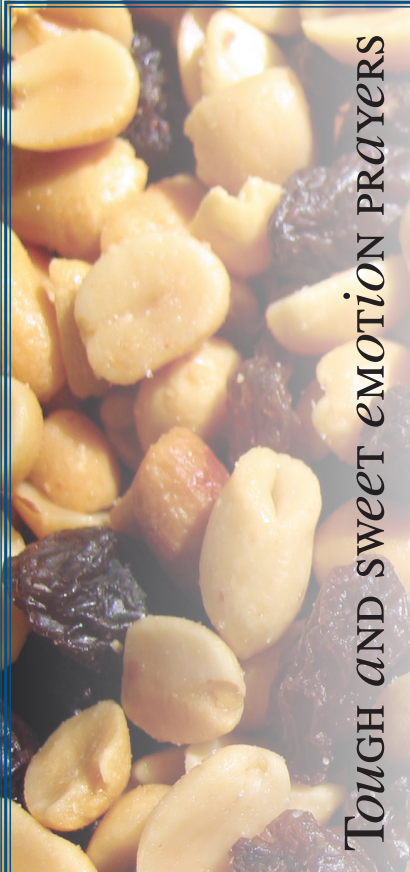
I like the story about Jesus feeling.....because...

Something I have learned today about why God have us feelings is...



**Tough and Sweet Emotion Prayers**

- Take a small bowl of nuts and raisins, (or alternative).
- Pass the bowl around the circle of your family.
- Let each person in turn take a nut or hard edible object out of the bowl.
- They tell the rest of their family members about an emotion that is a tough challenge for them at the moment. They can say as little or as much about the emotion as they like. If they wish they can just name the emotion.
- Everyone eats one nut as they think about the hard thing their family member is facing.
- Then each person prays a simple prayer that God will help the person with their challenging emotion.
- They also pray that God will help them know what to say or how to respond when their family member is struggling with this emotion.
- Everyone has a turn sharing their tough emotion and being prayed for.
- During the next round of prayers each person celebrates an emotion that they enjoy, and everyone joins in their celebration by eating a raisin as a symbol of delicious and energising emotions.
- This time each person prays a prayer of thanks for the lovely emotions God has given for our enjoyment.



**Tough and Sweet Emotion Prayers**

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- Everyone has a turn sharing their tough emotion and being prayed for.
- During the next round of prayers each person celebrates an emotion that they enjoy, and everyone joins in their celebration by eating a raisin as a symbol of delicious and energising emotions.
- This time each person prays a prayer of thanks for the lovely emotions God has given for our enjoyment.



# 24 Jesus and Me: Journal Lesson 24: Feelings: My Favourite Texts



Choose your favourite or helpful verses about feelings. Write them in the table below. Use a concordance or the Internet to help you find the verses you need.

Think of other feelings you have that you enjoy, or that bother you from time to time, and add them to the list, too.

Love	1 Corinthians 13, 1 John 4
ANGER	
HAPPINESS	
Fear	
DISAPPOINTMENT	
DELIGHT	
FEELING OVERWHELMED	
CONTENTEDNESS	
WORRY	







# 24 Jesus and Me: Journal Lesson 24

## Feelings: Powerful Emotions



Sometimes our feelings are very powerful. Even our positive feelings can sometimes be so strong that they can interfere with our relationship with God and with those around us.

In the following exercises you'll be able to explore one of your strong feelings and the challenging effects it may be having in your life.

You will also be able to explore, from time to time the things that help you to manage your emotion well. Maybe you don't get angry when you're at school or work, but you do at home...

If you're having difficulty managing some of your strong feelings, you don't have to struggle alone. Prayer is very helpful because it links you with the greatest power in the universe. It also connects you with your loving Father, who remembers that humans are fragile (Psalm 103). God wants to comfort you (2 Corinthians 1:3,4) and help you to make good choices. You only have to ask and he'll give you all the extra wisdom you need (James 1:5). It may be a good idea to find a Christian counsellor you can trust, or you may also be able to talk to a close relative, youth leader or pastor.

Work through the next few pages on your own and don't be afraid to talk to someone if you get stuck, or if your feelings feel too big and powerful for you to manage safely on your own.

If you have several strong emotions that you want to explore, start by practising these activities on the emotion that is simplest to deal with, and then move to the more challenging emotions when you are familiar with the different activities.



# 24 Jesus and Me: Journal Lesson 24

## What is my emotion trying to tell me?



Our emotions are important messages from our brain that help to keep us safe, healthy and happy!

Our emotions are also there to encourage us to 'connect' with other people - to talk to them and relate to them.

HI THERE, I'M YOUR EMOTION AND I THINK YOU MAY NEED TO TALK TO SOMEONE OR FIND A FRIEND TO SHARE YOUR FEELING WITH.

HI THERE! I'M YOUR EMOTION AND I'M TRYING TO TELL YOU SOMETHING VERY IMPORTANT!  
IT IS...



HI THERE! I'M ONE OF YOUR EMOTIONS AND MY NAME IS.....





# 24 Jesus and Me: Journal Lesson 24

## Exploring one of my strong emotions



Think about one of your stronger emotions (especially one that bothers you from time to time).

<p><i>The effect that this strong emotion has on me and my life, e.g. how I see myself, how I cope, etc.</i></p>	<p><i>The effect that this strong emotion has on my relationship with God.</i></p>
<p><i>MY STRONG EMOTION</i></p> <p>Describe your emotion here, or draw a picture of what it would look like if it were a creature...</p>	
<p><i>The effect that this strong emotion has on my relationship with my family and with my friends...</i></p>	<p><i>What does this strong emotion stop me from doing or prevent me from enjoying?</i></p>





# 24 Jesus and Me: Journal Lesson 24

## When I managed my strong emotion well



Think about a time when you managed your strong emotion really well.  
What helped you respond to your emotion differently this time?

- *YOUR RELATIONSHIP WITH GOD*
- *YOU CLAIMED GOD'S PROMISES TO HELP YOU*
- *YOU PRAYED*
- *YOU TOOK SOME 'TIME OUT' TO THINK ABOUT THINGS QUIETLY*
- *YOU FELT STRONGER AND BETTER ABLE TO COPE, FOR SOME REASON*
- *YOU THOUGHT ABOUT YOUR EMOTION IN A DIFFERENT WAY*
- *YOU WERE CONCERNED ABOUT UPSETTING THE PEOPLE AROUND YOU*
- *SOMEBODY IMPORTANT WAS NEARBY*
- *YOU WERE IN A PUBLIC PLACE*
- *YOU WEREN'T SO TIRED*
- *SOMETHING GOOD HAD JUST HAPPENED TO YOU*
- *SOMETHING ELSE HELPED*

Describe what you think was different about this time when you had strong feelings, and yet you managed them better than you usually do.

When you managed your strong emotions well...

What effect did it have on the way you saw yourself?

What effect did it have on your relationship with God?

What effect did it have on your relationship with your friends and family?

How do you think your life would be happier, and more loving if you managed this emotion differently?

What would you like to do differently the next time you feel this strong emotion?

Ask God to help you use anything you have learnt from this exercise to help you to manage your strong emotions better in the future.







# 24 Jesus and Me: Journal Lesson 24

## Praying about Strong Emotions



Use this outline to help you pray about your strong emotion

### *Praise God*

- For making you the unique person you are
- For the gift of your emotions which enrich your life and your relationship with him and others
- For being in control of the whole universe
- For anything else you can think of

### *TELL GOD ABOUT YOUR STRUGGLES WITH YOUR STRONG EMOTION*

- Describe the effect the emotion has on you
- Describe the effect the emotion has on your spiritual life and your relationship with him
- Describe the effect your emotion has on those around you

### *CONFESS ANY DAMAGE THAT YOUR EMOTIONS MAY HAVE CAUSED*

- If appropriate, admit that your strong emotions have hurt other people as well as you

### *ASK GOD FOR HELP*

- Simply ask God to help you manage your strong emotion in a healthier way
- Ask him to help you do what is right, especially if your strong emotion is hurting yourself or other people
- Ask him to heal the painful source of the strong emotion which may be something that has happened to you in the past

### *CLAIM GOD'S PROMISES*

- List the promises and the Bible verses that you've found helpful when you've been thinking and praying about the strong emotion
- Ask God to keep his promises and to help you when you struggle

### *TRUST GOD TO HELP YOU AND BELIEVE IN HIM*

- Tell God that you believe he has heard you and that he will help you, just as he has promised

### *THANK GOD*

- Thank God for his love, his forgiveness and his help
- Ask him to answer your prayer in Jesus' name

### *KEEP LOOKING, THANKING AND PRAISING*

- Keep looking for signs that God is working with you
- Keep thanking him for every sign of hope you see, however small





# 24 Jesus and Me: Journal Lesson 24

## Other things you can do



### PROMISE BOOKLET/BOOKMARK

Choose a strong emotion that sometimes challenges you.

Explore the Bible for verses, promises and help in dealing with this emotion.

Choose the verses that you find most encouraging and helpful and make a tiny booklet or bookmark of these verses.

Use the booklet or bookmark to remind you that God wants to help you when your emotions seem too strong to handle.

### KEY-RING

Choose the most helpful verse about your strong emotion and make a key-ring that features the verse. You can buy plastic ones that pop open so you can insert your own design.

This can remind you that God's promises and his wisdom are the keys to managing our strong emotions.

### EMOTIGRAPH

Make an 'emotigraph' for your family.

Print off several sets of emoticons from the Internet or draw your own.

If possible print them onto magnetic 'paper' which you can run through your computer printer.

Cut the emoticons apart so that you have lots of mini magnets with an emoticon on each magnet.

Make another set of magnets labelled with each family member's name or photo.

Stick the photos or names on the refrigerator and stick the emoticons nearby.

Invite each person to put an emoticon next to their name when they are struggling with an emotion.

Other family members can pray for them, and respond to them with love and care.

You can also use the magnets to stick encouraging Bible verses next to the names and emoticons.

### POSTER

Choose a Bible verse that encourages you when you are struggling with strong emotions that prevent you from experiencing the full life that God wants you to experience.

Create a poster that illustrates this verse and display it in a place where it will help you.

