

# FAITH



# IN REAL LIFE

REAL LIFE. REAL GOD.

**BIG WORD: self-awareness**

An understanding of what's going on **INSIDE** of me.

**FAITH SKILL: expressing emotions**

Letting God know how I **FEEL**. Giving Him a peek into my **HEART**.

**BIG IDEA: God is big enough to handle all your**



emotions. He wants you to speak to Him openly and honestly about everything rather than hiding your thoughts and emotions in secret.

# *IT'S OK TO FEEL YOUR FEELINGS*

Practice expressing your emotions by finishing as many sentences as you can:

*I FEEL HAPPY WHEN*

*I FEEL SAD WHEN*

*I FEEL LOVED WHEN*

*I FEEL LEFT OUT WHEN*

*I FEEL SAFE WHEN*

*I FEEL WORRIED WHEN*

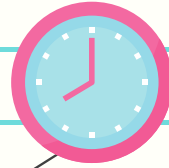
*I FEEL GOOD WHEN*

*I FEEL BAD WHEN*

*I FEEL PEACEFUL WHEN*

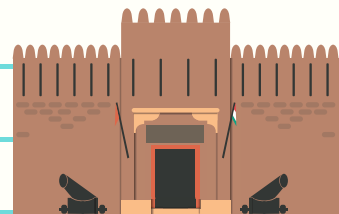
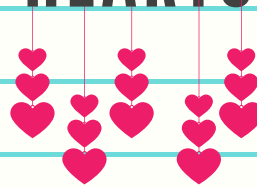
*I FEEL AFRAID WHEN*

# WHAT DOES GOD SAY?



**TRUST IN HIM AT ALL TIMES, YOU PEOPLE;**

**POUR OUT YOUR HEARTS TO HIM,**



**FOR GOD IS OUR REFUGE.**

PSALM 62:8



# LET'S LOOK AT EXAMPLES

To better understand how we can pour our hearts to God, let's see how people did it in the Bible.

***MOSES, ZECHARIAH, MARY, AND MANY OTHERS SANG.*** 

Singing is a great way to pour out joy, excitement, and happiness.

READ: Exodus 15:1-18, Judges 5, Luke 2:46-55, 67-79.

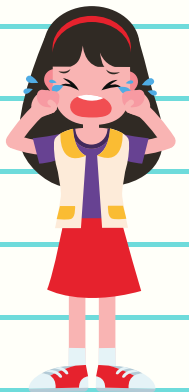


***NEHEMIAH, JESUS, JOSEPH, AND MANY OTHERS WEPT.***

Crying and weeping are the best ways to pour out our sadness, sorrow, disappointment, and pain.

READ: Nehemiah 1:4, John 11:35, Ruth 1:9,14,

Genesis 37:35, Job 30:25, Genesis 43:30.



***MIRIAM, DAVID, AND MANY OTHERS DANCED.***

Dancing is a great way to pour out joy, and to celebrate God's goodness and generosity.

READ: Exodus 15:20, 1 Samuel 18:6, 2 Samuel 6:14,

Psalms 150:4, Luke 15:25.



## ***ABRAHAM, HANNAH, AND MANY OTHERS PRAYED.***

Prayer is a great way to pour out our fears, dreams, frustrations, worries, and thanks.

READ: Genesis 20:17, 24:12, 25:21, Exodus 8:30, 1 Samuel 1:10, Job 42:10, Luke 5:16, Acts 12:5.



## ***DAVID, JEREMIAH, AND MANY OTHERS JOURNALED.***

In other words, they wrote down their thoughts and feelings. Writing along with drawing, painting, doodling, and sculpting are all great ways to give outward expression to what you're feeling on the inside.

READ: Psalm 3, 10, 45, 88, 90, Lamentations 3.



## ***JUST FOR PARENTS***

Did you know, that most of the psalms in the Bible are “journalled” prayers set to music?

One reason God placed the book of Psalms in our Bible was to give us examples of the kind of prayers He honors. The prayers in Psalms are honest, heartfelt, and unsanitized.

Many people think prayer must be pristine and polished in order to be holy. But the journalled prayers of the psalmists show us otherwise. They are sometimes angry and sometimes expressive of a raw, unfiltered reaction to life’s events. Yet God wanted them in the Scriptures to show us that He can handle our deepest struggles, even our questions about whether He is paying attention.

# TRY IT AT HOME!

## BOTTLE OF TEARS

Our ability to express our emotions with tears is a gift, and God keeps track of each tear we cry.

Psalm 56:8 says, "You keep track of all my sorrows. You have collected all my tears in Your bottle. You have recorded each one in your book". But one day—we are promised (Rev. 7:17)—God "will wipe away every tear."



- Find a bottle or a jar. Label it—BOTTLE OF TEARS or JAR OF TEARS.
- Decorate it any way you want to. Stickers, ribbons, yarn, twine, Washi tape, wiggly eyes, and so on.
- Take small pieces of paper and write down things that make you cry (you can always add more later). Put them in the jar and every time you think of them, remember that God holds your tears in a jar and cares about every issue that burdens your heart.
- Remember, tears are prayers too. They travel to God when we can't speak.

# TRY IT AT HOME!

## PRAYER AIRPLANES

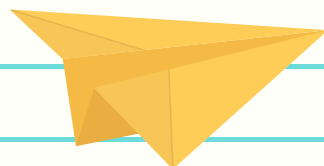
Give each family member a piece of paper and ask them to write or draw a prayer. You may want to give them prompts by having them divide the page into three parts:

- **THANKS** // Thank you God for....
- **SORRY** // Lord, I am sorry for.....
- **PLEASE** // Lord, please help....

Explain that when we pray, our prayers go straight to God's ears and He hears each one of them. Show this visually by writing the word GOD on a large sheet of paper or cardboard box, and placing it on the floor.

Ask the children to throw their paper airplane to land on the sign or inside the box. Let them have a few goes.

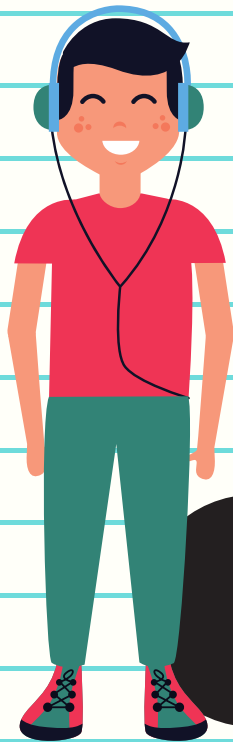
Emphasize that our planes might miss the mark but our prayers won't—they always reach God.



# TRY IT AT HOME!

## PLAYLIST FOR YOUR MOOD

Help your child create two separate playlists—one for **worshipping** and another for **dancing**.



### DANCE

- SONGS THAT MAKE YOU WANT TO JUMP, TWIRL, AND DANCE
- SONGS THAT MAKE MAKE IT EASY FOR YOU TO EXPRESS YOUR JOY



### WORSHIP

- SONGS THAT MAKE IT EASY FOR YOU TO THINK ABOUT GOD
- SONGS THAT "UNLOCK" YOUR HEART AND MAKE YOU WANT TO PRAISE GOD

PRAISE  
IS THE VOICE  
OF A SOUL SET FREE



# TRY IT AT HOME!

## ***BLOW YOUR WORRIES AWAY***

If your child comes to you with concerns or worries, ask if he or she would like to do an exercise with you in which you "blow your worries away" together.

If the child says yes, grab a container of bubbles and head outside!

Take turns blowing bubbles and just enjoying their flight, colors and sizes.



As you watch the bubbles fall to the ground and pop, explain that our worries are like that—they're short-lived. Psalm 30:5 says, ***Crying may last for a night. But joy comes in the morning.***

Invite your child to blow a stream of bubbles and say, "God, today I have sadness, tomorrow I'll have joy!" or "Jesus, I give You my worries and fears. Take them away!" Then watch as the bubbles fall to the ground and pop.

***WHEN WE PUT OUR CARES IN GOD'S HANDS,  
HE PUTS HIS PEACE IN OUR HEARTS.***