

EMOTIONALLY HEALTHY SPIRITUALITY

UNITED CHURCH OF COHOES | SUMMER 2022

Sunday 7/24/22

Can you think of a time you dressed up in costume?
What was your favorite costume? What did you like most about it?

This week we are talking about our "true self."

That's the person that God created you to be - the person you really are inside!

Sometimes it can be hard to be our real self:

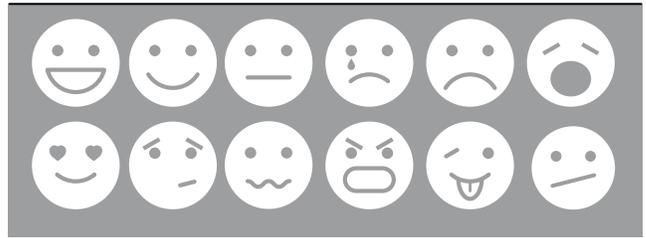
When friends want us to do something that we know is wrong.
When we want to look cool or important, so we pretend to be someone we aren't.
When we think we aren't good enough, strong enough, or smart enough so we stay quiet.
When we are afraid that people will laugh at us.

Can you think of a time when it was hard to be yourself?
Did you know that God made you unique?! He loves you so much!

A question I have about today's message is:

Something I learned in today's message is:

THIS MORNING I FEEL



**SOMETHING THAT MADE ME GRATEFUL
THIS WEEK WAS:**

David knows who he is!

- **What kinds of negative things did other people say to David? How do you think he felt about it?**
- **Have you ever had anyone say something mean to you? Did you know it wasn't true?**
- **King Saul wanted David to wear the armor into battle, but David knew it didn't fit. Do you think it was easy for David to tell the king no?**
- **Has anyone ever tried to get you to do something that you knew wasn't right or that would make you stop being your "true self"? What did you do?**

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**Jesus was able to do and say some tough things
because he knew that God was his father and he knew what God told him to do!**

**David was able to take off King Saul's armor "costume"
because he knew that God was able to do anything and he knew his true self.**

**God wants you to know him and love him.
And he wants you to know that he made you and loves you!**

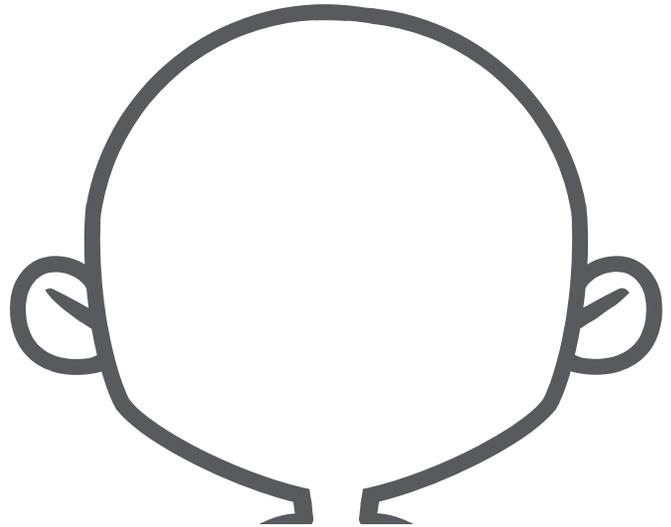
Remember we talked about growing good fruit last week? If we want to be the healthy tree full of fruit that is good on the inside and outside we need to KNOW GOD and KNOW OURSELVES. Apple trees can't grow oranges, right? They have to know that God made them to grow apples and grow the best and healthiest apples they can!

Name 3 things about God that help you trust him:

Name 3 things about you that God made unique:

Who can you be your true self with?

Draw a picture of yourself.
Make sure you include some details
that are special to you!



One of the best things we can do to help us be our true self (the same inside and outside), is to pause and spend time being honest with God about what we are feeling and thinking.

What is something you'd like to say to God today?

What is something you want to pray about today?