

EMOTIONALLY HEALTHY SPIRITUALITY

UNITED CHURCH OF COHOES | SUMMER 2022

Sunday 8/14/22

Today we are talking about something kind of tough.... sadness. :(

Sometimes, when we feel sad, we try to pretend everything is okay. We might smile and act like everything is okay because we don't want people to know.

Or we might think it's bad to feel sad about things, so we try to change our mood.

But Jesus shows us that it's normal to feel sad when things are changing, or scary, or hard!

Let's listen to the Bible reading and Pastor Kaity's message to hear about what we can do when we are facing something that makes us sad.

A question I have about today's message is:

My Feelings Check-In

I am feeling:



I feel this way because:

Something I wish people knew about my week:

Something I learned in today's message is:

My favorite song today was:

JESUS Cries Out to God in Prayer!

- In today's Bible reading, Jesus was crying while he prayed in the garden. Why do you think he was so sad?
- Jesus is facing something scary, and he asks God if it's possible to change it. But Jesus says "It's not just about what I want, but what you want God!"
 - What do you think that means?
- Have you ever prayed when you were facing something sad or scary? What was that like?

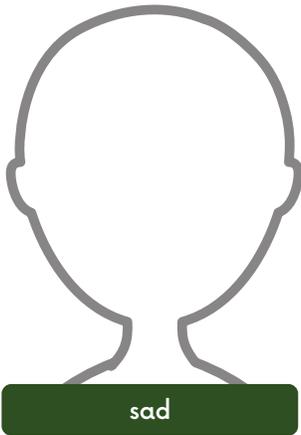
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Facing My Feelings with God

Draw your face when you are feeling sad.

Answer the questions and think about how you can talk to God about your feelings.



Something that makes me sad is:

Something I do when I'm sad is:

What can you say to God when you're sad?

Jesus shows us that we can bring all of our feelings to God in prayer!
God wants to hear from YOU and remind you that you are never alone.

Write the Word (Copy this verse on the lines to the left):

**"Those who wait on the Lord
will renew their strength!"**

Isaiah 40:31

What is something you'd like to pray about today?