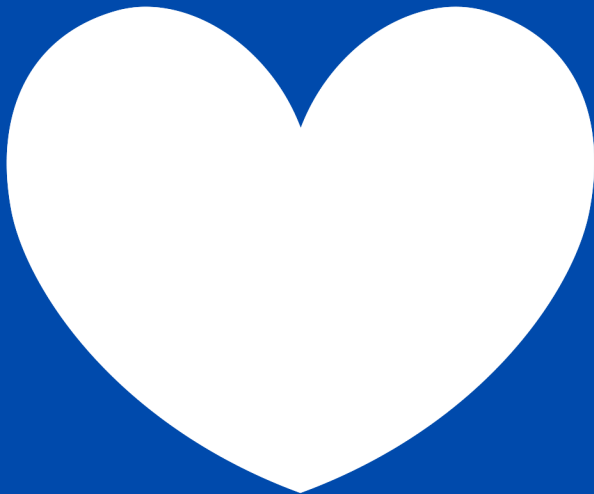


REMEMBER

God tells us in Psalm 34:18 that He is close to those whose hearts are broken and He rescues those whose spirits are crushed. God knows exactly what it's like to lose a loved one. He knows your heart is broken and He wants to help you. You can find your help in the Bible as God speaks directly to you from His Word. Color the heart below to remind yourself that God is near when your heart is sad and broken and He is always there to help you.



ALL ABOUT GOD

Look up the 3 verses below and write down what you learn about God. When we learn more about God, we can give Him thanks, trust Him and understand that He is there for us no matter what. Reflect on what you've learned from God in these verses and respond through prayer by asking Him for help in this area.

PSALM 145:8-9

PSALM 145:18

PSALM 18:2

RESPOND:



LOSING A LOVED ONE



DID YOU KNOW?

Jesus wept when He lost His friend, Lazarus. The Bible says Jesus groaned in the spirit and He was troubled when He heard that His friend, Lazarus, died.

Everyone who saw Jesus weeping for His friend said, "Wow, Jesus really loved him". Through this example, we can be reminded that it is normal to cry when we lose someone we love. We can also learn that Jesus knows what it 's like to lose a loved one so we can ask Him for instructions on how to get through it.

FEELINGS LIKE YOU

You may experience new feelings when you lose someone you love. Below are some examples of feelings that different kids, just like you, have felt after losing a loved one. Circle the different ways you have felt below.

SAD

ANGRY

CONFUSED

WORRIED

GOD'S WORD SAYS

God gives us amazing instructions on how to deal with losing a loved one. We can find those instructions in the Bible. God tells us in Philippians 4:8 to meditate on (*that means to always think about*) special things. He tells us to always think about what is **TRUE, HONORABLE, RIGHT, PURE, LOVELY** and **ADMIRABLE**. He tells us to think about things that are **EXCELLENT** and **WORTHY OF PRAISE**. Of course, the things that are worthy of praise always come from God. Using a dictionary, look up the words in **BOLD** above to better understand what God wants us to think about when we lose a loved one.