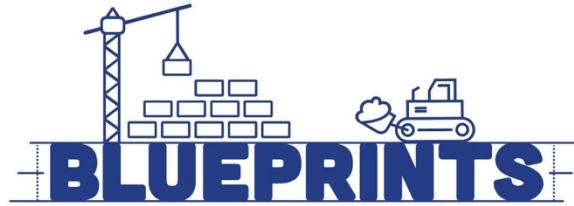


March 22nd
Parent Guide
(Elementary)



*As a family, watch today's Elementary Message from our website or You Tube.
Keep the conversation going while doing the activities listed below.*

Need to Know: I Need to Deal With How I Feel

SAY: Jesus feels emotions just like we do! He is fully God, but He was also fully man. Jesus wanted people to know how to deal with how they feel. God gave us the Bible to help us work through our emotions. When we read God's Word, we build a firm foundation in our life so that we know how to deal with our emotions in the right way.

ASK: What can help us deal with how we feel?

ASK: Next time you feel sad, what can you do? (Answer: Stop to figure out what you feel, look to figure out why you feel that way, and listen to God's Word.)

ASK: What is a verse from God's Word that you can remember during the next time you are sad? (Answers may vary. Parents, if you have a favorite verse, share it with your kids! Some examples: 1 John 3:20, Philippians 4:6, Jeremiah 29:11, Psalm 46:10. Look up these verses together and have your child pick one to remember this week.)

PRAY: Jesus, You have all the emotions we have, but yet You never sinned. You took our punishment so we can trust You and be with You forever! God, when our emotions don't feel good to us, please help us to stop, look, and listen to your Word. Thank you for helping us get through anything that is going on. We pray in the name of Jesus. Amen.

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