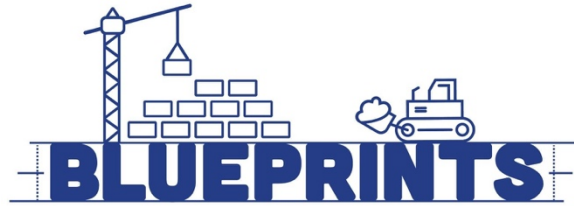


March 22<sup>nd</sup>  
Parent Guide  
(Preschool)



*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: When I'm Sad, God Loves Me**

**SAY:** Jesus feels emotions just like we do. Jesus wanted us to know how to work through our emotions, so He gave us the Bible to help us learn!

**DO:** Get out a piece of paper and crayons. Encourage your child to draw a picture of Jonah and the whale while you guide them through the discussion below.

**ASK:** Why was Jonah sad when God asked him to go to Nineveh? (Answer: He did not want to go.)

**ASK:** Should Jonah have run away from God? (Answer: No. God wants the best for us, so we should always do what God wants us to do.)

**ASK:** Does God love you when you are sad? (Answer: Yes!)

**ASK:** This week, if you feel sad, what can you do? (Answer: Stop, look, and listen. STOP and realize how you feel. LOOK around to see why you feel that way. LISTEN to the Bible and remember that God loves you!)

**PRAY:** God, thank you that you love us even when we make mistakes. Thanks for letting us know that it's okay to be sad. Please help us this week to "stop, look, and listen" when we are upset and remind us how much you love us. In Jesus' name we pray. Amen.

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