



*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: God Is Greater Than My Feelings**

**DO:** Download and print the "Activity". Gather some writing and coloring utensils for your child. OR, you can use a blank paper and writing utensils.

**SAY:** God has given us lots of feelings! We feel things like happiness, excitement, and surprise. But, we also feel things like worry, sadness, and anger. We need to deal with every emotion we feel, but no matter what we're feeling, we can know that God is always greater than our feelings!

God tells us in 1 John 3:20 "But even if we don't feel at ease, God is greater than our feelings, and He knows everything." To not feel at ease means to not feel good about something. Isn't it great that God is bigger than our feelings? First, I am going to give you this thankful coloring sheet. Then, you are going to write or draw all the different things you can remember to be thankful for next time you feel unhappy. While you are writing or coloring, I will ask you some questions from today's lesson. Last, we will share what we are thankful for and pray together as a family.

**ASK:** When King Jehoshaphat was feeling sad and scared, how did he deal with those feelings? *(King Jehoshaphat STOPPED to name what he was feeling, LOOKED around and realized that he needed God to help him, and God came through! When God came through, King Jehoshaphat remembered to thank God for all of the good things He did!)*

**ASK:** Who can you talk to when you're dealing with tough feelings? *(God)*

**ASK:** What are three things you can thank God for right now?

**SAY:** Just like Jehoshaphat had so much to be thankful for, we do, too! When we find ourselves dealing with tough feelings, we should STOP and ask God for help, and when we're dealing with positive feelings, we can STOP and thank God for all He's done!

**PRAY:** Ask your child what they would like to talk to God about. As a family, pray that you would all feel thankful for God and all He has done for you and that God would help you work through how you are all feeling. Ask God to help you remember that God is greater than anything.