



## STOP

Take a moment to reflect on the past day or week and think of the emotion you have felt the most. You can circle them below!

- Sad
- Angry
- Scared
- Lonely
- Annoyed

*What I Felt:*

## LOOK

Once you have identified which emotions you are feeling, take some time to think about what caused them?

- Everything has been canceled and I'm bummed I can't see my friends?
- I'm upset because things have not been going my way.
- Everything is scary! I don't want myself or my family to get sick.
- I miss my friends from school and church.
- My siblings are driving me crazy, I need a break.

*Why I Felt It:*

# *LISTEN*

Read through the following scriptures and see what God's Word has to say about some different emotions. Take some time to reflect on how this makes you feel.

## *Sadness*

Phil 4:8 "Do not be anxious for anything, but in everything by prayer and supplication make your requests known to God. And the peace of God which passes all understanding will guard your hearts and minds in Christ Jesus."

**It is okay to be sad that you can't go on a trip, see your friends at school, or go to that party you've been looking forward to. But the great thing about our God is that we can talk to Him! We can tell Him how we feel and ask Him to help us through this.**

## *Scared*

Deut. 31:8 "The Lord goes before You and will be with you; He will never leave you or forsake you. Do not be afraid, do not be discouraged"

**We have a God who is with us! We don't have to be afraid because He will never leave us..**

## *Lonely*

James 4:8 "Draw near to God and He will draw near to you."

**It can be lonely knowing that we can't go to school, or see our friends at church. But we have all that we need in Jesus. Use this time to stop and draw near to The Lord! Read His word, pray to Him, share how you feel with Him. When we do, He will draw near to us.**

## *Angry/ Annoyed*

Romans 15:5 "May God, who gives patience and encouragement, help you live in complete harmony with each other. As is fitting for followers of Christ Jesus."

**If we lean into God in this time, pray to Him and share our feelings with Him, He can help give us peace and patience! It is right for us to be patient with each other and with the things going on in life because Jesus Himself was filled with peace and patience.**

*My Thoughts:*