



SAY:

There's a verse in our Blueprint for life, the Bible, that tells us what God says about dealing with how we're feeling. I want to teach it to you now. Just repeat after me:

We know that (point to self with thumbs)

God is greater (point both hands up)

than our hearts , (hand over heart)

and He knows everything. (fingers to temples)

1 John 3:20 (make book with hands)

PRACTICE

See if anyone can say the verse from memory from the past few weeks!

Discussion Questions

- Share a story about someone you're thankful for who helps you deal with how you're feeling. REMIND kids that you're always there to listen when they need someone to talk to about how they're feeling, good or bad.
- How do you know God is greater than what you're feeling?
- Who can you talk to when you're dealing with tough feelings?
- What are three things you can thank God for right now?

We know that God is
greater than our
hearts and He knows
everything.

1 John 3:20