

What Am I Feeling?

by Josh and Christi Straub

Illustrated by Jane Butler

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REMEMBER

Patience is better than power, and controlling one's emotions, than capturing a city.—Proverbs 16:32 CSB

READ

Read Philippians 4:4-9. These verses remind us that God is always near. That means He's there for us when we get sad, afraid, impatient, angry, and jealous too. When we experience emotions that don't feel good, sometimes we say or do things that cause us to sin. That's because the emotion is the first thing we experience. If we don't recognize the emotion and stop to ask God what to do with it, it can get the best of us. No matter what we feel, the best thing to do is take a deep breath and then pray, giving thanks for how God is going to help us. Instead of reacting to the emotion, we will let God give our hearts and minds peace and help us respond to our feelings in an honorable, pure, and healthy way.

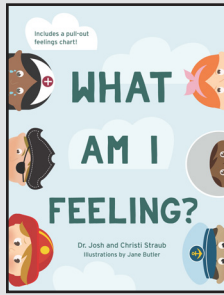
THINK

1. Using the feelings chart, choose a feeling and tell about a time you were feeling that way. What did you do with the feeling? Did you hit your sister? Have a bad attitude? Disobey your mom or dad? Or did you name the feeling and make a good decision?
2. Name one positive feeling and one negative feeling you had today. Tell me about them.
3. Can you think of ways you can know God is always near you when you are having not-so-good feelings? How has He given you comfort and peace and helped you feel better (maybe He made sure there was someone there to love you, or maybe He made you feel brave even when you were scared)?
4. The next time you feel angry, jealous, sad, afraid, or impatient, what can you do to make a good decision? Make a list of ideas. Here are some ideas to get you started: pray, talk to a parent, tell yourself "I feel afraid, but monsters aren't real."
5. Who do you know who might be feeling sad, afraid, angry, or jealous? How can you help him or her?

GIVE THANKS

Feelings come from God. Just as He created our eyes, nose, skin, and bones, He also gave us feelings. Feelings are a way God speaks to us about people or situations. For example, the fear of not doing well in school might help you study more for a test. Or the joy of going on a water slide helps you plan for an upcoming vacation with your family.

But feelings also can be about people. If a friend takes a toy from us or says something mean about us, we will probably get sad or feel rejected. Taking a deep breath and asking God to help us with the feeling could lead us to forgive the friend because he or she is just having a bad day, or the feeling may be a warning that the friend really isn't somebody we should be spending time with.



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All feelings, good and bad, come from God and tell us something about who we are and how we should interact with the people around us. The more we know our own feelings, the more we can see into the feelings of others. And knowing how others feel helps us to better love them.

PRAYER

God, thank You for giving me feelings. Help me to learn how to listen to my feelings. Give me wisdom to know how to respond to my feelings—to be kind to myself and to be loving of others.