



YOU COUNT!

ISBN: 9781087764979

REMEMBER

“Give your burdens to the LORD, and he will take care of you.”

—Psalm 55:22, NLT

READ

Read Psalm 62:8. When the little bear in *You Count!* had some not-so-fun feelings, his mom reminded him that he was safe with her and with God. The Bible says we can take refuge in God; God is our safest place. God’s Son, Jesus, made a way for us to be with Him. God sent Jesus to live on earth as a human. Even though Jesus was perfect, He died to take our punishment when we mess up and do wrong. But that’s not all: Jesus also rose from the dead and went back to God. And He made a way for us to go to God too. So, when we trust Jesus, it’s like He’s the door. He opens the way to God, our refuge. We are completely safe with Him (John 10:9; 14:6).

Jesus is gentle when you have feelings that are sad or mad or confusing because He knows how you feel. He has a human nature just like yours. He doesn’t want us to keep our difficult feelings inside. He wants us to tell Him what’s bothering us. We can tell God when we’ve done wrong, or when we’re sad or angry, excited or happy, or confused or afraid. Just like the little bear in *You Count!*, you’re going to have lots of feelings. That’s okay. Because of Jesus, we can always tell God all about it!

THINK

1. Tell me three things you feel right now.
2. Who knows how you feel inside?
3. What does God think about your feelings?
4. Can you pretend to pour out a glass of water into a bowl?
5. God wants us to talk to Him and pour out our hearts to Him. He wants to hear all of what’s in our hearts, no matter what it is. How can you talk to God?
6. Practice telling God how you feel. Let’s pray together!