

Dealing with Feeling When I Feel Sad

Based on Material from Open.Life.Church

What would you put on the perfect sandwich?

Watch: <https://www.life.church/media/konnect/i-feel-sad/>

Discussion.

Did you make a foot magnet last week?

Did it help you to think about following Jesus every day?

This week we're going to make Comfort cards. You can decorate them while we chat. You might know someone who is sad. Make the card for them. If you can't think of someone to give it to right now, keep looking this week.

Print out the card template and stick a "band-aid" or similar over the broken heart.

How do you think these cards will comfort people?

What makes you feel sad?

What's the hardest thing about being sad?

People show sadness in different ways. How did Harper, Mike and Edison show sadness?

What was King David sad about?

How did God bring comfort to David?

What helped Harper, Mike and Edison feel better?

What are some different things God might do to comfort you?

Is there anything you're sad about right now? If you'd like to share it we can pray about it together.

Pray about anything shared

Choose a Challenge

If you feel sad this week, what can you do to get God's comfort?

How can you comfort someone who is sad this week?

Bible reading

There is a family Bible plan that follows our "Dealing with Feeling" topics.

<https://bible.com/p/34922455/4d64d81f16b53fb23aa4d62bc454e420>

This weeks material is days 3 and 4. We'll do days 1 and 2 next week!