



# *Konnect*

Dealing with Feeling  
WEEK 3

## Week 3: I Feel Guilty

When you do something wrong, you might feel guilty. Ask God to forgive you. He'll help you stop making the same wrong choice. God will give your heart peace.

10,000  
POINTS

### Complete this activity with your family!

Do you try to hide your guilty feelings, or do you ask for forgiveness? Read each choice. If it's a good idea, circle the happy face. If it's a bad idea, circle the guilty face.



Make the same wrong choice



Think God is mad at you



Ask others to forgive you



Ask for God's forgiveness



Lie about bad choices



Forgive yourself

5,000  
POINTS

### Say this week's point from memory!

When I feel guilty, I'll ask God to forgive me.

10,000  
POINTS

### Say this week's verse from memory!

**1 John 1:9 NLT** ... if we confess our sins to him, he is faithful and just to forgive us ...



### Complete this Bible Plan with your family!

**Dealing with Feeling**

[www.go2.ic/KonnectBiblePlans](http://www.go2.ic/KonnectBiblePlans)

Complete this Challenge Card with a parent and ask them to sign below. Bring it to the Konnect Window to get your points!

Name: \_\_\_\_\_ Keytag #: \_\_\_\_\_

Parent Signature: \_\_\_\_\_