



Konnect

Emotions
WEEK 1

Week 1: I Feel Sad

God knows how you feel when you're sad. He's been sad, too. Tell God when you're sad. Spend time with Him, and He will comfort you.

10,000
POINTS

Complete this activity with your family!

People deal with sadness in different ways. Some are helpful, and some aren't. Read each choice. If it's a way God comforts us, circle the healed heart. If it keeps us from being comforted, circle the broken heart.



Hiding



Talking to a friend



Talking to God



Throwing a fit



Reading my Bible



Asking for a hug

5,000
POINTS

Say this week's point from memory!

When I feel sad, God comforts me.

10,000
POINTS

Say this week's Bible verse from memory!

2 Corinthians 1:4 NLT *He comforts us in all our troubles so that we can comfort others. ...*



Complete this Bible Plan with your family!

Dealing With Feeling

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: _____