



Konnect

Emotions
WEEK 2

Week 2: How to Stop Feeling Guilty

If you did something wrong or something bad happened to you, you might feel guilty. Don't keep it a secret. Talk with God and a trusted adult about it so you can get over it.

10,000
POINTS

Complete this activity with your family!

Don't hide guilty feelings. Ask for help. *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!

I can ask God to give me grace when I feel guilty.

10,000
POINTS

Say this week's Bible 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.lc/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: _____