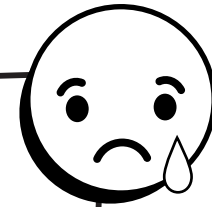


I AM HEALING



GOD CARES

WHEN I FEEL

SAD



ON YOUR OWN

# REMEMBER ROUTINES

The author of Psalm 42 reminded himself that God loves him and cares for him. How can you remember that God cares when you feel sad? Write ideas and draw pictures of how you can remember the love of God when you feel sad. Use the last box to come up with your own idea.

## GOD CARES WHEN I FEEL SAD

SOMETHING I CAN SAY TO MYSELF

SOMETHING I CAN PRAY TO GOD

SOMETHING I CAN DO

SOMEONE I CAN TALK TO

“WHY, MY SOUL, ARE YOU SO DEJECTED? WHY ARE YOU IN SUCH TURMOIL? PUT YOUR HOPE IN GOD, FOR I WILL STILL PRAISE HIM, MY SAVIOR AND MY GOD.”

Psalm 42:5

# TAKE IT HOME

THIS MONTH'S TRUTH: I Am Broken

TODAY'S MAIN IDEA: God Cares When I Feel Sad

■ TODAY'S BIBLE STORY: The Lord Is My Hope (Psalm 42)

■ TALK ABOUT IT: God cares when we feel sad. He's always with us, and we can turn to Him when we need comfort. What are some ways we can turn to God when we feel sad?

**Distributed on July 21**



WHEN WE FEEL SAD, WE CAN HOPE IN GOD BECAUSE HE LOVES US, CARES FOR US, AND IS ALWAYS WITH US.

FUN WITH A FRIEND

# WORD MATCH

Find a friend. Point to one of the words in the box. Count to three and say the first word that comes to mind. If you both say the same word, you win! If not, move to another word and try again. If you make it through all the words with no matches, go back to the beginning and try again. The only rule is: you can't say the same word twice!

GOD  
CARES  
SAD  
BROKEN  
JESUS  
COMFORT  
HOPE

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