



Welcome To

Youth Development Ministries

Jesus Is Lord Assembly of Love

So glad you are here.



Sunday, September 22,

2024

Praise & Worship

<https://www.youtube.com/watch?v=TtoqdebvjhQ>

Myammee - ALL THAT (Official Music Video) | Gospel Rap & Christian Hip-Ho



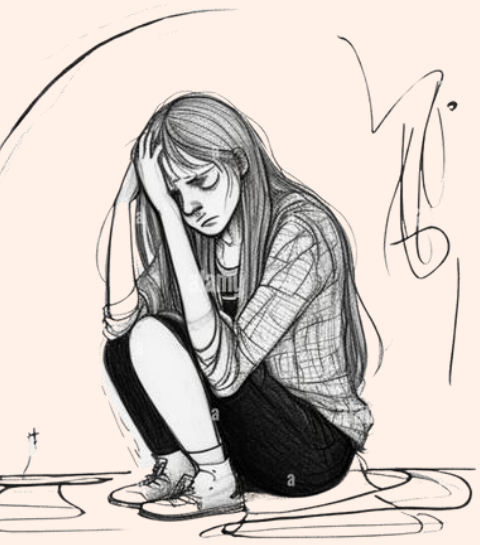
We have a mission. We are too blessed. The enemy is always pressed as he knows that Christ is all around. Our Bibles Stay open.

We are Christian that is big facts.

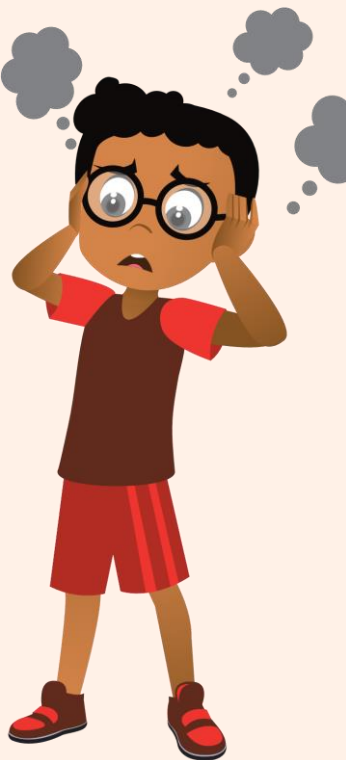
KING OF KINGS.

He is all that.

Icebreaker



Draw a brief picture of **1** feeling you have experienced this week. Share when our group is finished.



How do you think Jesus handled emotions During His life on earth?



***John 11:35** – Jesus wept, showing His grief over Lazarus.

***Mark 14:32-36** – Jesus in Gethsemane, showing His anxiety and surrender to God's will.





This is a short video. It is a story of a teenager going through fear, anxiety, depression, etc. There is hope. You can and you will overcome your trials. All you have to do is call on the name of Jesus. I hope this encourages you to not give up. Keep pushing forward and trusting God and He will deliver you. He always will!!!

LESSON TITLE-PART 1 OF 3

Understanding and Managing Our Feelings

God and Faith

Objective Recognize and articulate your feeling. Understand the role of emotions in your life. Learn how faith can guide you in processing feelings

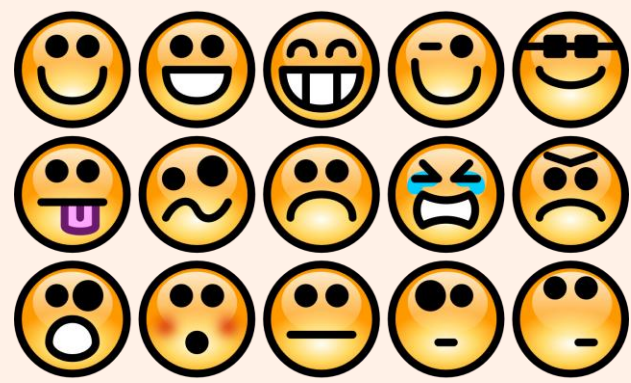
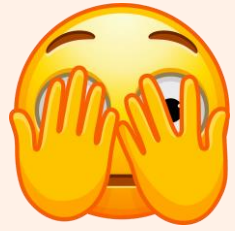
Psalm 34:18

(Message Bible)

"If your heart is broken, you'll find God right there; if you're kicked in the gut, he'll help you catch your breath."

- This verse emphasizes that it's okay to feel hurt and that God is always there for support.





JOY



Feelings

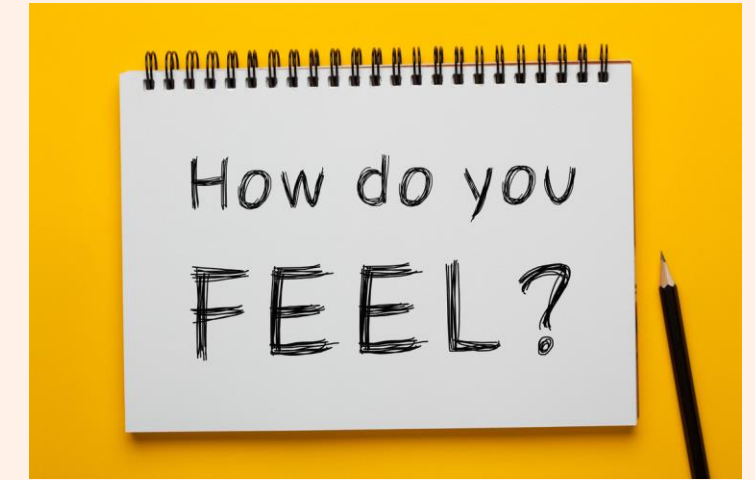
- Feelings are how people experience and give meaning to their emotions. They can be a result of emotional experiences or physical sensations, and they can be different for everyone.

Emotions

- Emotions are how people feel about something and how their bodies react, while feelings are how people experience and give meaning to those emotions.

Chillax





Recognizing Feelings:

- * Range of feelings (happy, sad, angry, anxious, etc.).
- * Identifying and articulating our emotions.

Understanding the Importance of Feelings:

- * Feelings are normal and can guide us. They can indicate what we value or how we relate to other.

Scripture Focus



Recognize your Identity

You are a Child of God.

Key Verse: Philippians 4:6-7

- “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”



- **Discussion:** Let's talk about how this verse relates to managing feelings. Think about anxiety and stress, and how faith can offer comfort.



Tips for Managing Your

- **Pause Before Reacting:** **Emotions** (Proverbs 29:11) Pause and think before they act out of strong emotions.

- **Pray and Surrender Your Feelings to God: (Philippians 4:6-7)**
Bring your emotions to God in prayers.



- **Express Emotions in Healthy Ways:** Encourage journaling, talking to a trusted adult or friend, or using creative outlets like art or music.

- **Remember God's Promises:** God is with you. He cares for you .

