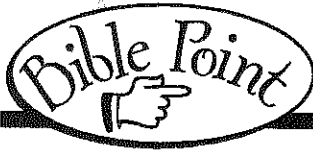


Hands-On Fun at Home

LESSON 5



Jesus understands our feelings.



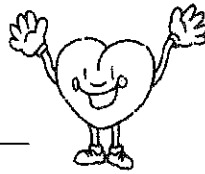
Bible Verse:

"This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin" (Hebrews 4:15).



Cut out this coupon, and write a joke, funny story, or note of encouragement to a family member who's having a bad day.

Cheer Up!



Check It Out

Read Ephesians 4:26.

When is it OK to be angry?
How can you keep your anger under control?

Read Psalm 30:4-5.

Tell about a time that a sad situation turned out well. How did you feel about the sadness then?

Talk It Over

Jesus understands our feelings, and he can help us deal with our feelings.

- What feelings do you sometimes need help dealing with?
- How can your family help you deal with those feelings?



Read Psalm 142 together. What feelings does the writer express in this prayer to God? How does the writer expect God to respond? Have each family member write a psalm to God that expresses his or her feelings. Read your psalms as prayers to God.