

MY EMOTIONS AND GOD



Harriet Omondigbe

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Godly Pearls

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"For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need" (Hebrews 4:15-16).

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God knows when I feel anxious.
He wants to help me to relax
and be peaceful.
His word tells me, "Be anxious
for nothing..." (Philippians 4 :6).



God knows when I feel bored
and lazy.

He wants to help me to use my
time and skills wisely.

His word tells me, "... the hand
of the diligent makes rich"
(Proverbs 10:4).



God knows when I feel disappointed.
He wants to help me to be cheerful.
His word tells me, "For I know the
thoughts that I think toward you
...thoughts of peace...to give you a
future and a hope"(Jeremiah 29:11).



God knows when I feel angry.
He wants to help me to be calm.
His word tells me, "Be kind to
one another, tenderhearted,
forgiving one another"
(Ephesians 4 :32).



God knows when I feel sick.
He wants to help me feel
better and healthy.

His word tells me, "for I am
the LORD who heals you"
(Exodus 15:26).



God knows when I feel guilty.
He wants to help me to make
better choices.

His word tells me, "If we
confess our sins, he is faithful
and just to forgive us our sins
and to cleanse us from all
unrighteousness" (1 John 1:9).



God knows when I feel confused.
He wants to give me
understanding so I know what
to do.

His word tells me, "May the
Lord give you understanding in
all things" (2 Timothy 2:7).



God knows when I feel sad.
He wants to fill my heart with
joy.
His word tells me, "for the joy
of the Lord is your strength"
(Nehemiah 8:10).



God knows when I feel scared.
He wants to help me to be
bold and brave.

His word tells me, "Fear not,
for I am with you; be not
dismayed, for I am your God"
(Isaiah 41:10).



God knows when I feel hurt.
He wants to take away all my
pains.

His word tells me, "For I will
restore health to you and heal
you of your wounds," says the
LORD" (Jeremiah 30:17).



God knows when I feel jealous.
He wants to help me to be
content with what I have.
His word tells me, "now
godliness with contentment is
great gain" (1 Timothy 6:6).



God knows when I feel brave.
I am brave because I trust in God.
His word tells me, "Behold, God is
my salvation, I will trust and not
be afraid" (Isaiah 12:2).



God knows when I feel joyful.
My joy comes from God.

He gives me true joy.

His word tells me, "Rejoice in
the Lord always. Again I will
say, rejoice!" (Philippians 4 : 4).



God knows when I feel satisfied.
God gives me everything I need.
His word tells me, "The LORD
is my shepherd; I shall not want"
(Psalm 23:1).





GLOSSARY.

1. **Anxious** - you can feel anxious when you are very worried about something or someone.
2. **Bored** - you can feel bored when you are not interested in doing anything.
3. **Disappointed** - you can feel disappointed when you expect something to happen but it doesn't happen.
4. **Angry** - you can feel angry or mad when someone does something wrong to you.
5. **Sick** - you can feel sick when you have a fever or high body temperature and might have to visit a doctor.
6. **Guilty** - you can feel guilty when you do something you know you should not do, but you do it anyways.
7. **Confused** - you can feel confused when you don't know what to do.
8. **Sad** - you can feel sad when something bad happens.
9. **Scared** - you can feel scared when you are alone or afraid of something or someone.
10. **Hurt** - you can feel hurt when you have an injury or cut on your body.
11. **Jealous** - you can feel jealous when you want something that belongs to someone else.
12. **Brave** - you can feel brave when you are not afraid.
13. **Joyful** - you can feel joyful when something good happens.
14. **Satisfied** - you can feel satisfied when you are very happy with the way things are going for you.



About the book.

Emotions.....high, low, unpredictable, unmanageable, stable - we experience them all. As parents, it can be hard to help our kids when they go through these emotions.

The book, *My emotions and God* - offers hope through the written word of God from the Holy Bible. For every emotion a child can experience, there is an offer of help from God and a bible reference. Kids will understand that God is truly concerned about how they feel and wants to help them manage their emotions. They will see the Father's love shining through every scripture.

Using bold and relevant illustrations, *My emotions and God* helps a child to focus on God's love and His offer of help.

Sad? There's joy for you! Disappointed? There's hope for you! Scared? You can be bold and brave! Guilty? You can make better choices!

Other books by the author.

1. Dear God, Your love is the best!
2. Jesus loves me and died for me - The true Easter story series, book 1
3. Jesus is alive - The true Easter story series, book 2
4. I can praise God.

ABOUT THE AUTHOR.

Harriet Omondiagbe

Dr. Harriet Omondiagbe is a Christian writer and author. She writes for Godly Pearls, a Christian charity organization in New Zealand.

Harriet is passionate about godly parenting and wants to see kids thrive in a godly home. Through her writing, she hopes to offer biblically-sound resources to teachers, parents and caregivers, so they can in turn, help their kids to develop a growing faith in Jesus, and real love for God.

Godly Pearls

Godly Pearls is a Christian charity organization registered in New Zealand.

Our goal is to encourage and empower people to pursue an intentional and deeper relationship with God.

Visit us to download free printable bible-based resources including Sunday School lessons, bible object lessons, bible character study, devotionals for kids, Christian drama scripts, scripture memory verses, colouring pages, bible word search, bible maze puzzles and much more!

We also offer free access to our digital library containing bible-based digital task cards or Boom Cards .

You can use these digital task cards for learning, teaching and assessment of students at home, school, church, etc.

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