

Feel Real

Dealing with our feelings

LIMITLESS

Kids

PATIENCE

A feeling you have when you have to wait for something that you want or desire. Linked to perseverance, resilience and determination.



OT BIBLE STORY

Sarah (Genesis 17)

Theme: Sarah was really old, but continued to wait patiently for God to provide her with a son as He had promised.

NT BIBLE STORY

Simeon (Luke 2 v 25-35)

Theme: God had promised Simeon he would not die until he had seen the Messiah. He waited a lifetime at the temple. God kept His promise, and Simeon did see Jesus before he died.

OTHER BIBLE STORIES

Joseph (Genesis 37) Theme: God had a plan for Joseph's life, but it wasn't always easy. Joseph had patience as he waited for God's plan to unfold.

The Life of Job

Theme: Job faced the testing of all testing in every area of his life. Job's patience, through times of trouble, was rewarded by God.

DISCUSSION GROUP TIME

1. Think of a time in your life when you experienced this emotion.
 - How did you get through it?
 - Are you still feeling it?
2. After what you have heard, what do you think God is saying to you?
3. How will you live differently having explored this emotion?
4. Pray together as a group.

POWER VERSE 1

"I waited patiently for the Lord to help me, and he turned to me and heard my cry." [Psalm 40:1 - NLT]

POWER VERSE 2

"Be joyful because you have hope. Be patient when trouble comes. Pray at all times." [Romans 12:12 - ICB]

TAKE AWAY

"I will choose to wait on God."

LEADERS:
SHARE YOUR
STORY...



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FEAR

A feeling you have when you sense close danger or harm. Linked to feeling frightened, scared or afraid.



OT BIBLE STORY

Moses

(Exodus 4 v 10)

Theme: Moses wasn't the best or most confident of speakers, yet God chose him to speak for a nation.

NT BIBLE STORY

The Disciples

(Matthew 10 v 6-22)

Theme: The disciples were sent out to make followers, were warned of the dangers, but were assured God would equip them for whatever they faced.

OTHER BIBLE STORIES

Joanna (Luke 8 v 2-3)

Theme: Joanna was a supporter of Jesus even though her husband was King Herod's manager.

David and Goliath (1 Samuel 17)

Theme: David, a small shepherd boy, faced an undefeated giant. WHY? Because his faith in God was bigger than his fear. WHY? Because God is bigger than any giant we may face.

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POWER VERSE 1

"I will not be afraid because the Lord is with me."

[Psalm 118:6 - ICB]

POWER VERSE 2

"Where God's love is, there is no fear, because God's perfect love takes away fear." [1 John 4:18 - ICB]

TAKE AWAY

"I will choose to trust God."

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WORRY

A feeling you have when you are faced with the possibility of danger or threat. Linked to feeling nervous, troubled or anxious.



OT BIBLE STORY

Elisha (2 Kings 6)

Theme: Although the axe head was lost, it rose from the water. Elisha exercised faith over worry.

NT BIBLE STORY

Paul (Philippians 6 v 6)

Theme: Paul's life was not easy. He had to deal with fear and difficult times, but an attitude of rejoicing and praying about ALL things helped him to focus on what was most important - God.

OTHER BIBLE STORIES

Jehoshaphat (2 Chronicles 20)

Theme: Jehoshaphat faced a vast battle, but God assured them that He was the One fighting for them. However, they had to be willing to trust God and have faith in Him.

The Disciples (Upper room Acts 1&2)

Theme: The Disciples were worried and fearful that what had happened to Jesus might happen to them as His followers. However, they did what He told them and waited for the help He promised - the coming of The Holy Spirit.

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POWER VERSE 1

"Don't worry about anything; instead, pray about everything."
[Philippians 4:6 - NLT]

POWER VERSE 2

"So, don't worry about tomorrow, because tomorrow will have its own worries." [Matthew 6:34 - NCV]

LEADERS:
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TAKE AWAY

"I will choose to talk to God."



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HOPE

A feeling you have when you expect a positive outcome or something good to happen. Linked to bravery, confidence or encouragement.



OT BIBLE STORY

Hannah (1 Samuel)

Theme: Although Hannah was desperate for a child and feeling hopeless, she poured out her heart, put her total hope in God, and God blessed her with a child.

NT BIBLE STORY

Stephen (Acts 7)

Theme: Stephen was stoned to death for his faith in God. Despite fear and pain, his hope was eternal and he received a heavenly reward.

OTHER BIBLE STORIES

Mordecai (Esther)

Theme: Mordecai's faithfulness put his life on the line. His hope in a hopeless situation was in doing the right thing by God, and trusting God with the outcome.

Three Men in The Furnace (Daniel 3)

Theme: Shadrech, Meshech and Abednego would not worship anyone other than God, even though it meant a fiery furnace. God sent His angel to protect them. Their Hope in God was bigger than their fear.

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POWER VERSE 1

"I pray that the God who gives hope will fill you with much joy and peace while you trust in him."

[Romans 15:13 - ICB]

POWER VERSE 2

"You will feel safe because there is hope. You will look around and rest in safety."

[Job 11:18 - ICB]

TAKE AWAY

"I will choose to put my faith in God."

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GRIEF

A feeling you have when you have lost something or someone. Linked to sadness, upset or sorrow.



OT BIBLE STORY

Naomi (Ruth 1 v 1-18)

Theme: Naomi was widowed, then lost her two sons. Naomi chose to go home to the only family she had left. God provided help, hope and protection when she needed it most.

NT BIBLE STORY

Mary, Martha and Lazarus (John 11)

Theme: Mary and Martha called on Jesus as Lazarus lay dying, but Jesus took His time - or so it seemed. Lazarus was dead when Jesus arrived. The sisters, mourning and grieving, found peace and comfort in His presence.

OTHER BIBLE STORIES

The Shunnamite Woman and Elisha (2 Kings 4 v 18-37)

Theme: Her longed for son, who was promised by God and then died, sent her searching for answers from Elisha, the man of God. Elisha honoured her faith and tenacity by returning with her.

The Prodigal Son's Grieving Father (Luke 15 v 11-24)

Theme: The father was grieving because he his son had left, but he continued to trust God in his sadness.

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POWER VERSE 1

"Great blessings belong to those who are sad now. God will comfort them."
[Matthew 5:4 - ERV]

POWER VERSE 2

"The Lord is my rock, my fortress, and my saviour; my God is my rock, in whom I find protection." [Psalm 18:2 - NLT]

TAKE AWAY

"I will choose to hold onto God."

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ANGER

A feeling you have when you are really mad or annoyed about something. Linked to feeling cross, frustrated or enraged.



OT BIBLE STORY

Cain (Genesis 4 v 5-8)

Theme: Cain was jealous of his brother, Abel, and became angry. Being unable to control his anger, he killed his brother, changing the course of his life.

NT BIBLE STORY

Jesus Calms The Storm (Luke 8 v 22-25)

Theme: Jesus is the answer to calming any of our storms. He alone has the power to calm our anger, regardless of how angry we become. He can turn our anger into peace.

OTHER BIBLE STORIES

Balaam (Numbers 22)

Theme: Balaam was angry that things were not going the way he had planned, and he took it out on his donkey. Balaam needed to take God's direction, and not rely on his own way.

Saul, Jonathon and David's Response (1 Samuel 20)

Theme: David was in danger and Jonathon, his best friend, chose to protect David from Saul. Saul was angry that Jonathon did not side with him. Jonathon chose to do what was right, not what was easy.

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POWER VERSE 1

"Do not become angry easily. Anger will not help you live a good life as God wants." [James 1:19-20 - ICB]

POWER VERSE 2

"Do not let evil defeat you. Defeat evil by doing good."
[Romans 12:21 - ICB]

TAKE AWAY

"I will choose to do it God's way."

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