

Sharing Our Feelings

SBR 2020

Excerpts from a devotion by Rev R. Brian Stolarczyk

Psalm 119:130 NIV

When Your words are made clear, they bring light.

Consider reading Matthew 26:6-10

- Have you ever had trouble sharing your feelings?
- Have you talked to anyone about how you are feeling about this virus?
- If so, did it help to talk about how you are feeling?

The Bible verse for today says we are happy when the Bible is easy to understand. When the meaning of the Bible is explained and made clear, we know God is at work helping us. It's the same feeling we may have when a dirty window gets cleaned. At first, it's hard to see through the window, but once clean, the light comes in and it's clear. When the light comes in, we are happy. When the Bible is clear, we are happy.

- Now think about your feelings. How do you think others feel when they finally understand how you feel?

It is important for people we know to understand how we feel. If we are sad, they can comfort us. If we are happy, they can celebrate with us. If we are afraid or worried, they can pray with us. If we feel sick, they can help us get well. If we hide our feelings, it could end up hurting us more because we can't get the help we need.

Think about puppies. Puppies are great at sharing their feelings!

- How do puppies let you know they are happy?
- Have you ever heard a puppy cry or whine? If so, what do you think the puppy was trying to tell you?

Puppies will do many things in order to get food. They may bark and jump. They may wag their tails or stick out their tongues and pant. Dogs show us they need something by way they act. Now think about how you act when you are feeling upset or worried.

- Who is someone you can talk to when you are feeling upset or worried?
- If that person does not live in your home, how can you talk to them?

Reread the Bible verse for today.

Let's say it together three times: *When Your words are made clear, they bring light.* (repeat)

When we spend time listening to and reading the Bible, God's words speak to us; they help us see things clearly. When you are having trouble sharing your feelings, remember this verse:
When Your words are made clear, they bring light.

Prayer

Dear God, *sometimes we find it hard to share our feelings. Thank You for reminding us You love us very much. Thank You for making it clear in the Bible. In Jesus' name we pray. Amen.*

Sharing Our Feelings Window Art

SBR 2020

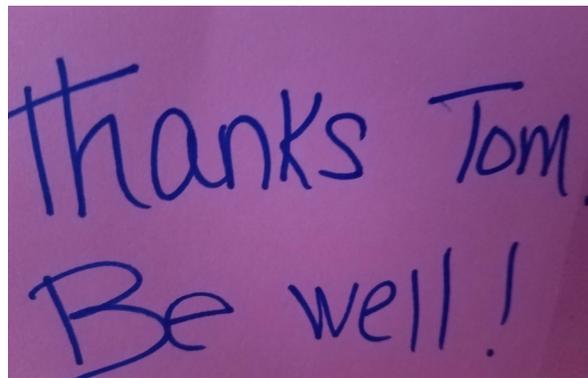
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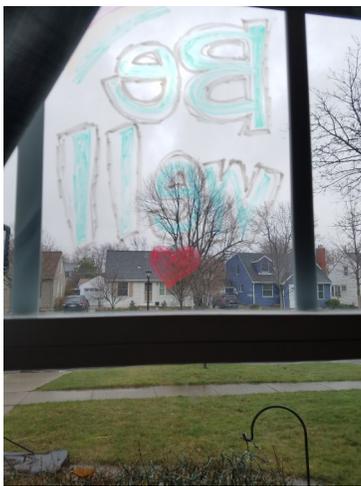
Share how you are feeling and cheer others up with window art!



- Put down an old sheet or tarp where the painter will stand.
- Use painter's tape and create a design.
- Use watercolor paints, finger paints to decorate.
- Once dried, pull off tape for a stained-glass look.
- NOTE: It is recommended that you add a small amount of dish soap to the paints for better removal and possible spills.



Remember to thank postal workers and delivery people who are bringing you packages and hope from the outside world!



- Use dry erase markers to write notes to your neighbors.
- If the writing is hard to see from the sidewalk, put a white piece of paper behind your words so it is clear.



Many kids are counting rainbows found in windows as they walk the neighborhood.

Help them with their hunt.

Use any supplies you can find and spread some cheer!