

EMOTIONS



Week 3: I Feel... WORRIED

**Philippians 2:5 -
You must have
the same attitude
that Christ Jesus
had.**

Fill in the Blanks:

1. Draw near to Jesus and he'll give you _____.
2. We should respond to worry with _____.
3. The disciples were in a _____ and a
_____ came up.
4. _____ was taking a nap down below deck!
5. Jesus _____ and the storm went away.
(*peace, trust, boat, storm, Jesus, spoke*)

PEACE

Challenge:

When you feel worried about something, take a few minutes to read the story from Mark 4:35-41. Write down what Jesus did and remember he is with us when we worry too.