

EMOTIONS



Week 5: I Feel...
SAD

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

Look up and write the following scriptures to remind you what the Bible says about being sad.

Psalm 34:18 _____

Matthew 5:4 _____

Challenge:

What is something that makes you feel sad? When you feel sad, review the verses you wrote above. Then, take a moment to talk to God about what makes you sad. Ask Him to bring something happy into your life!