

# HOW ARE YOU FEELING?



**ANGRY**



**BORED**



**CALM**



**HAPPY**



**HURT**



**LOVING**



**SAD**



**SICK**



**SLEEPY**

Check out [LCBCchurch.com](http://LCBCchurch.com) for a 9-Day Bible Reading Plan unpacking each emotion

# TALK IT OUT



**HOW DOES THAT EMOTION  
MAKE YOUR BODY FEEL?**

**WHAT COULD BE CAUSING  
YOU TO FEEL THAT WAY?**



**WHAT SHOULD WE SAY  
TO GOD ABOUT THAT?**

**WHAT IS SOMETHING THAT  
HAPPENED TODAY AND HOW  
DID IT MAKE YOU FEEL?**



**CAN YOU THINK OF A BIBLE  
STORY THAT RELATES TO  
HOW YOU ARE FEELING?**

Scan here  
to listen to  
our favorite  
worship  
songs!

**WHAT WOULD YOU DO IF  
YOUR FRIEND WAS FEELING  
THAT WAY?**



**CAN YOU THINK OF A WORSHIP  
SONG THAT RELATES TO  
HOW YOU ARE FEELING?**