

# FEELINGS AREN'T FOREVER

I KNOW THE LORD IS  
ALWAYS WITH ME.  
I WILL NOT BE SHAKEN,  
FOR HE IS RIGHT  
BESIDE ME.

(PSALM 16:8 NLT)

## MY PRAYER

WRITE A PRAYER TO GOD ABOUT YOUR FEELINGS. ASK FOR HELP TO TURN THE VOLUME DOWN ON THE EMOTIONS THAT ARE OVERWHELMING YOU AND ASK THAT GOD WOULD REMIND YOU THAT FEELINGS AREN'T FOREVER.

## WHO I CAN TALK TO

TALK TO SOMEBODY YOU TRUST ABOUT YOUR FEELINGS. OPEN UP TO A TRUSTED ADULT LIKE A SMALL GROUP LEADER, PARENT, OR ADULT WHO TAKES CARE OF YOU.

THIS IS WHO I CAN TALK TO ABOUT MY FEELINGS: \_\_\_\_\_

THIS IS WHAT I CAN SAY TO START A CONVERSATION WITH THAT PERSON:

## START YOUR OWN PLAYLIST!

WRITE DOWN ANY SONGS THAT  
COME TO MIND BASED ON WHAT  
YOU HEARD DURING THIS WEEK'S  
MESSAGE. →



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