

April 16th, 2023 Kid's Page

Story: John 20:19-31

Wonder: After Jesus leaves the tomb—he has to let the people closest to him know that he has risen to the grave. Today's story shares with us Jesus going to see his disciples, his best friends, and letting them know he is there. The disciples, not knowing that Jesus was alive were gathered together feeling sad, angry, scared—all the feelings we feel when we think about someone we love not being with us anymore.

Jesus knows their stomachs would be in knots, so he shows up with what they need. The first thing Jesus says to the disciples is "Peace be with you." Which is a fancy way of saying, "It's all okay." Today, we still get ourselves caught up in our feelings. It's normal to feel upset sometimes. It's normal to be scared. It's normal to be angry. That's all part of grief (which is a big word for the feelings we feel when we have lost something or are feeling lost). BUT no matter how we are feeling, we trust that even today, even now—God has got us and God is sending God's peace to be with us reminding us that it's all okay. Which is a really amazing gift from God!

Create: On the next two pages, take some time to identify the feelings. Color the feelings according to the chart (or the colors you have handy!). Then you can count how many of each emotion is showing up today on page 3 this week! Remember—whatever you are feeling today is okay. Whether happy or sad. Angry or scared. Confused or secure—God is here still. You're never alone in your feelings!

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FEELINGS AND EMOTIONS

HAPPY : PURPLE

SUPRISED : BROWN

SAD : YELLOW

ANGRY : RED

SLEEPY : PINK

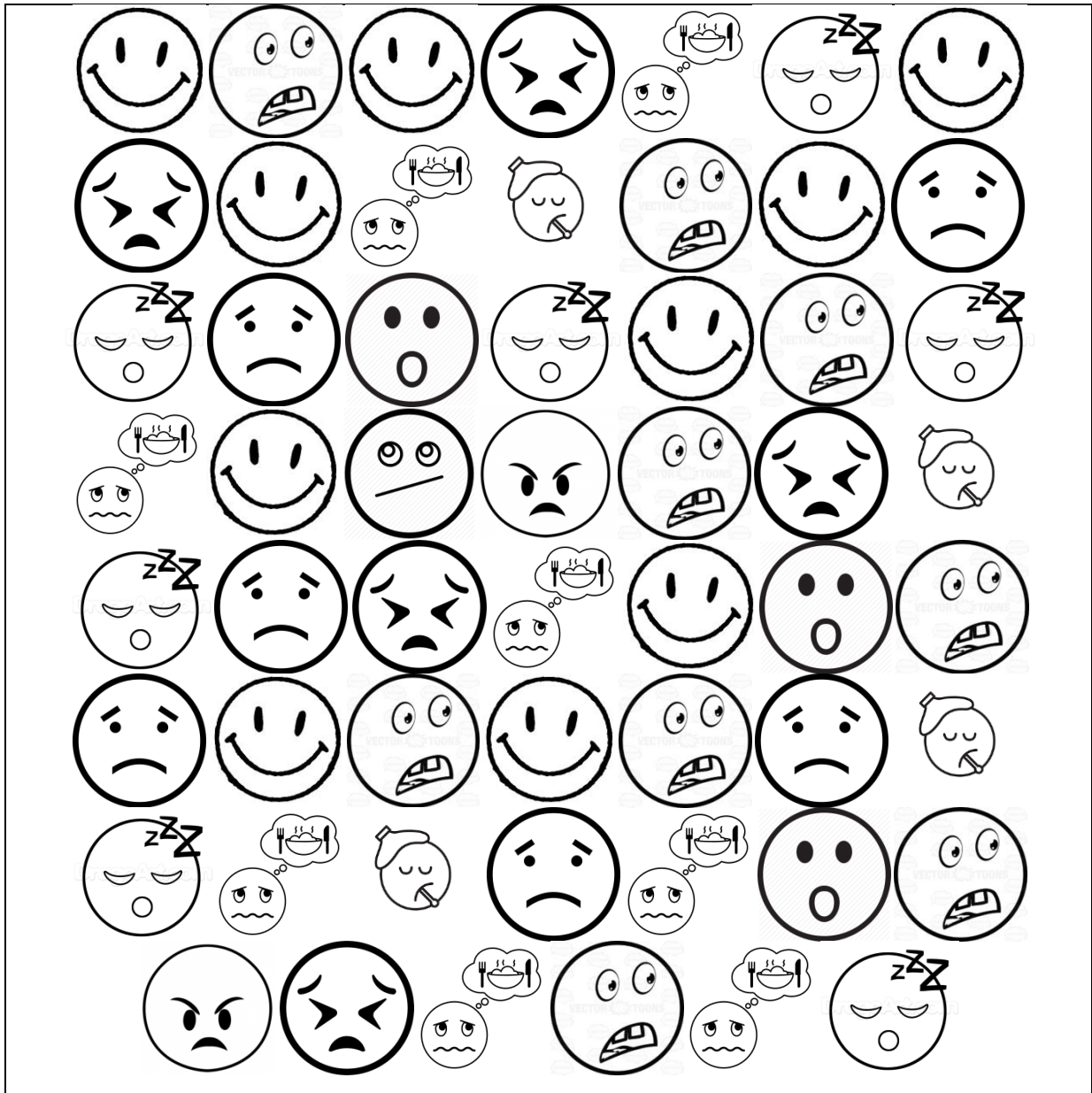
HUNGRY : ORANGE

BORED : BLACK











TIRED : BLUE

ILL : GREEN

SCARED : GRAY



HOW MANY ?

| | |
|--|---|
|  _____ |  _____ |
|  _____ |  _____ |
|  _____ |  _____ |
|  _____ |  _____ |
|  _____ |  _____ |