



When

I'm *Feeling*...

Big Feelings - Big Truth

# When I'm Feeling...

This guide is to help you arm your children with God's truth as they deal with big feelings. All scripture is from the English Standard Version.

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# When I'm Feeling...

# I Can Trust...

## ANGER

towards someone I care about

"A soft answer turns away wrath,  
but a harsh word stirs up anger."  
- Proverbs 15:1

## ANXIOUS

about new people or things

"When I am afraid, I put my trust  
in you."  
- Psalm 56:3

## TIRED

but I don't want to miss out

"Come to me, all who labor and  
are heavy laden, and I will give  
you rest."  
- Matthew 11:28

## WORRIED

and out of control

"For God gave us a spirit not of  
fear but of power and love and  
self-control."  
- 2 Timothy 1:7

## ACCOMPLISHED

and I want to be proud

"And whatever you do, in word or  
deed, do everything in the name  
of the Lord Jesus, giving thanks  
to God the Father through him."  
- Colossians 3:17

## BRAVE

and I want to show my bravery

"And we know that for those who  
love God all things work together  
for good, for those who are  
called according to his purpose."  
- Romans 8:28

## SAD

and I'm not sure why

"Now faith is the assurance of  
things hoped for, the conviction  
of things not seen."  
- Hebrews 11:1

## INSECURE

about myself or my decisions

"Casting all your anxieties on him,  
because he cares for you."  
- 1 Peter 5:7