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What Are FEELINGS For?



A Training Young Hearts book



My feelings tell me
when I am **HAPPY** and
having **FUN**...





And what are
feelings **FOR**?



so that I can
enjoy God's gifts!



My feelings tell me what I **NEED**...



My feelings tell me when I
am **ANGRY** or **AFRAID**...



so that I can receive
God's care.



so that I can ask
for help.



so that I can be
COMFORTED!



and with
others.



Did God make my feelings to **CONTROL**
my actions or tell me what's **TRUE**?



Did God make my feelings to
be **IGNORED** and **HIDDEN**?



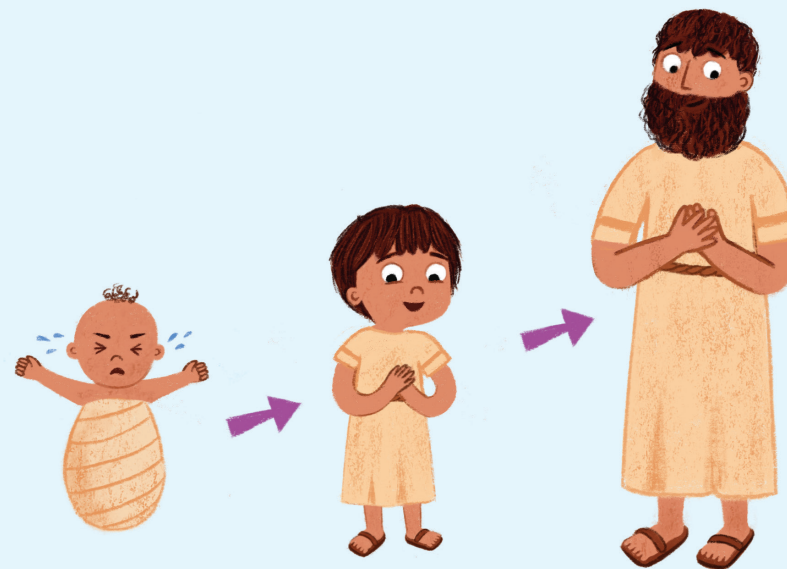
No, of course not!



JESUS was a child with feelings...




Jesus felt all kinds of feelings,
but he **NEVER** sinned.





just like **ME!**



An illustration of Jesus kneeling in prayer under a large tree at night. He is wearing a simple orange robe and has his hands clasped over his face, with tears visible. The background is a dark blue night sky filled with many small yellow stars. To the right, a green hill with three black crosses on top represents a graveyard. The entire scene is framed by a decorative border with yellow, blue, and red patterns.

Jesus told God he felt
afraid to die...

but he obeyed
anyway...



So when I let my feelings
CONTROL my actions...



I can ask Jesus for forgiveness!



When I am tempted to
IGNORE my feelings...



I can ask the Holy Spirit to help me
remember that I am **FREE TO FEEL!**



or **LISTEN** to them instead of
to the **TRUTH**...

And I am
LOVED by God!



God's **HOLY SPIRIT** helps me **PRAY** my feelings and not be controlled by them...



My feelings were made



just like **JESUS**.

Father,
forgive them.



and to help me
love him more!

“A wonderful resource!”
RUTH CHOU SIMONS



God made me with **FEELINGS!** And what are feelings **FOR?**

This engaging book will help little ones to recognize their emotions,
understand what to do with them, and realize that when
we need help and hope, we can always ask Jesus!

Follow Jesus' example and learn to
rely on his amazing grace with
TRAINING YOUNG HEARTS



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