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God Comforts Us When We're Sad

Do you ever feel sad? Yep, we ALL feel sad sometimes. When we're dealing with feelings of sadness, we can remember that God will always comfort us, and will be with us through it.

Watch: [When I'm Feeling Down, God Comforts Me / Jonah](#)

Jonah made mistakes that left him feeling down, and he let other people's actions make him feel down, too. But every single time, God was there to comfort him. And no matter what makes you feel sad, when you need to be comforted, God is always right there to help you!

The best way to deal with our feelings when we're really emotional is to STOP, LOOK and LISTEN.

- **STOP:** Slow down and NAME what we're really feeling. When we're all wrapped up in our emotions, things can seem worse than they actually are. If we're not careful, we might make decisions that we can't undo.
- **LOOK:** This helps us to see what's really going on. It might seem like something sad will NEVER get better. But if we really look at what's happening around us, we can start to see the good that will come later.
- **LISTEN:** Listen to what God says! This is SO important, because when we find ourselves feeling down in the dumps, we can go to the Bible and find his truth for us.

And when we're feeling sad, this is God's truth:

- **It's okay to feel sad, because we all go through hard things.**
- **God loves us no matter what sad things happen to us.**
- **God will always be with us and will always comfort us when we're sad.**

Discuss: ● The next time you feel down, what are some ways you can feel God's comfort? ● Who can you talk to when you're feeling down? ● How did God comfort Jonah? ● Do you think Jesus ever felt sad? What do you think he did when he felt that way? ● What helps you feel better when you're sad?

Memory Verse: "There is a time to cry. And there's a time to laugh. There is a time to be sad. And there is a time to dance!" Ecclesiastes 3:4 ●

The very first thing that verse says is that there's a time to cry. That means that God understands sadness. He knows we all go through sad things, and he wants us to let ourselves feel that. Sometimes, that just means saying, "I feel sad, and this is why..." Then, you can start to feel better!

Do: Make an emotions journal. ○ Choose an emotion (it can be what you feel today, or an emotion you've felt before) ○ Draw what you think that feeling looks like ○ Describe that feeling with words ○ List all the words that describe that feeling ○ Talk about how you deal with that feeling or how you could deal with it. Continue to use your emotions journal this week!

Pray: *God, thank you for comforting me when I am sad. Please help me to turn to you this week with all of my emotions. I love you. Amen!*