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What Are FEELINGS For?



A Training Young Hearts book



God made me
with feelings!

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!

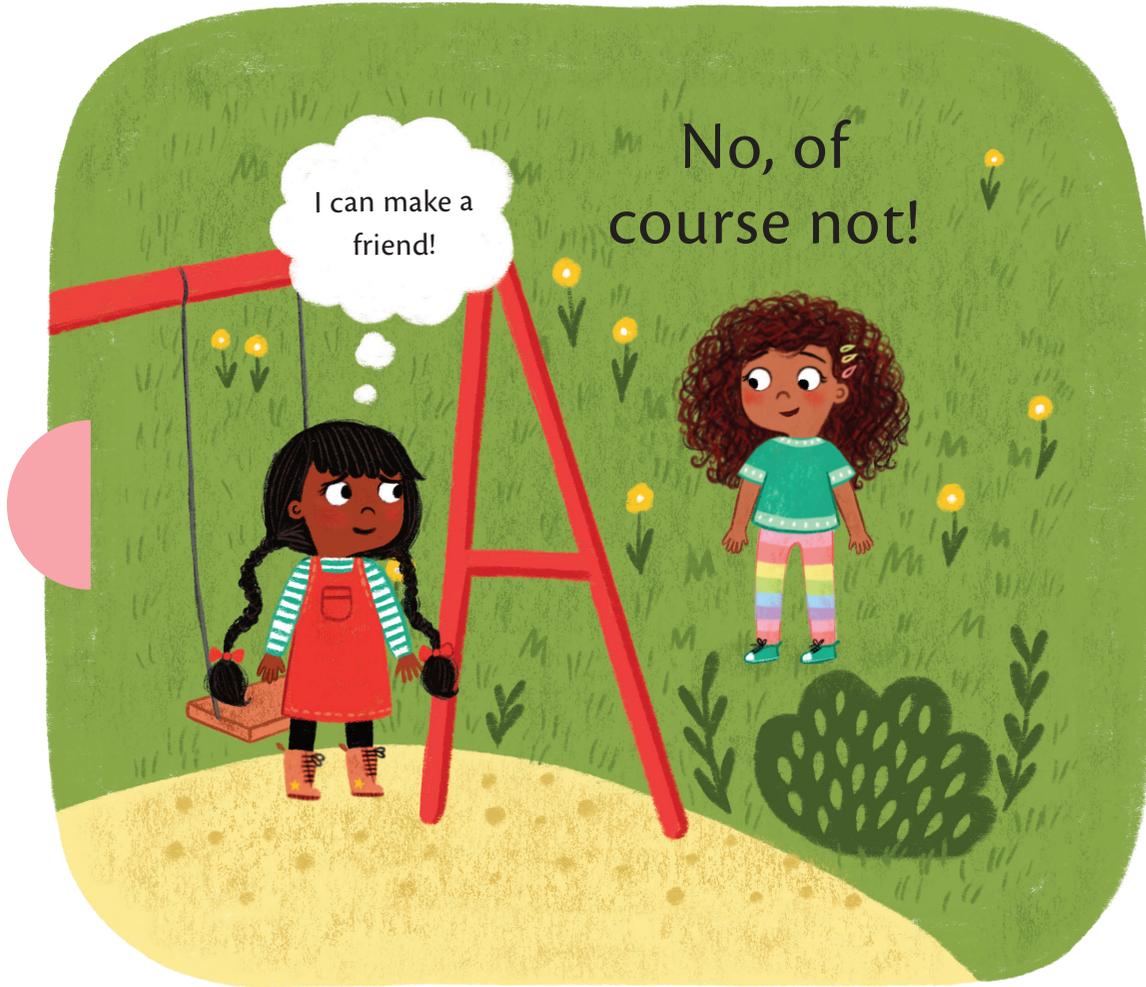


and with
others.

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**?



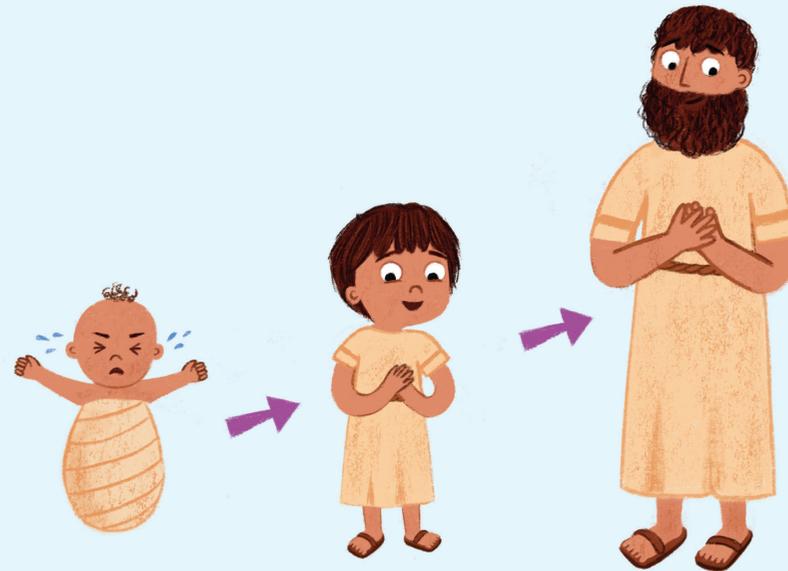
No, of course not!



JESUS was a child with feelings...



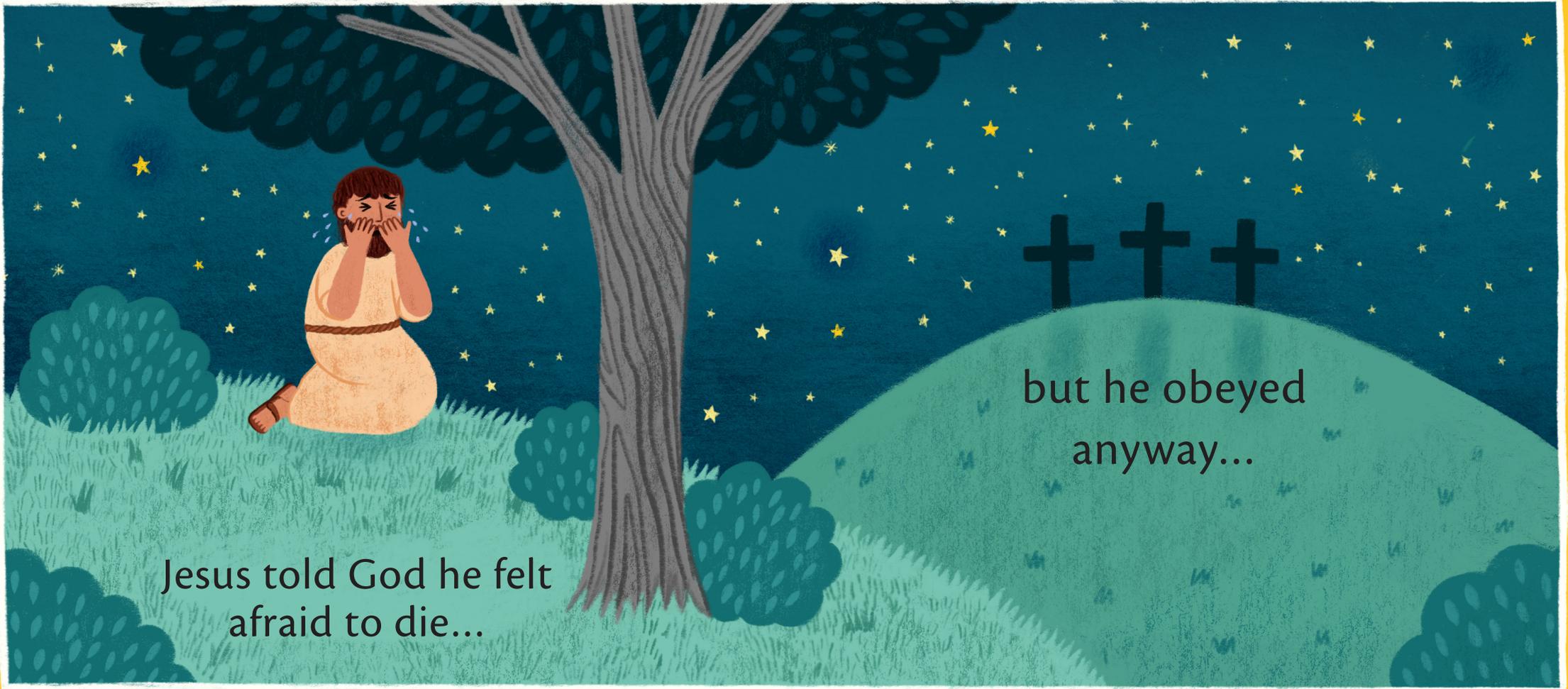
Jesus felt all kinds of feelings,
but he **NEVER** sinned.





just like **ME!**





Jesus told God he felt
afraid to die...

but he obeyed
anyway...



Not what I will,
but what you will.



because he
loved God, and
loved me!

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



I can ask Jesus for forgiveness!



When I am tempted to
IGNORE my feelings...

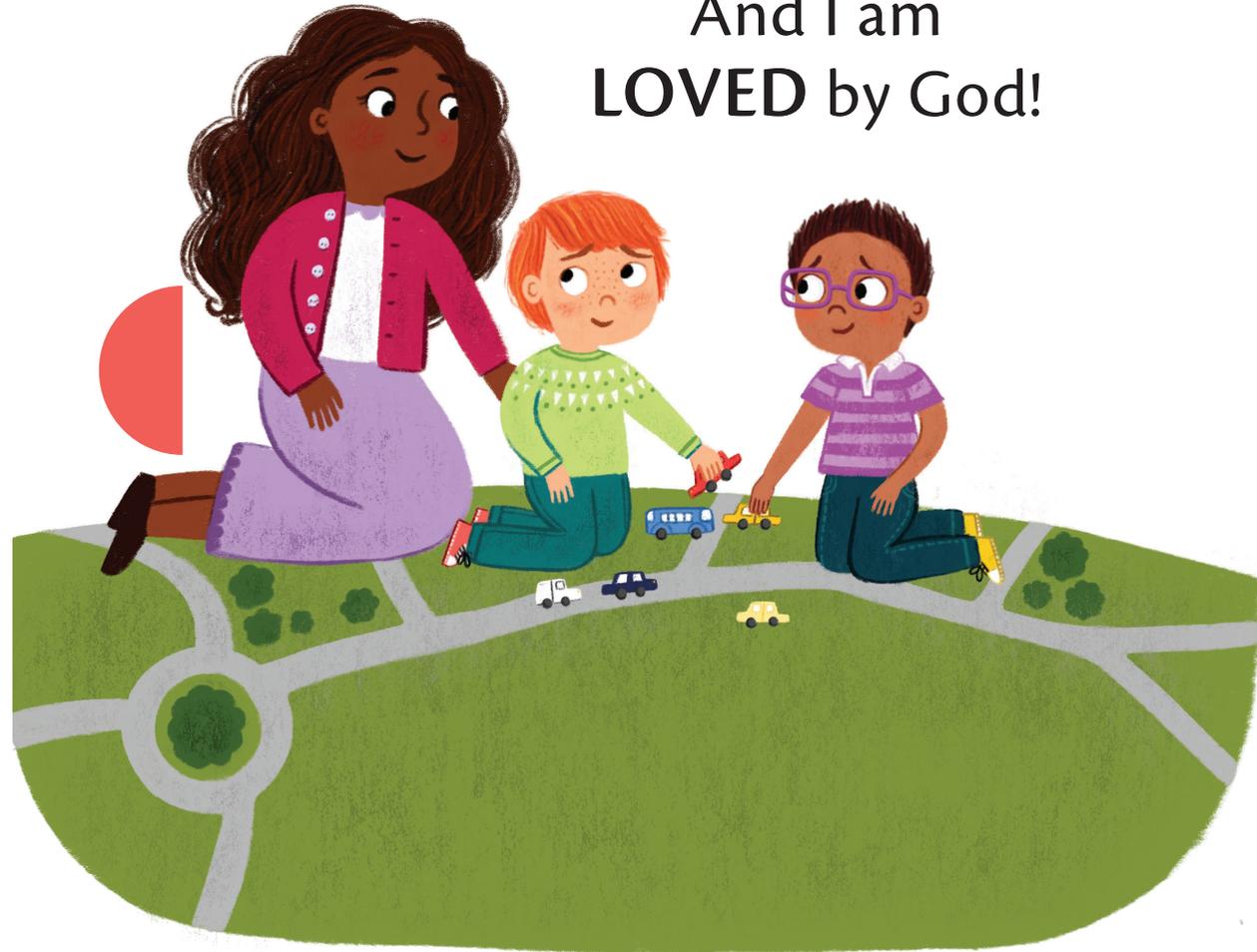


I can ask the Holy Spirit to help me
remember that I am **FREE TO FEEL!**



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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