

# EMOTIONALLY HEALTHY SPIRITUALITY

UNITED CHURCH OF COHOES | SUMMER 2022

**Sunday 7/17/22**

This summer we're talking about Emotionally Healthy Spirituality, let's call it EHS!

It means that we are learning about being healthy on the inside. You probably practice some of this at school when you learn about emotions and calm-down strategies like deep breathing!

If we're all mixed up in our hearts or minds, with old memories or feelings that hurt us, or ideas about ourselves that don't match up with what the bible tells us, we can't fully understand Jesus and his plan for our lives!

You've heard of the Fruit of the Spirit before right? Healthy trees grow healthy fruit. Big tall weeds can block sunlight or shallow roots can stop the tree from getting the water it needs.

**EHS is going to help us create a good environment for our Fruit of the Spirit to grow!**

There will probably be some big words you don't know along the way. Use the box on this page to write down any questions you have, you can talk about them during our table time!

**A question I have about today's message is:**

**Something I learned in today's message is:**

**We carry our feelings with us everywhere we go.  
What feelings did you carry in this morning?**



## **God, Samuel, & King Saul**

- **How did God feel when King Saul disobeyed him? How did Samuel feel?**
- **King Saul tried to blame other people for his actions - have you ever done that? Why do you think you did that? What did it feel like?**
- **In the end, King Saul tells Samuel that he was afraid other people wouldn't like him or would be mad at him, and that's why he didn't do the right thing. Have you ever felt like that?**

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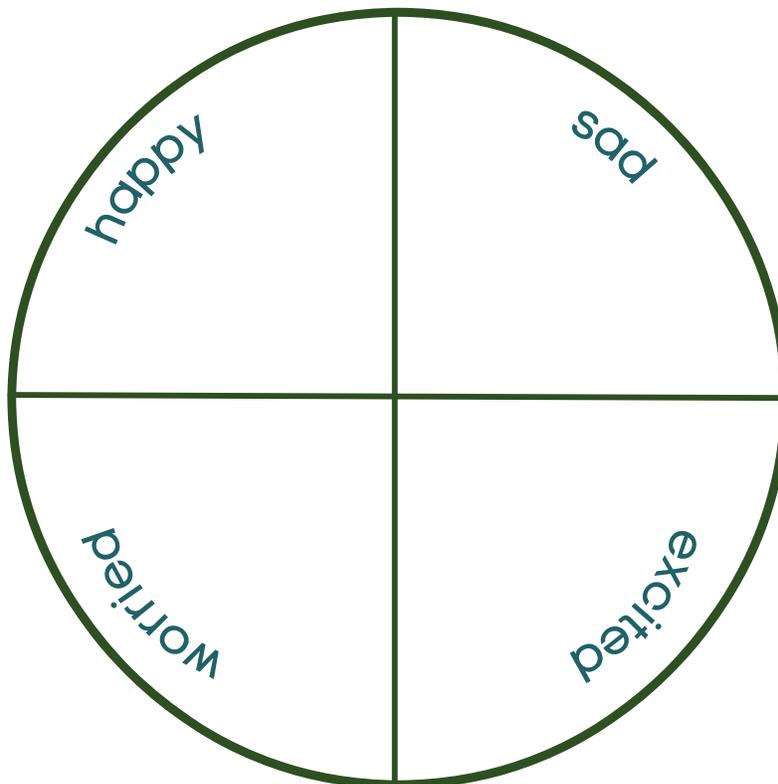
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Have you ever looked at a piece of fruit and thought it looked perfect and tasty on the outside, but when you bit into it you found out it was mushy and gross?

People can look perfect and happy on the outside but have some messy stuff going on inside of their hearts and minds. The good news is that God doesn't throw us away - He can help us grow new, healthy fruit in our lives!

- **Can you think about a time when your outsides did not match your insides? (A time when you said or did one thing even though it didn't match what you were feeling inside)**

Draw or write about what it feels like when you experience the following emotions.



**One of the best things we can do to help us grow good fruit, is to pause and spend time being honest with God about what we are feeling and thinking. God can help us grow!**

**What is something you'd like to say to God today?**

**What is something you want to pray about today?**