

EMOTIONALLY HEALTHY SPIRITUALITY

UNITED CHURCH OF COHOES | SUMMER 2022

Sunday 8/7/22

Today we are reading from Genesis, the first book of the Bible.

In Genesis 12, God asks a man named Abraham to pack up his family and move to a new place where he didn't know anyone. God promised Abraham that he would provide for his family and that he would always be with him. Abraham listened to God and obeyed.

And God kept his promise!

That wasn't the only scary thing God asked Abraham to do, either. Listen to the Bible story & teaching today to hear all about it. Then think about how you have seen God provide in times when you had to do something scary!

A question I have about today's message is:

My Feelings Check-In

I am feeling:



I feel this way because:

Something I wish people knew about my week:

Something I learned in today's message is:

One thing I'm praying for today is:

Abraham Learns to TRUST God

- In today's Bible reading, God asked Abraham to move away to a place he had never been. How do you think you would feel if you had to move away?
- Why do you think God asked Abraham to do things that seemed scary?
- Have you ever had to do something even though it made you nervous? What happened? What helped you get through it?
- In the end, Abraham learned that God provided and he could trust him. What does that mean? When has God provided for you?

EMOTIONALLY HEALTHY SPIRITUALITY

UNITED CHURCH OF COHOES | SUMMER 2022



Write about or draw a time that was hard, but you didn't give up.

Write the Word (Copy this verse on the lines to the left):

**"Those who know your name trust in you,
for you, Lord, have never forsaken those
who seek you."**

Psalm 9:10

What is something you'd like to pray about today?