

EMOTIONALLY HEALTHY SPIRITUALITY

UNITED CHURCH OF COHOES | SUMMER 2022

Sunday 9/4/22

**Today Pastor Kaity is talking about something called
A RULE OF LIFE**

Do any of you like rules?
Sometimes they are necessary, but I'm not sure people really like rules!

But the "RULE" we're talking about today is different.
The word really means "Trellis" (a wooden frame that helps grapes grow the right way).
As you listen to the message, and the Scripture readings, start to think about what kind
of things help you grow the right way. These can be part of your "Rule of Life"

A question I have about today's message is:

My Feelings Check-In

I am feeling:



I feel this way because:

Something I learned in today's message is:

Something I am grateful for this week is:

My favorite song today was:

A RULE of Life to Keep Growing Strong

- In today's message, Pastor Kaity read about Daniel. In the first story about food, Daniel was just a teenager and he was far from his home and family in a new place. Why do you think it was so important to him to eat only some kinds of food?
- The next story happened when Daniel was older. When the king of Babylon made a rule that no one could pray to God, Daniel just kept going to his room and praying to God 3 times a day!
 - Why do you think Daniel had a scheduled prayer time?
 - When do you normally pray?
- Do you think Daniel's "Rule of Life" kept him growing strong? Why?
- What kind of habits and schedules do you think help you grow?

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Have you ever seen a "trellis" in real life?
How does it help things grow?

Want to Grow?

We have talked about a lot this summer like:

- recognizing our emotions
- learning from our past
- not pretending to be someone else
- spending time alone with God
- taking time to rest
- talking to God when bad things happen
- loving God, other people, & ourselves

That's a lot!!! What was your favorite week? Why?
Below, let's answer some questions about how we can keep growing the way God wants us to!

What is something you would like to start doing to help you grow closer to God?

(Prayer, Read the Bible, Talking about God with your family, Listening to Worship Music @ Home, etc)

What is something you would like to start doing to grow closer to others?

(Having dinner with family, Asking people how their day was, Playing games, Inviting someone to sit with you, Etc)

Jesus wants everyone who follows him to GROW good fruit!

A "RULE of LIFE" helps us plant good seeds so that we can grow up in God!

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

"I am sure of this: God began a good work in you and He will complete it!"

Philippians 1:6

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