

Increase Your Peace Pt. 2 When Your Heart Breaks

Circle Up

Use this time to get your family together in the living room or an open space.

Say This:

Today's Main Question: Why do you think God lets bad things happen?

This week's verse: Colossians 3:15 "And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful."

Watch

Watch this week's lesson on Youtube by scanning the QR code below!



Ask Your 3-4 Year Old:

It's important to ask for help when you feel really sad. When your heart feels like it's hurting, talking to someone can make it feel better. If you don't talk to anyone and try to keep your sad feelings inside, it can make you feel even more upset. It's like having a big balloon that you don't let the air out of - it might pop or make you feel like you're carrying something heavy. So, it's better to find someone you trust and share your feelings with them.

Ask

Ask you K-5th Grader:

Why is it important to reach out for help when your heart is breaking?
What seems to happen when people try to "hold it in" and don't talk to anyone?

Replacement



Finding peace can be hard sometimes in a world full of uncertainty let alone in a world that often is far from Jesus. Here are some ways to help with that throughout your week.

1. **Negative Thought:** "I'm not good enough." **God's Truth:** "I am wonderfully made by God, and He loves me just the way I am."
2. **Negative Thought:** "I'm scared and alone." **God's Truth:** "God is with me always, and He promises to never leave me."
3. **Negative Thought:** "I can't do this." **God's Truth:** "With God's strength, I can overcome any challenges."
4. **Negative Thought:** "Nobody cares about me." **God's Truth:** "God cares for me deeply, and there are people who love and care about me too."
5. **Negative Thought:** "I'm a mistake." **God's Truth:** "I am God's creation, and He has a purpose for my life."
6. **Negative Thought:** "I'll never be happy." **God's Truth:** "God wants me to experience joy, and He can bring happiness to my life."
7. **Negative Thought:** "I'm all alone." **God's Truth:** "God's presence is always with me, and He can comfort me."
8. **Negative Thought:** "I'm not loved." **God's Truth:** "God's love is unconditional and everlasting."

By focusing on these truths from God, you can replace negative thoughts with positive and faith-filled perspectives. Remembering God's promises and teachings can bring comfort, strength, and peace to your mind.