



Feelings – fear, anger and sadness

THE SERIES AT A GLANCE

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| 1 | Part 1 | Fear – Gideon in hiding |
| 2 | Part 2 | Anger – when I am boiling inside |
| 3 | Part 3 | Sadness – Jesus weeps |

 3 meetings of 8 minutes

 Discovering that all feelings are part of us and that we can share them with God

 Preparation: 5 min

 **How to use the series:** Use one part in each of three meetings in a row. At the start, briefly recall the previous part.

1 Part 1: Fear – Gideon in hiding

Bible: Judges 6:11–16

Gideon is threshing his grain secretly in a winepress because he is afraid of the enemy. Right then the angel of God says to him: “The Lord is with you, mighty warrior!” Gideon objects: “I am the least in my family.” God answers: “I will be with you.” God sees more in us than our fear – and does not leave us alone with it.

 **Question:** What is frightening you right now – and what would God say to you about it?

 **Prayer:** *God, you see my fear and still call me brave. Be with me when I am afraid. Amen.*



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2 Part 2: Anger – when I am boiling inside

Bible: Genesis 4:6–7; Ephesians 4:26

Cain is angry and jealous of his brother. God speaks to him: “Why are you angry? Sin is crouching at your door – but you must rule over it.” Anger itself is not wrong; it often shows that something is unfair. But it must not take the wheel. Paul writes: “In your anger do not sin. Do not let the sun go down while you are still angry.”

 **Question:** What helps you when you are really angry?

 **Prayer:** *God, when I am boiling inside, help me not to hurt anyone. Show me good ways to deal with my anger. Amen.*

3 Part 3: Sadness – Jesus weeps

Bible: John 11:32–36

Jesus’ friend Lazarus has died. When Jesus sees Mary weeping, he is deeply moved – and Jesus weeps. The people say: “See how he loved him!” Jesus, the Son of God, does not hide his tears. Sadness is allowed. But if it lasts a long time or everything feels heavy, talk to a person you trust – getting help is strong, not weak.

 **Question:** When were you last sad – and who was there for you?

 **Prayer:** *Jesus, you understand sadness because you wept yourself. Comfort me and show me people who can help me. Amen.*

For leaders

- Never put young people on the spot: ask open questions, nobody has to answer.
- Let one of the young people read the Bible text aloud.