

ONE THING

HEALTHY

BRINGS

EMOTIONAL

POINT 1

ALLOW

YOURSELF TO

LOSSES!

**MEMORY
VERSE**

***“YOU MUST LOVE
THE LORD YOUR GOD
WITH ALL YOUR
HEART, ALL YOUR
SOUL, ALL YOUR
MIND, AND ALL
YOUR STRENGTH.”***

MARK 12:30

POINT 2

DEPEND ON

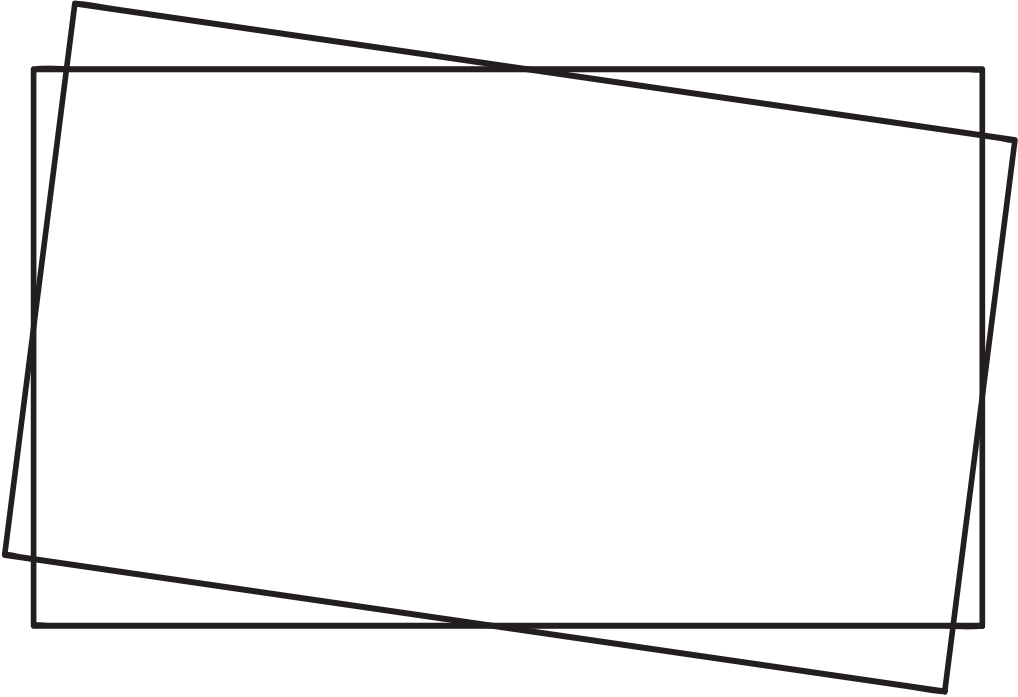
JESUS FOR

FREEDOM!

DRAW ON THE BACK!

DURING THE TEACHING

You'll be asked to draw some pictures in this section.



PERSONAL GROWTH

What encouragement and support do you need from your friends, family, and God?

Every time you find yourself feeling sadness or grief, stop and pray. Write down how you feel before and after praying.

Before:

After:
