
Facing My Feelings Topic Overview

Unit Slogan

All My Feelings Are OK!

Bible Lessons

Stories from the life of David in 1 Samuel 16–26, and selected Psalms

Key Verses

Joshua 1:9 and Philippians 4:6, 7

Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go. (NIV)

Do not be anxious about anything, but in everything present your requests to God. And the peace of God will guard your hearts and your minds in Christ Jesus. (NIV, condensed)

Key Concepts

- There are no “good” or “bad” feelings; all are necessary to living a healthy life.
- It is dangerous to stuff (avoid) our feelings by using feelings defenses.
- There are healthy ways to express our feelings; following a few basic rules can keep us from expressing our feelings in inappropriate ways.
- Our feelings can tell us when it’s time to ask for help.
- Jesus understands all our feelings and His presence within our hearts is the greatest resource we have to deal with them.

Preschool Sessions

- 1 I Have Lots of Feelings
- 2 All My Feelings Are OK!
- 3 Some Feelings Are Not Fun to Feel
- 4 I Can Talk About My Feelings
- 5 I Can Name My Feelings
- 6 Asking for Help
- 7 Jesus Helps Me With My Feelings
- 8 Family Night

Elementary/Preteen/Parent Sessions

- 1 Feelings Are an Important Part of Life
- 2 All My Feelings Are OK!
- 3 What Are My Feelings Defenses?
- 4 Express Those Feelings!
- 5 Some Feelings Are Difficult to Handle
- 6 Asking for Help
- 7 Jesus Helps Me With My Feelings
- 8 Family Night

Facing My Feelings

This unit addresses one of the most fundamental, and yet difficult parts of living a healthy life—the ability to feel the whole range of feelings God has placed within us. When properly understood, the capacity to experience feelings is an incredible gift from God. Feelings enrich our lives, help us connect with others and God, and warn us when we are in danger or need help. Yet most of us are not always sure if our emotional life is a blessing from God, or a curse! On one hand, we have the ability to feel love, pleasure, excitement, and pride. But on the other hand, we also feel great pain, anger, and loneliness. And here's the problem—we cannot have one without the other! We cannot pick and choose which emotions we want to feel. The only way we can avoid “bad” feelings is to shut down our ability to feel anything at all, or use unhealthy behaviors (feelings defenses) to keep them under control.

Children learn early in life that some feelings are not very much fun to feel. Unfortunately, *they also come to believe that if they feel bad, they are bad*, and therefore they must avoid or get rid of bad feelings at all costs! That one basic misconception is at the heart of much unhealthy behavior, learned in childhood and carried into adulthood. As you and your children work through the sessions in this unit, your primary goal will be to replace this misconception with the truth that there are no “bad” feelings, recognize the importance of opening up to all your feelings, and develop the skills necessary to handle them in helpful and appropriate ways.

Build a Feelings Vocabulary

An important part of this unit is teaching children (and yourself) how to *name what they are feeling, when they are feeling it*. Throughout the weeks of this unit, be aware of times you can help your children learn new feelings words and apply them to their life experiences. Using the Alphabetical List of Feelings Words (page 353) can help you expand your own feelings words vocabulary.