

PROMPT 1: TELL GOD ABOUT IT.

God loves to hear from us! Prayer is a conversation you can have with God anytime, anywhere. You can talk, draw, or silently pray to God.

TALK TO GOD: Draw a picture about what happened to tell God about it.

in the blank!

TELL GOD HOW IT MADE YOU FEEL. How did it make you feel? Circle all that apply to you or fill

PROMPT 3: DO SOMETHING THAT HELPS YOU FEEL CALM.

God gives us ways to feel calm when we're overwhelmed—like deep breaths, a hug, or playing with playdough. Draw what helps you feel calm.

WHAT HELPS YOU REMEMBER PROMPT 4: THAT JESUS FORGIVES YOU?

Listen to your favorite worship song and think about how Jesus forgives you!



Look up this verse, and fill in the missing word: "But God is faithful and fair. If we confess our sins, he will forgive our sins. He will f every wrong thing we have done. He will make us pure."

1 John 1:9 (NIrV)

PROMPT 5: REMEMBER THIS .

- God sent Jesus to rescue us from sin (the things we do that go against God and God's ways). When we remember that Jesus loves us and forgives us all the time, it can help us forgive
- Always talk to a trusted adult—this could be a parent, teacher, coach, counselor or Small Group Leader! Choosing to forgive doesn't mean you should let anyone keep hurting you, so tell a grown-up you trust if that happens. Write or draw

how it makes you feel to know . Jesus forgives you no matter what! →