

**Aim:** To understand that we all experience a rollercoaster of different emotions at times. To understand the importance of emotions and what we can do with and about them.

**How do you think the Israelites would have felt at each of the following times?**

- As slaves with no hope of rescue
- When Moses showed them the miracles and said God would rescue them
- When Pharaoh refused to free them and told their masters to make them work harder
- During the frog plague when Pharaoh said they could go
- After the frogs when Pharaoh changed his mind and would not free them
- During the plague of flies when Pharaoh said they could go
- After the flies were gone when Pharaoh would not let them go after all
- During the hail storm when Pharaoh said they could go
- After the storm when Pharaoh refused to let them go
- After the Locust plague and the plague of darkness when Pharaoh still wouldn't let them go
- The night of the Passover – while they waited in their houses with the blood painted on the doors
- As they were leaving, and collecting gifts from the Egyptians
- When they were camped at the Red Sea and saw the Egyptians coming after them
- When they saw the path through the sea
- As they were walking through the sea
- When they realised they were saved and saw the Egyptian army drowned

**Do you ever have times like the Israelites did, where you feel really excited and then later you feel really sad, or depressed or lonely?**

---

Having emotions is part of being human, and you've probably noticed that some emotions feel good and others feel bad.

**Call out if you think this is a good or bad emotion:** Amazement, hate, trust, fear, surprise, sadness, disgust, anger, anticipation, joy, worry, boredom, annoyance, interest, peace, frustration, sympathy, love, optimism, jealousy, wonder, amusement, stress, hope, guilt.

Your emotions are affected by several things, the most obvious being good or bad things that happen to you, but your health, how tired you are and what sort of day you've had will also affect how you feel and how you react to things.

---

**What do you do when you feel a negative (or bad) emotion?** Do you stomp around the house, or grumble, or complain, or cry?

When some people feel emotional they like to talk about it, but other people don't like to talk about it.

Learning how to live with emotions is part of growing up. Here are some steps that can help you.

1. Identify the emotion: talking to an adult you trust can help
2. Identify the "who" and "why" etc. Who is annoying you? Why are you feeling annoyed?
3. Is anything else affecting you? Did anything else happen? Are you tired, or sick, or having a bad day?
4. Take a break: do something else for a while, don't think about it
5. Discuss the problem with someone you trust
6. Talk to God about it; and this shouldn't be something you just do in the end – God can help you with all of the steps.

---

**Read Genesis 1:27**

God had a reason for making people with emotions, and if we didn't have emotions, life would be very dull. Here are some Bible verses to help you when you are feeling negative emotions.

Worry – Philippians 4:6, 7

Discouragement – Deuteronomy 31:8

Sadness – Revelation 21:4

Fear – Isaiah 41:10

Hate – Luke 6:27

Guilt – 1 John 1:9

Trials – 1 Peter 4:12, 13

