

# UNSCRIPTED

**THEME:** When you feel \_\_\_\_ and don't know what to do, pause and: Remember Jesus felt it too. Tell Him what you're going through, and trust Him to guide you.

**MAIN VERSE:** Psalm 62:8 "O my people, trust in him at all times. Pour out your heart to him, for God is a safe place for us." (NLV)

## **SESSION 1: Jesus felt it too.**

- Does God really understand everything I feel? Even feeling overwhelmed?
- Yes! The Gospel Story shows how Jesus has felt every feeling we have.
- Use the Wheel of Emotion to tell the Gospel story and show how Jesus has felt every type of emotion we have.
- The same God who created everything, is in control of everything, who loves you, also knows exactly what your emotions feel like, because he felt them too.

## **SESSION 2: Tell Him what you're going through.**

- Story of David running from Saul.
- Psalm 57 (David wrote this while on the run from Saul. He still took time to stop and tell God how He was feeling and what he was going through.)
- Use the "Finding God in Every Feeling" journal to identify exactly what it is you're feeling, and communicate it to God. There aren't "bad" emotions. He wants you to come to Him with everything no matter what situation you find yourself in.

## **SESSION 3: Trust Him to guide you.**

- Don't rely on yourself in those Unscripted moments, trust God who knows everything and will guide you.
- Psalm 23 (David wrote this Psalm)
- Remember that God understands how you feel. He wants you share with Him. the final thing to do is trust Him. He will walk with you through any emotion and every situation. He will guide you through like a good shepard guides his sheep.
- He will guide us into Kingdom Work. He will show us others that need to know the truth that "When you feel \_\_\_\_ and don't know what to do, stop: Remember Jesus felt it too. Tell Him what you're going through, and trust Him to guide you."

**SuperStart!**