



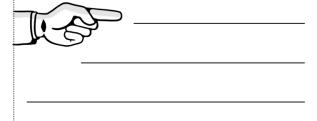
Follow Along!

- ☐ Read Psalm 103:13-18
- □ Sing Together
- ☐ Read Titus 3
- ☐ Sing Together
- □ Pray Together
- ☐ Read 1 Peter 1:3
- □ Video Message
- □ Reflect
- □ Sing Together

Have you ever felt sad and talked to God about it? Write about it or draw a picture.

Do you know what these words mean?

Grieve and Lament



The Main Passage

Book:

Chapter:

Verse:

Who is speaking?

How do you know when someone else is sad? How can you help them or comfort them?