

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



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

Do you know what these words mean?
Grieve and Lament



The Main Passage

Book:

Chapter:

Verse:

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

Who is speaking?
