

## Cornerstone April 18, 2021

Good morning!

We've just celebrated Easter and the death and resurrection of Jesus. Wow! God is so amazing.

It feels like my emotions are all over the place, some days are great and other days not so much. How are you feeling? Which of the emojis below can you relate to?



Today's video comes from Crossroads Kids Club. You will most likely recognize their Bible Story videos as we have used them a lot.

I really liked the message of the video and wanted to share it with you guys today.

Watch Today's Video - <https://youtu.be/1WV0JbfW8o8>

### Activity:

Often when we read our Bibles, we don't read it with emotion, but Jesus was human and he had emotions too.

Below is a list of Bible verses. Read the verses and identify the emotion/feeling that Jesus is experiencing. Then read the verse a second time and this time put the emotion into your voice or body language.

Parents of younger kids – read the verse with emotion/body expression and have your child choose which emoji they think Jesus was feeling.

#### Bible Verses

- John 2:13-17
- John 11:28-36
- John 4:6
- Matthew 17:14-20
- Luke 22:41-44
- John 15:11

As we live our lives we will continue to experience emotions. Jesus experienced emotions too. Isn't it awesome that our God knows what it is like to feel as we do?

This week when you feel different emotions practice what they said in the video

Stop - name what you are feeling (sadness/anger/excitement/joy)

Look – look at the situation, write down your feeling or talk to someone

Listen – remember what God promises and says to us

A verse I love to reflect upon when I am struggling is Romans 8:38-39 it says:

And I am convinced that **nothing can ever separate us from God's love**. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

#### Close in prayer

In your prayer time you could quietly reflect upon emotions you/your kids are struggling with, take a moment to privately ask God to help you.

Parents – pray a blessing upon your children. Pray they verse above, pray that (insert child's name) will know that nothing .....

Praying scripture is powerful.

Blessings!