



# February

## 2024

### **Week 1 | Emotions (Anger) - Cain & Able**

**Choose Love Over Anger** - Encourage ways to show kindness, understanding, and love towards others.

### **Week 2 | Emotions (Sadness) - Jesus & Lazarus**

**It's OK to Be Sad Sometimes** - Talk about comforting others, and ask about a time they felt comforted.

### **Week 3 | Emotions (Compassion) - Prodigal Son**

**Compassion Can Heal Hurts** - Discuss how to listen and show compassion in tough times.

### **Week 4 | Emotions Game Day Review - Bible Battles**

## Memory Verse

...The peace of God that exceeds all understanding will keep your heart and mind safe in Christ Jesus.

**Philippians 4:7**

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