

5.

Best Friends Share Feelings

Sometimes it's really hard to share feelings. Sometimes you don't even know how you feel or what you feel, but you know it's not good. Jesus knew what that was like. A lot of people will try to tell you not to cry or not to be sad. But, feelings are human, and it's good to feel, whether you're happy or sad.

Question Time:

Why is it hard to talk about your feelings?

What do you do to help explain how you're feeling?

Can you share how you're feeling right now?

There was a time when Jesus' best friend had passed away. He was so sad that he cried, even though He knew He was going to bring his friend back to life.

John 11:32-36

32 When Mary reached the place where Jesus was and saw him, she fell at his feet and said, "Lord, if you had been here, my brother would not have died." **33** When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. **34** "Where have you laid him?" he asked. "Come and see, Lord," they replied. **35** Jesus wept. **36** Then the Jews said, "See how he loved him!"

Two things to notice: first, Jesus was sad and other people knew it, and that was ok. Second, it was actually more than ok, verse 36 shows that Jesus sadness brought comfort to others who were sad when they saw how much Jesus cared for their mutual friend Lazarus. Jesus soon turned everyone's tears of sadness to tears of joy though, when He miraculously brought Lazarus back to life!

Next Steps:

Sometimes it's hard to explain how you are feeling. Here's a trick to help you identify how you are feeling. It's an acronym of different feelings. Chances are, no matter what you are feeling, you are feeling one of these things.

H:appy

A:ngry

S:cared

S:ad

Use the **HASS** tool this week. It can be kind of fun. Share with someone how you feel and try your best to open up. Jesus came to Earth and experienced the same feelings you feel. Because of that, you can feel safe sharing your feelings with Jesus and those that love you.