

Theme: Feeling sad - God Cares

Mister Magnolia is an eccentric character, who only has one boot. Mister Magnolia promotes a positive attitude to life, always wearing a happy smile as he enjoys his adventures. But is life always happy?

Biblical Reference:

1 Peter 5:7


'Give all your worries and cares to God, for He cares about you.'

Next month's book is:

'Handa's Surprise' by Eileen Browne

Inspiration ...

If you do not have this book, you could borrow it from the library or watch a re-telling of the story on YouTube.

 <https://youtu.be/Dn-8n6ld480>

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Theme exploration:

Jesus felt sad and lonely quite a few times: when His friend Lazarus died; when His friends fell asleep whilst He was upset; and on the cross when He lost everything. But Christians believe that sadness and other hard feelings don't win in the end.

The story reminds us to always be grateful for what we do have rather than what we don't. However, this doesn't mean we should always force ourselves to be happy or to pretend. Being sad or discontent is normal and affects every person.

The book of Psalms in the Bible is a perfect example of the highs and lows of life; in it, David the author rants and raves at God - when he feels sorry for himself and fed up. We read in the Psalms how God sits with David through his frustrations and allows him to think hard thoughts and feel hard feelings rather than zap them away or tell him off. God sits with us too in our hardest and saddest times.

What you could do as a family this month:

- Watch the film "Inside out" by Disney Pixar. You could also use some of the online activities to go with the film.
- Use the heart diagram to colour in different parts in different colours and name what the colours stand for e.g. feelings, experiences: [Feelings Heart](#)
- Read the Footprints poem together and discuss what you think and feel about it: [Footprints Poem](#)



We believe in the power of prayer

A prayer for you to pray for your little one(s):

Lord Jesus, thank You that you created us to be able to feel the full range of human emotion, in joy and in sadness. Help our child/ren to approach difficult circumstances with strength, wisdom and kindness. Amen.

A prayer we commit to pray for you as parents:

Father, thank You for being close to this family and like with David, sitting with them in their hardest times. We pray that You will bless them with the ability to come to You with their thoughts and feelings whether good or bad. Amen.