

Healthy Emotions

Welcome!



Worship for All

Church Announcements



Come Now is the Time to Worship



Notices

Song

Welcome

Song

Talk

Song

Talk

Discussion

Talk

Song

Grace and Blessing

Confession

Lord's Prayer

Notices

Song

Notices

Last Verse

Come, now is the time to worship

Come, now is the time to give your heart

Come, just as you are to worship

Come, just as you are before your God

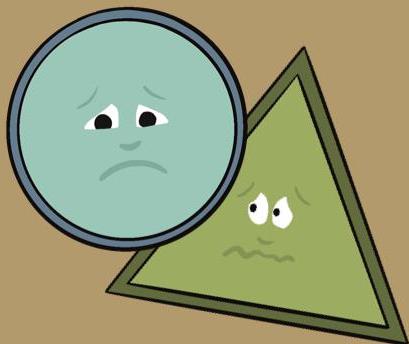
Come

**One day every tongue will confess You
are God**

One day every knee will bow

**Still the greatest treasure remains for
those**

Who gladly choose You now

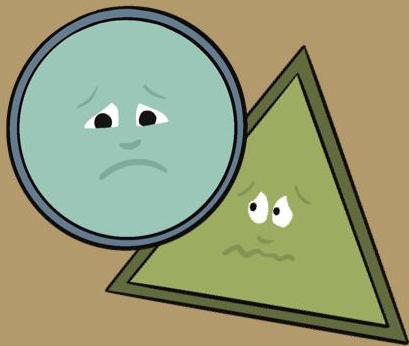


HEALTHY EMOTIONS

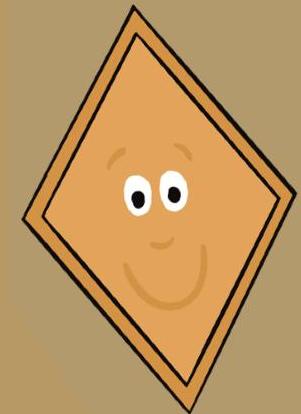


WHOLE
CHURCH
WORSHIP

 engage
worship



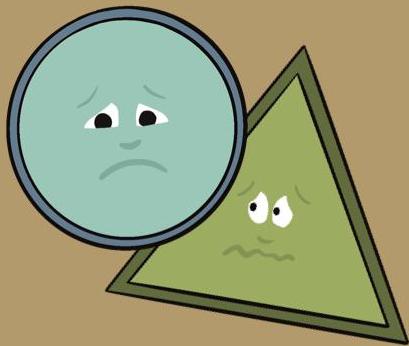
When we're cheerful, and when we're
fearful,
we are welcomed in this space.



Whether we're sad, or really glad,
we are welcomed in this space.

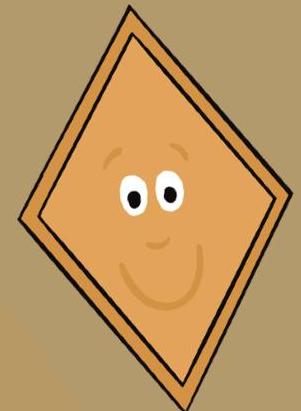
If we're excited, or a little bit frightened,
we are welcomed in this space.

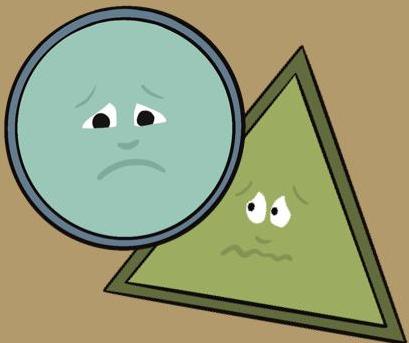




When exasperated, or feeling elated,
we are welcomed in this space.

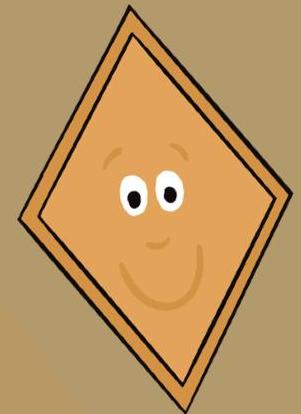
If we're embarrassed, or a little bit
stressed,
we are welcomed in this space.





When we feel queasy, or life's really easy,
we are welcomed in this space.

Come to Jesus, he always sees us,
we are welcomed in this space.
Amen.



Sing Sing Sing



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**We all have reasons to sing of His
goodness**

**We all have stories where God meets our
weakness**

**Let your testimony encourage the body
of God**

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From every corner His bride is awakening

**Sisters and brothers together
proclaiming**

**In all our difference King Jesus unites us
as one**

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Sing sing sing
Sing your faith
Let it bind us together
Shout His fame
Praise His name

God is great and He reigns

Forever and ever

Sing sing sing

Oh sing sing His praise

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**Cross every border make worship our
witness**

**There is one gospel one hope that can
save us**

**Jesus alone is the way and the truth and
the life**

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Great is the Lord,
Bless his name,
And let all within us
Praise, praise the lord
Every day, oh our hearts will cry out

Great is the Lord,
Bless his name,
And let all within us
Praise, praise the lord
Every day

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God is great and He reigns

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Last Verse

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Why are you downcast



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**Why are you downcast, O my soul,
so full of fear where once was hope?
Remember God still loves the world:
be still, my soul.**

**Beneath the shadow of each storm,
in all the sorrow and despair,
Remember God still loves the world:
be still, my soul.**

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**Be still, my soul,
trust in your God,
his perfect ways,
his endless love.**

**Be still and know
he reigns above the earth.**

**Be still, my soul,
be still, my soul.**

Last Verse

**In all your striving, find his peace,
become a shining light of grace
and show that God still loves the world:
be still, my soul.**



INTRODUCING EMOTIONS

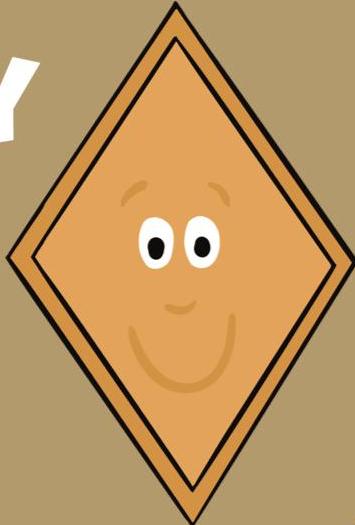
WHOLE
CHURCH
WORSHIP



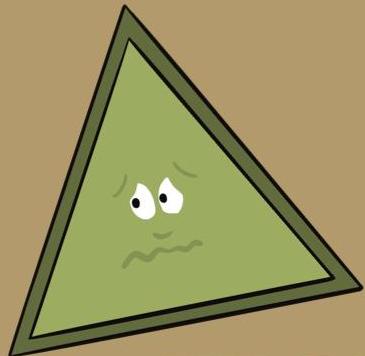
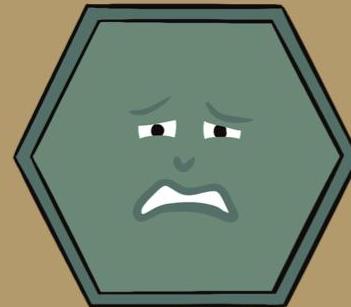
“God created humankind in his own image, in the image of God he created them”.

Genesis 1:27 (NIV).

JOY

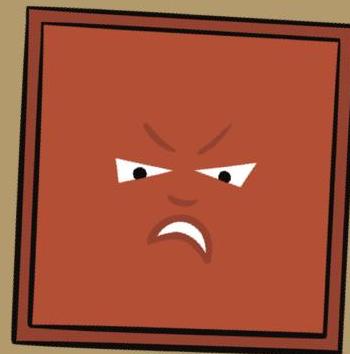


DISGUST



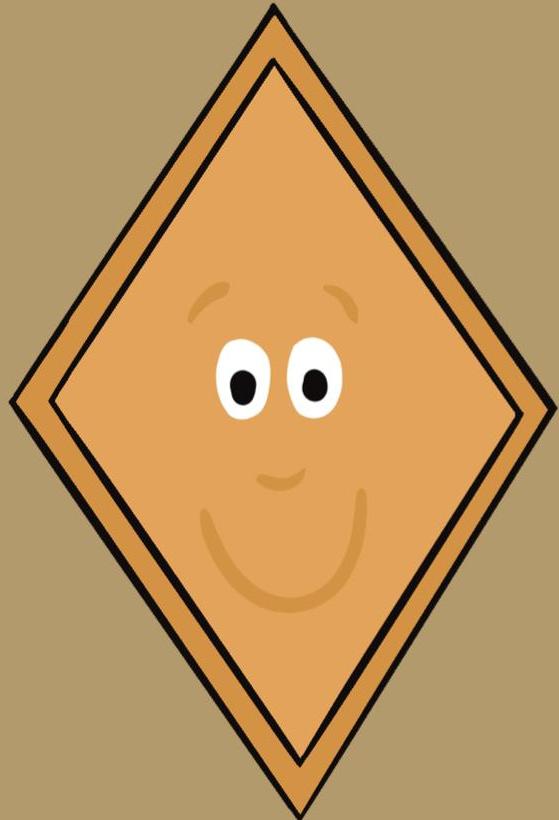
FEAR

ANGER



SADNESS



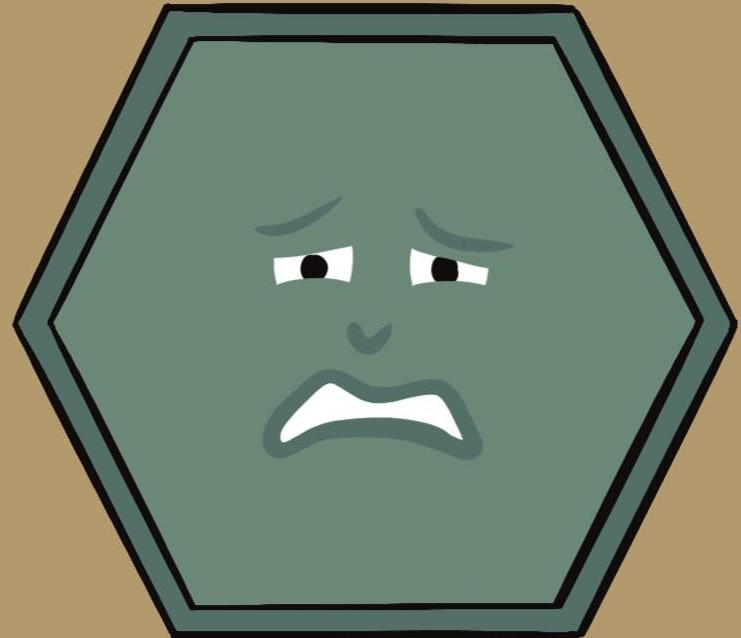


JOY

**helps us feel relaxed
and connected with
the people around us**

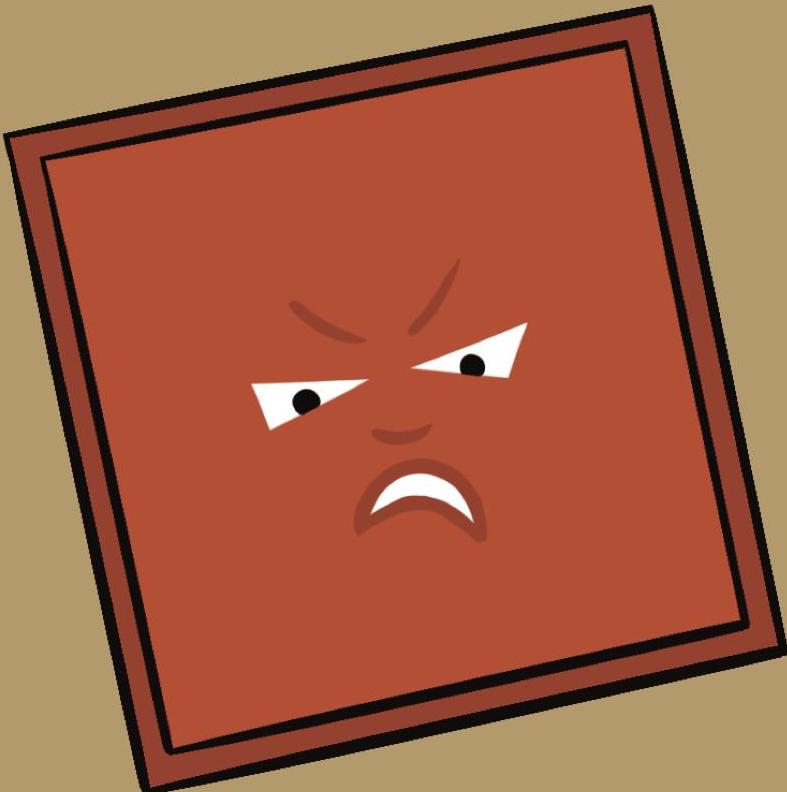
DISGUST

**there to protect us
from anything toxic,
things that would be
dangerous for us,
even relationships
that aren't right for us**



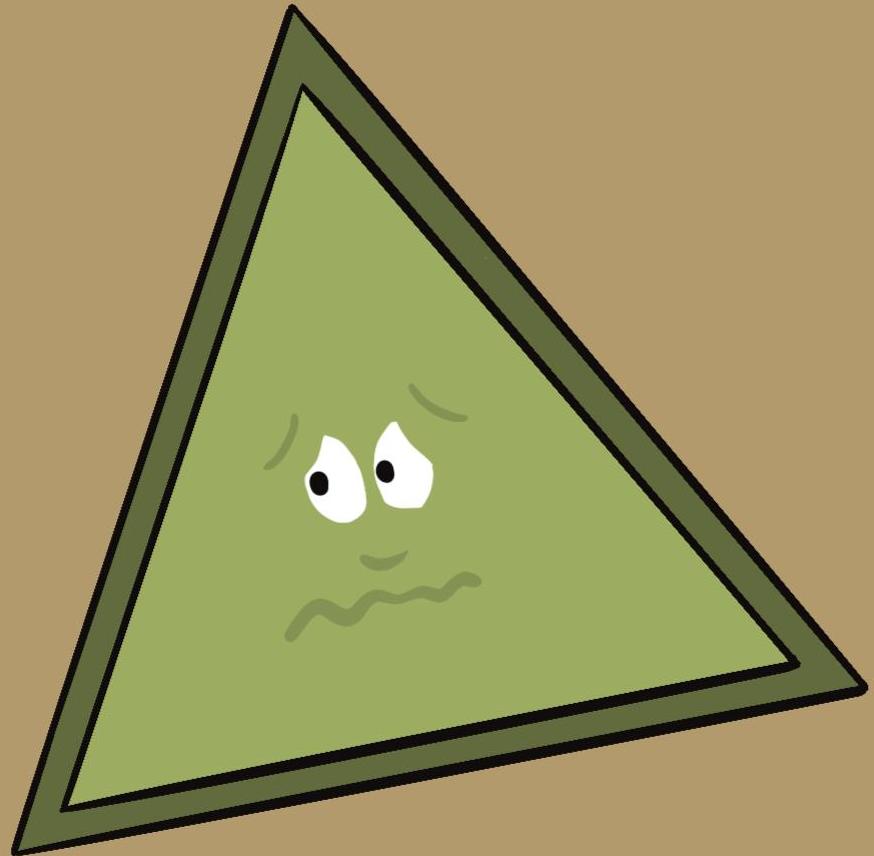
ANGER

making sure that no
one oversteps our
boundaries



FEAR

there to keep us safe
from things that are
dangerous

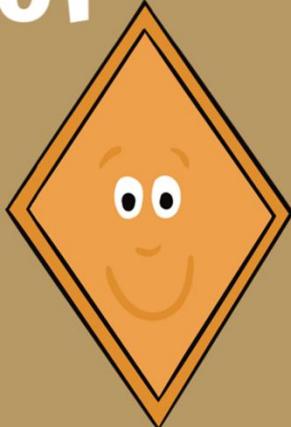




helps us to
slow down and
get used to our losses

SADNESS

JOY



DISGUST



What do these different emotions feel like in your body? (could be different for everyone)

When has one of these emotions done its job really well in your life?

Can you think of a time when you've had too much of one of these emotions and it has hurt those around you or yourselves?

Can you think of a time when someone else has had too much of one of these emotions and they've hurt you?

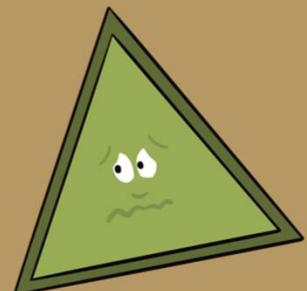
SADNESS



ANGER



FEAR



DO NOT BE AFRAID

WHOLE
CHURCH
WORSHIP



How Great Thou Art



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**O Lord my God, when I in awesome
wonder**

**consider all the works thy hand hath
made,**

**I see the stars, I hear the mighty thunder,
thy power throughout the universe
displayed:**

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Then sings my soul, my Saviour God; to thee,

How great thou art, how great thou art!

Then sings my soul, my Saviour God; to thee,

How great thou art, how great thou art!

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**When through the woods and forest
glades I wander,
and hear the birds sing sweetly in the
trees;
when I look down from lofty mountain
grandeur,
and hear the brook, and feel the gentle
breeze;**

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**Then sings my soul, my Saviour God; to
thee,**

How great thou art, how great thou art!

**Then sings my soul, my Saviour God; to
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How great thou art, how great thou art!

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**But when I think that God, his Son not sparing,
sent him to die-I scarce can take it in
that on the cross, our burden gladly bearing,
he bled and died to take away our sin;**

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**When Christ shall come with shout of
acclamation
and take me home-what joy shall fill my
heart!
Then shall I bow in humble adoration,
and there proclaim: My God, how great
thou art!**

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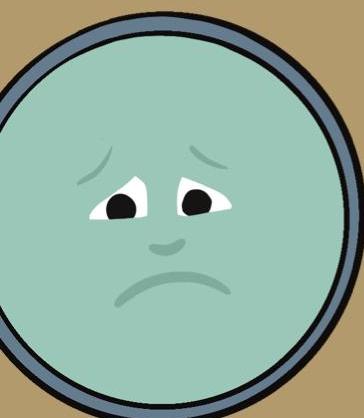
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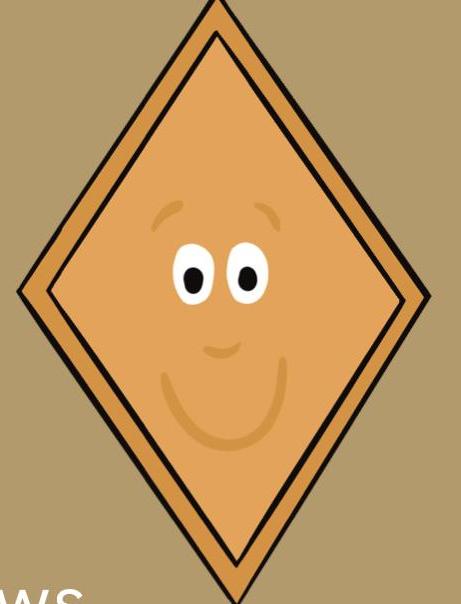
Then sings my soul, my Saviour God; to thee,

How great thou art, how great thou art!

Last Verse



When you're so full of joy
it feels you might burst,
may you be a blessing
to those you meet.



When you're lost in the shadows
and sadness surrounds you,
may Jesus draw near
as your closest friend.



When you're losing your temper
or panicked with fear,
may God help you take a deeper breath.

When your emotions are swirling
and you don't know what you feel,
may the Spirit bring you peace beyond
understanding. Amen.

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Last Verse

**For all the things
That I've done wrong
You know about them Lord**

**For hurting you
And those I love
I'm very sorry God**

**Cleanse me, Father
And take my sin away
Make me, shine for you today**

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**Our Father, Who art in heaven,
Hallowed be Thy Name.
Thy Kingdom come.
Thy Will be done, on earth as it is in
Heaven.
Give us this day
our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against
us.**

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And lead us not into temptation,

but deliver us from evil.

**For thine is the kingdom,
the power and the glory
for ever and ever.**

Amen.

Church Announcements



Tell out My Soul



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**Tell out, my soul,
the greatness of the Lord!**
**Unnumbered blessings
give my spirit voice;
tender to me
the promise of his word;
in God my Saviour
shall my heart rejoice.**

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**Tell out, my soul,
the greatness of his Name!
Make known his might,
the deeds his arm has done;
his mercy sure,
from age to age the same;
his holy Name—
the Lord, the Mighty One.**

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**Tell out, my soul,
the greatness of his might!
Powers and dominions
lay their glory by.
Proud hearts and stubborn wills are put
to flight,
the hungry fed,
the humble lifted high.**

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Last Verse

**Tell out, my soul,
the glories of his word!
Firm is his promise,
and his mercy sure.
Tell out, my soul,
the greatness of the Lord
to children's children
and for evermore!**

Church Announcements

