

# Healthy Emotions

Welcome!



Worship for All

# Church Announcements

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# Come Now is the Time to Worship



Notices

**Song**

Welcome

Song

Talk

Song

Talk

Discussion

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Grace and Blessing

Confession

Lord's Prayer

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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**

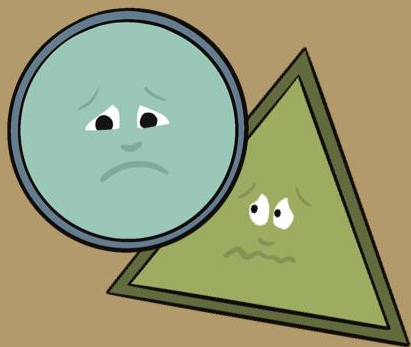
**Come**

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

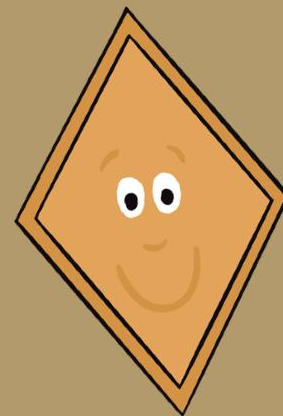
**One day every knee will bow**

**Still the greatest treasure remains for  
those**

**Who gladly choose You now**



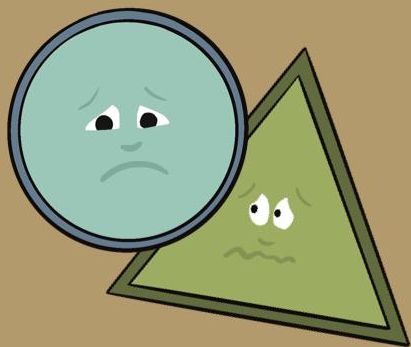
# HEALTHY EMOTIONS



WHOLE  
CHURCH  
WORSHIP



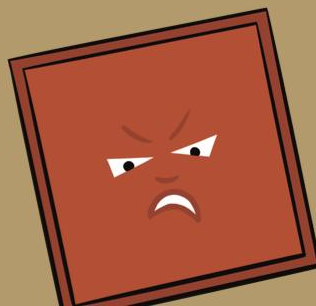
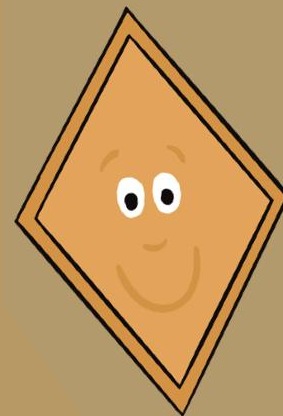
 engage  
worship



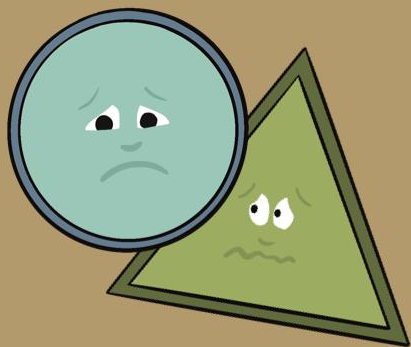
When we're cheerful, and when we're  
fearful,  
**we are welcomed in this space.**

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.**

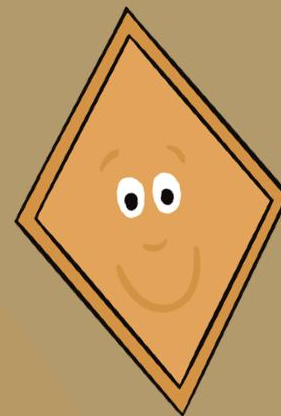


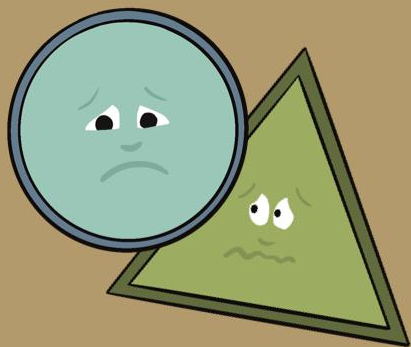




When exasperated, or feeling elated,  
**we are welcomed in this space.**

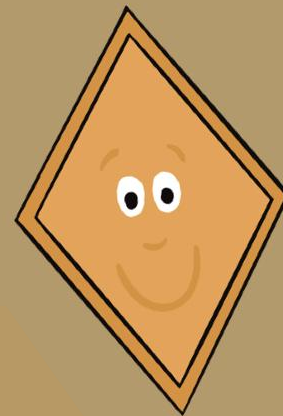
If we're embarrassed, or a little bit  
stressed,  
**we are welcomed in this space.**





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



Notices  
Song  
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**Song**

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Notices

**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**

Notices  
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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**

Notices

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**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**



Notices  
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Welcome

## **Song**

Talk  
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Notices

**Sing sing sing**

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**Praise His name**

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Lord's Prayer  
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Notices

**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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**Last Verse**

**God is great and He reigns**

**Forever and ever**

**Sing sing sing**

**Oh sing sing His praise**

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# Talk





# Why are you downcast



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Notices

**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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Notices

**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**

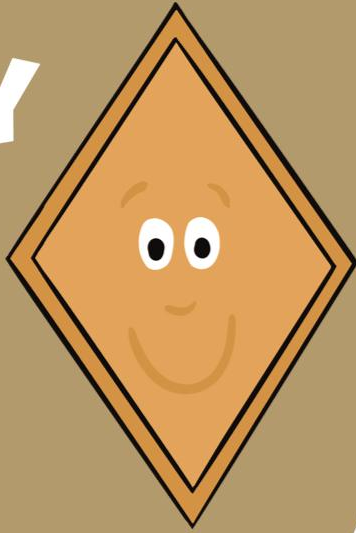


**“God created humankind in his own image, in the image of God he created them”.**

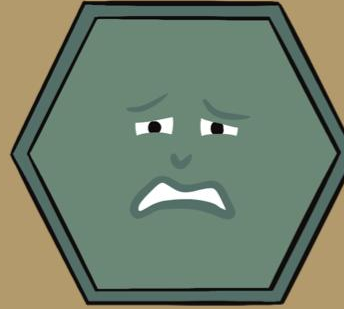
Genesis 1:27 (NIV).



**JOY**

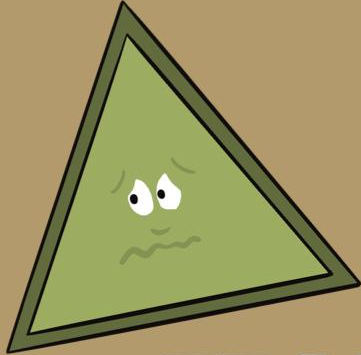
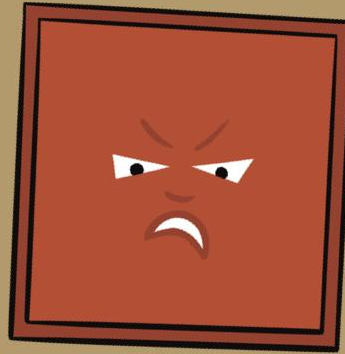


**DISGUST**

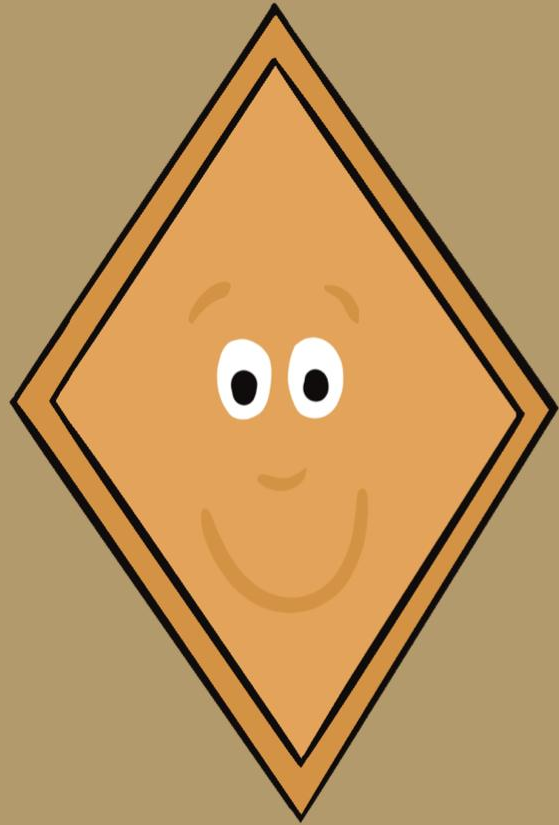


**SADNESS**

**ANGER**



**FEAR**

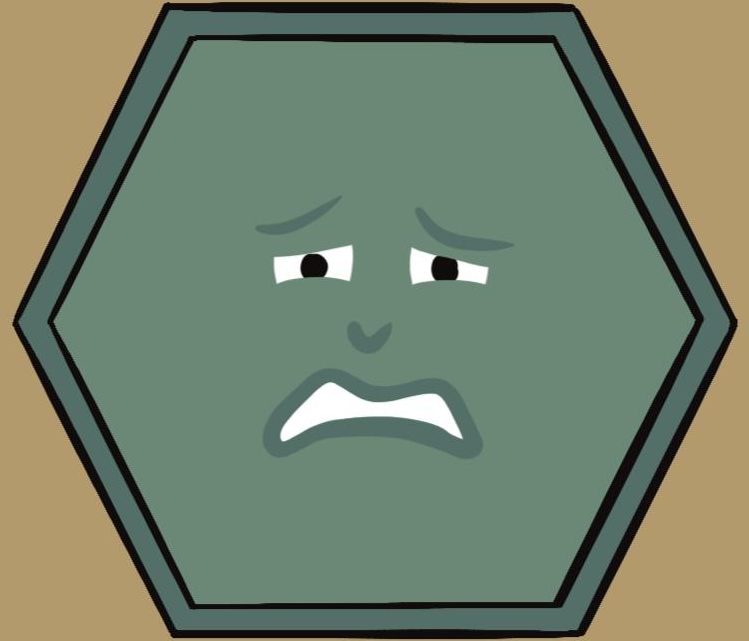


# JOY

helps us feel relaxed  
and connected with  
the people around us

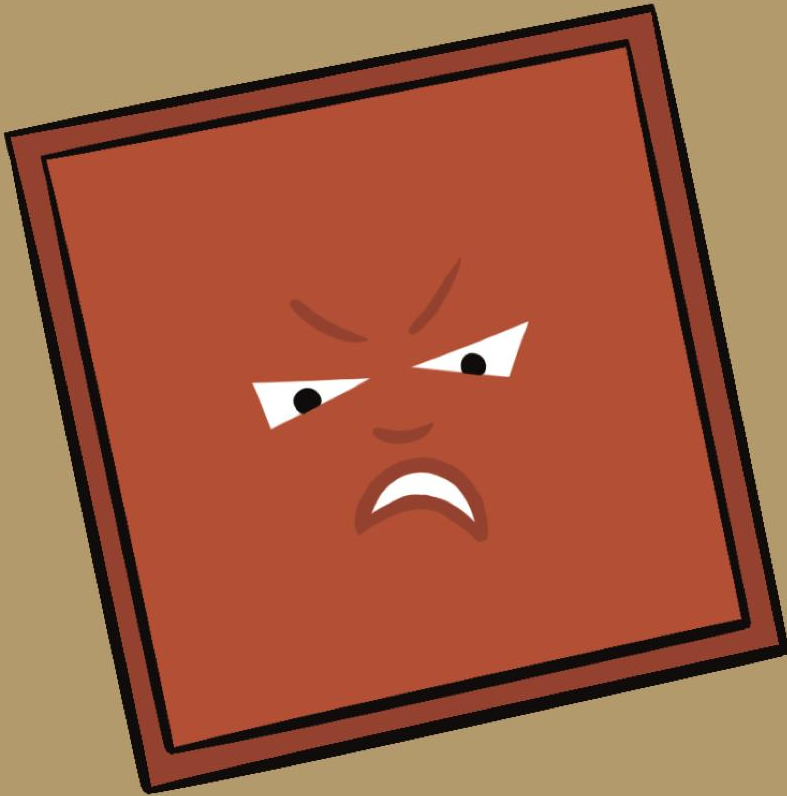
# DISGUST

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



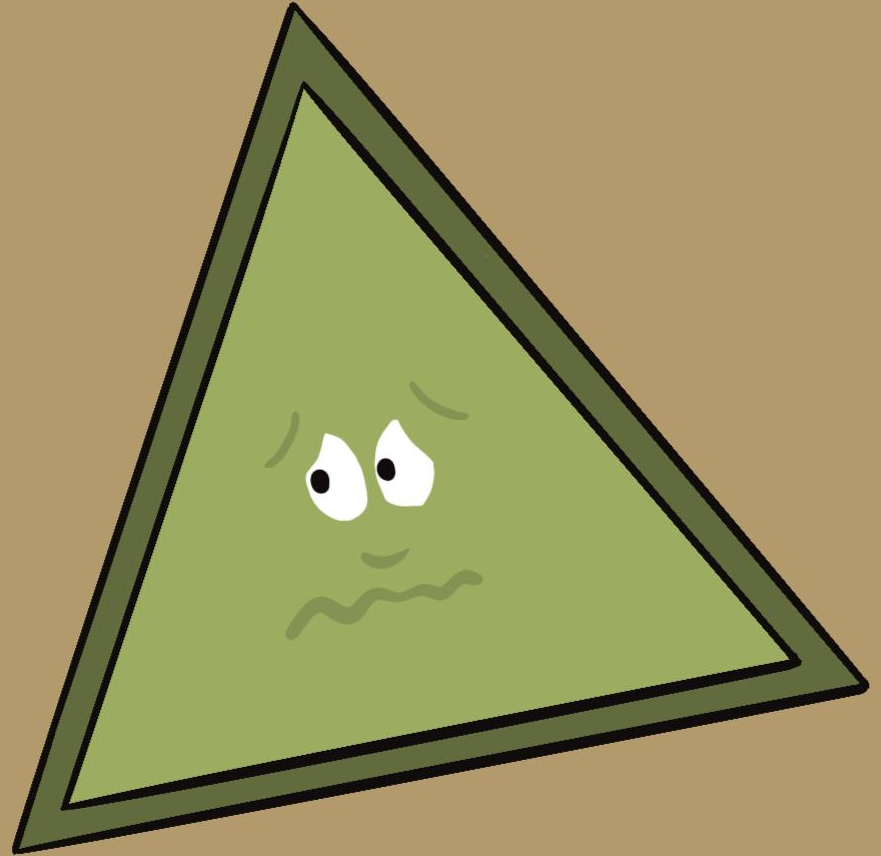
# ANGER

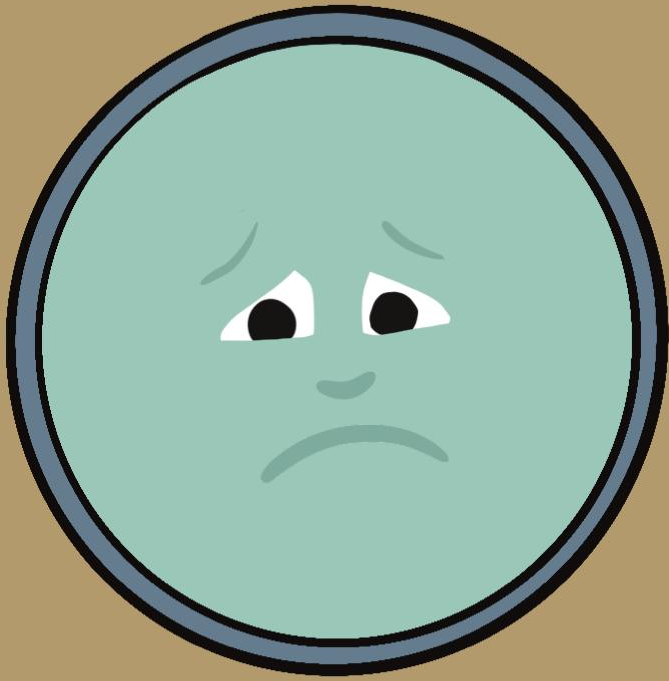
making sure that no  
one oversteps our  
boundaries



# FEAR

there to keep us safe  
from things that are  
dangerous



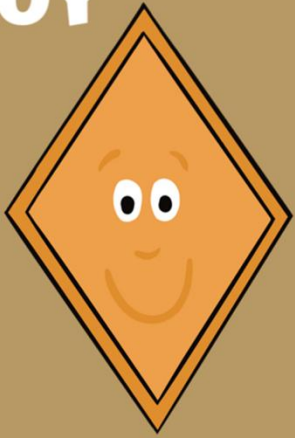


helps us to  
slow down and  
get used to our losses

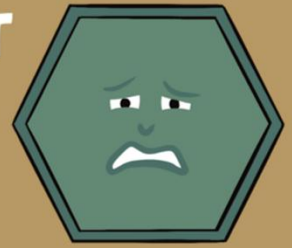
# SADNESS



# JOY



# DISGUST



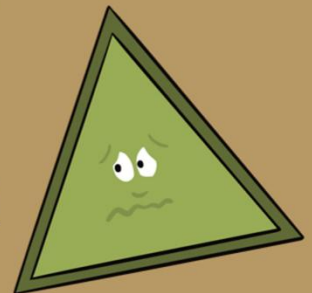
What do these different emotions feel like in your body? (could be different for everyone)

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?

# ANGER



# SADNESS



# FEAR

# DO NOT BE AFRAID

**WHOLE  
CHURCH  
WORSHIP**





# How Great Thou Art



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Confession

Lord's Prayer

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Song

Notices

**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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Notices

**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!**

Notices

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Notices

**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  
thee,**

**How great thou art, how great thou art!**

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Notices

**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;**

Notices

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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!**

Notices

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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!**



Notices

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

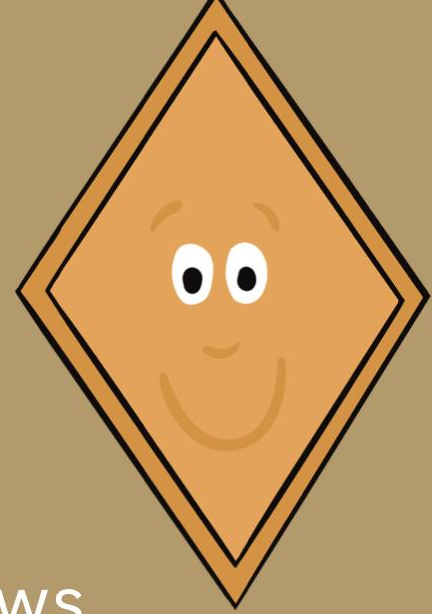
**How great thou art, how great thou art!**

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

**How great thou art, how great thou art!**

**Last Verse**

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

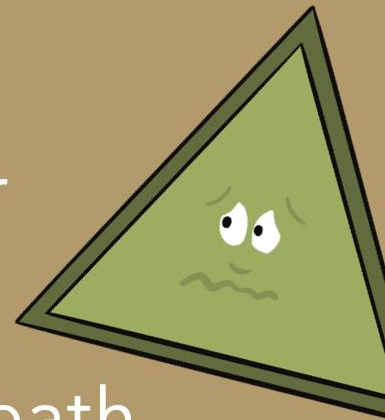


When you're lost in the shadows  
and sadness surrounds you,  
may Jesus draw near  
as your closest friend.





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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**Confession**  
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Notices

**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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**Lord's Prayer**  
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Notices

**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

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# Tell out My Soul





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Notices

**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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Notices

**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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Notices

**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

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