

Bringing Big Emotions to a Bigger God

# GOD, I feel SAD



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**A PDF COMPANION TO THE AUDIOBOOK**

ZONDERKIDZ

*God, I Feel Sad*

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# Affirmations of Hope Based on God's Word for When You Are Feeling Sad

**I am a child of God.**

**God is always with me.**

**God knows when I feel sad.**

**God gave me sadness so I know something inside of me hurts.**

**God knows what sadness feels like in my body.**

**God sees me when I cry.**

**I can tell God when sad things happen.**

**I can tell God all the things I feel.**

**I can tell God I hurt inside.**

**I can tell God I don't like to hurt.**

**I can tell God what I wish would happen.**

**God knows that sometimes I feel sad for only a minute.**

**He also knows that sometimes I feel sad a lot longer.**

**When I feel my sadness, I don't have to keep feeling sad all the time.**

**I can choose when I want to think about something that makes me feel sad,**

**and then I can choose to think of something else.**

**I can let go of disappointment.**

**I can ask God to take my feelings of unhappiness away from me.**

**I can ask God to heal me.**

**I can ask God to help me in times of trouble.**

**God cares when I feel gloomy.**

**God wants to wrap His loving arms around me.**

**God loves me.**

**God wants to help me when I am upset.**

**God wants to heal me.**

**He wants to take away the blues I feel.**

**God wants to wipe away my tears.**

**I can give my sad feelings to God.**

**I can trust God with my feelings of sadness.**

**I can breathe in (1 ... 2 ... 3) and out (1 ... 2 ... 3) and let go of the sadness I feel.**

**God wants to take my sadness and trade it for His joy.**

**I can focus on things that make me feel cheerful.**

**I can breathe in (1 ... 2 ... 3), and I can breathe in God's joy at the same time.**

**Thank You, God, for healing me one breath at a time.**

**I can let the joy God gives me fill my heart.**

**God's joy can be my strength.**

**Thank you, God, for letting me feel Your joy.**

**I'm glad You love me.**

**I love You too.**



# Scriptures to Help Kids Cope with Feeling Sad

All Scriptures below are from the NIV unless otherwise noted.

## Tears in a Bottle

*You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.*  
Psalm 56:8 (NLT)

## Shouts of Joy

*Those who sow with tears will reap with shouts of joy.*  
Psalm 126:5

## God Lifts Us Up

*But you, O LORD, are a shield about me, my glory, and the lifter of my head.*  
Psalm 3:3 (ESV)

## Seasons of Sadness and Joy

*A time to cry and a time to laugh. A time to grieve and a time to dance.*  
Ecclesiastes 3:4 (NLT)

## God's Wings Surround You

*He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection.*  
Psalm 91:4 (NLT)

## Jesus Experiences Sadness

*Jesus wept.*  
John 11:35

## You Are a Child of God

*"I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty."*  
2 Corinthians 6:18

## Jesus's Compassion

*As a father has compassion on his children, so the LORD has compassion on his faithful followers.*  
Psalm 103:13 (NET)

## Comfort During Sadness

*Blessed are those who mourn, for they will be comforted.*  
Matthew 5:4

## The God of Comfort

*Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort.*  
2 Corinthians 1:3

## Sorrow Turns to Joy

*[Jesus said,] "Truly I tell you, you will weep and mourn, but the world will rejoice. You will become sorrowful, but your sorrow will turn to joy."*  
John 16:20 (CSB)

## Hope When Things Seem Impossible

*Jesus looked at them and said, "With man this is impossible, but with God all things are possible."*  
Matthew 19:26

## Joy Comes from the Spirit

*But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.*  
Galatians 5:22–23 (NLT)

## A Blessing

*May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*  
Romans 15:13





**Where Do You Feel Sad in Your Body?**  
**On the figure below, color the places**  
**on your body where you feel sad.**

