

I Talk to God About How I Feel

Learning
to
Pray

Knowing
He
Cares

Stormie Omartian

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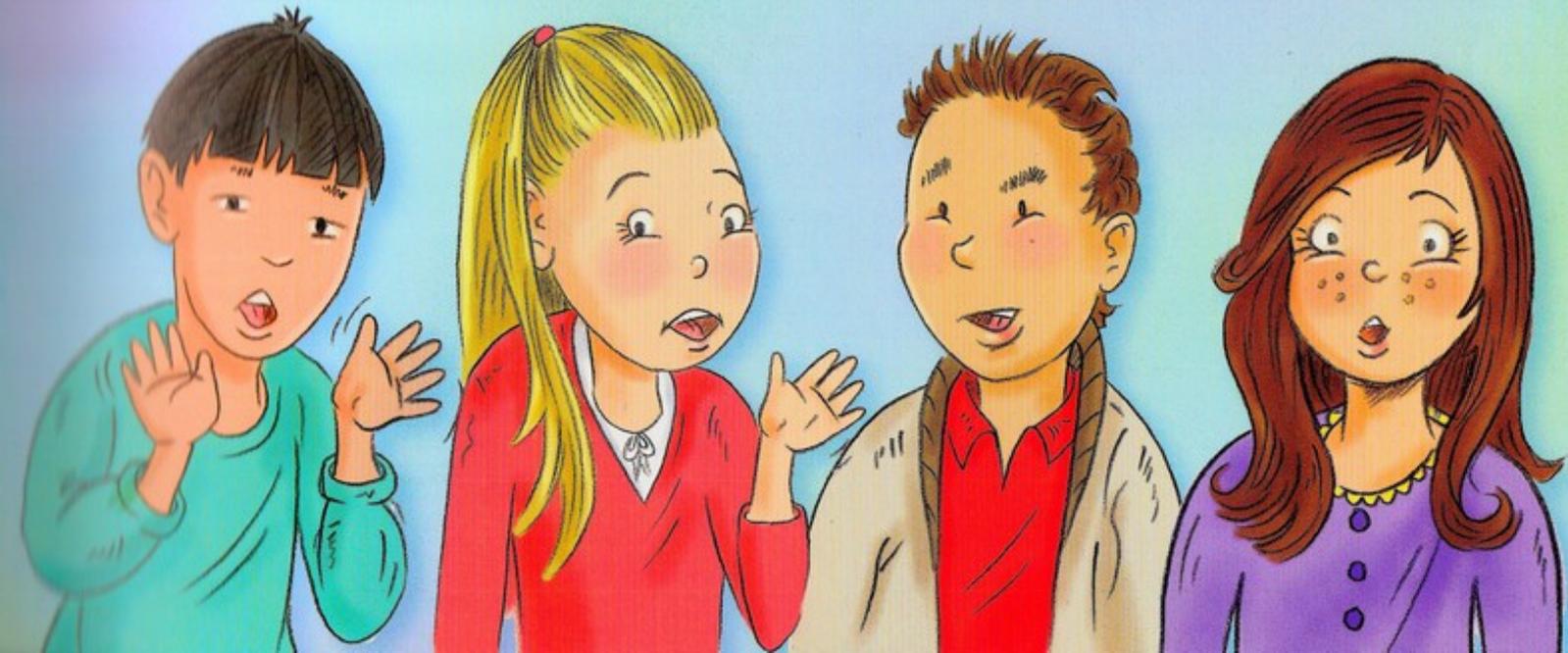


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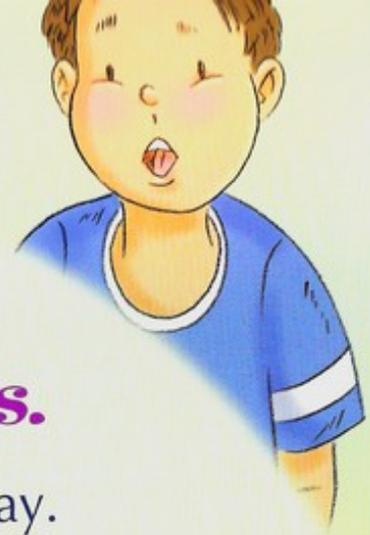
EUGENE, OREGON

Give all your
WORRIES to **HIM**,
because **HE CARES**
about **YOU**.

1 Peter 5:7







All **boys** and
girls have **feelings**.
God made us that way.

Grown-ups have feelings **too**. But they
don't always **show them** to little kids.

God cares about all our feelings. He cares about
us when we are **sad** just as much as He cares about us
when we are **happy**. He cares about us when we
are **lonely** or **mad** just as much as He cares
about us when we are **worried**
or **hurt** or **afraid**.

That's because **God loves us**
no matter how we feel.



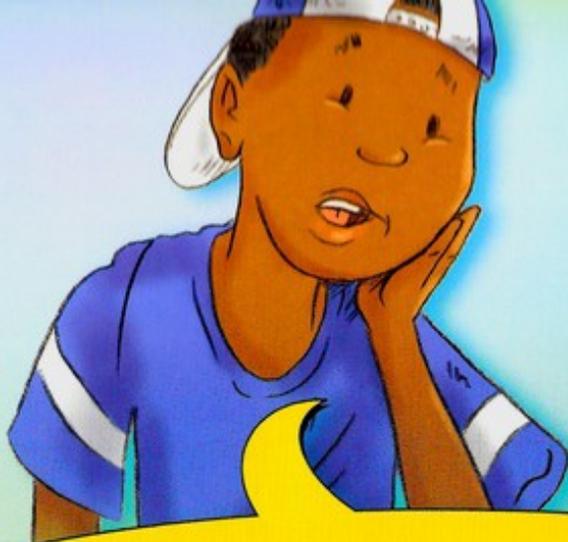
Sometimes I feel lonely.

Sometimes I **feel lonely** when people are **too busy** to **spend time** with me or **read** a book **together** or **play** a **game**. When my **mom** or **dad** have a **lot to do**, and my **brother** or **sister** don't want to play, and my friend can't **come over**, that makes **me** feel lonely.

I'm **glad God cares** about how I feel **because** when I feel lonely, I **talk to Him**, and I draw a picture for **Him** that I think He **will like**. Then I **don't feel lonely** anymore.

What makes YOU feel lonely?





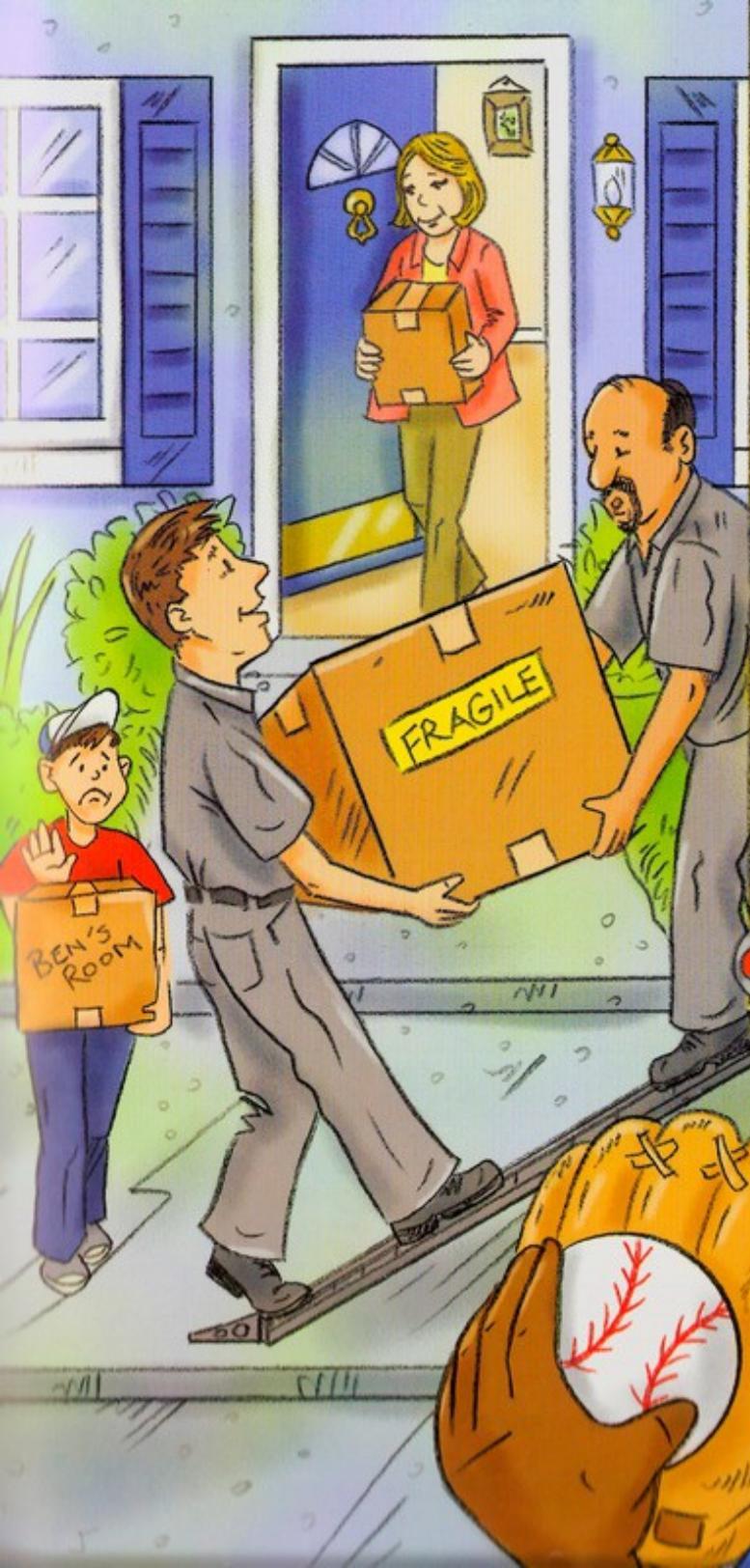
Sometimes I feel lonely because
I miss my friend.

I once had a friend who **moved far away**. Now I **don't see him** anymore. Mom said it's **good to miss** him, because it means **that I cared** about him very much. But it's **not** good to feel lonely for **a long time**.

God says in the Bible that **He wants** to be **my friend**. He says He will **never leave** me.

"Dear God, **thank You** for being my friend. Please **stay close** to me so I **won't feel lonely.**"

EXPERT
MOVING
SERVICE





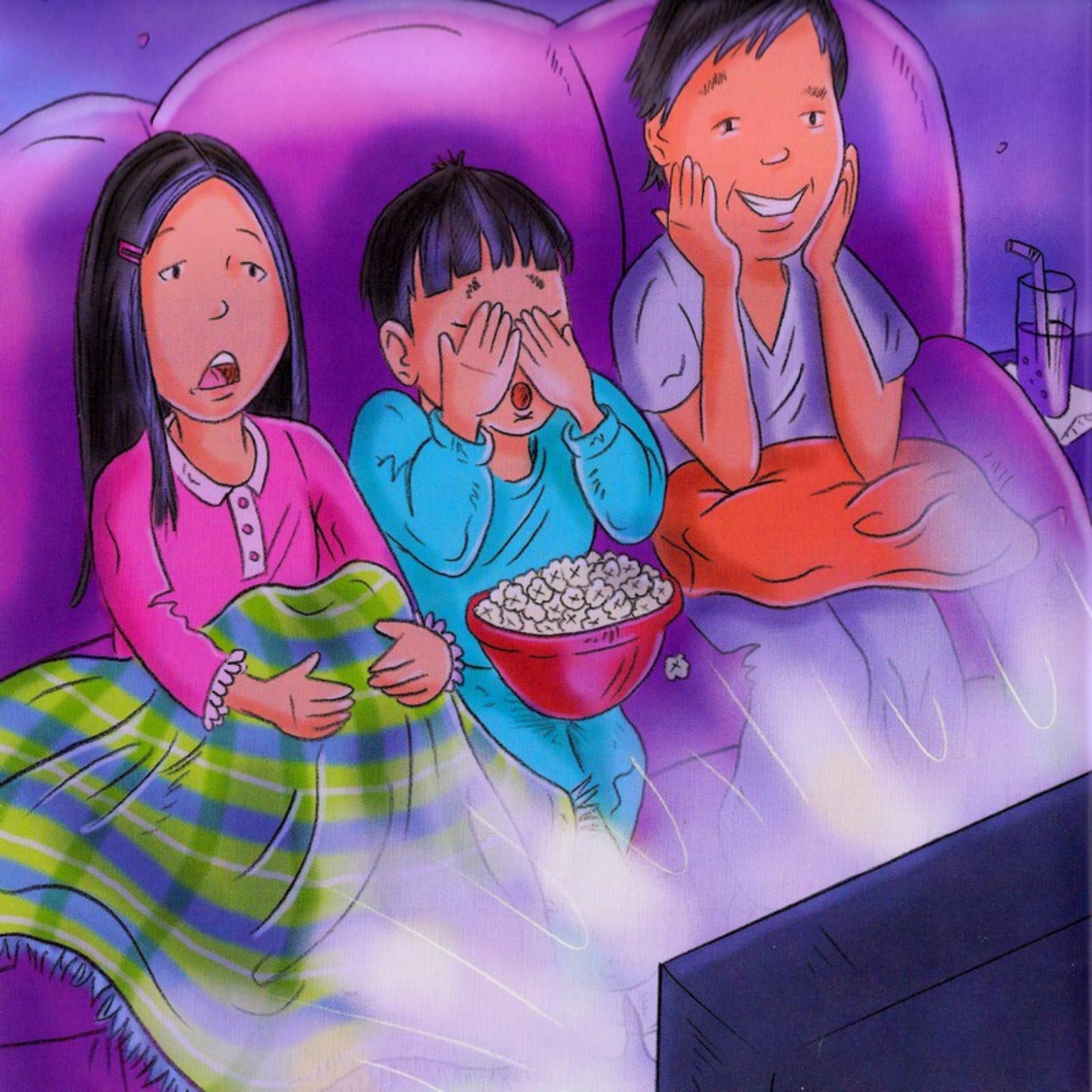


Sometimes I feel afraid.

Sometimes I **feel afraid** because I have **had a bad dream**. When that happens, **I call for** my mom or dad or the person who is **taking care of me**. They always **talk** to me or tell me a story so that I will **forget about** the dream.

When I **feel scared**, I pray to **God** and ask Him to **take away** my afraid **feelings**. He **always does**.

What makes YOU feel afraid?



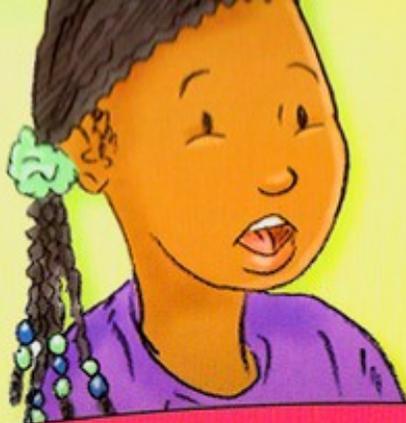


Everybody is afraid
of something.

One time I felt afraid because **I saw** a **scary part** in a **cartoon movie**. It was just a fun movie for little kids, but there was **one part** that had **scary music**, and that **made** me feel **afraid**.

Now if I **see something** scary, I just **close my eyes** and **don't look** at it. Or I walk out of the room so I **don't hear** it. And I ask **God** to **help** me **not** to be **scared**.

"Thank You, God, for **helping me** to **not** feel afraid."



Sometimes I feel worried.
Sometimes I feel worried about things.

Being **worried** means **I am thinking** about something that **might happen**. I **don't want** it to happen. And **maybe** it **won't** happen. But **it might**.

I **worried** a lot when my **dog got sick** and we had to take her to the **hospital**. I was **worried** that she might **not get well**. But **she did**, and she came home again.

God says that we should **not worry** about anything. We should just **talk to Him** instead.

What makes YOU feel worried?



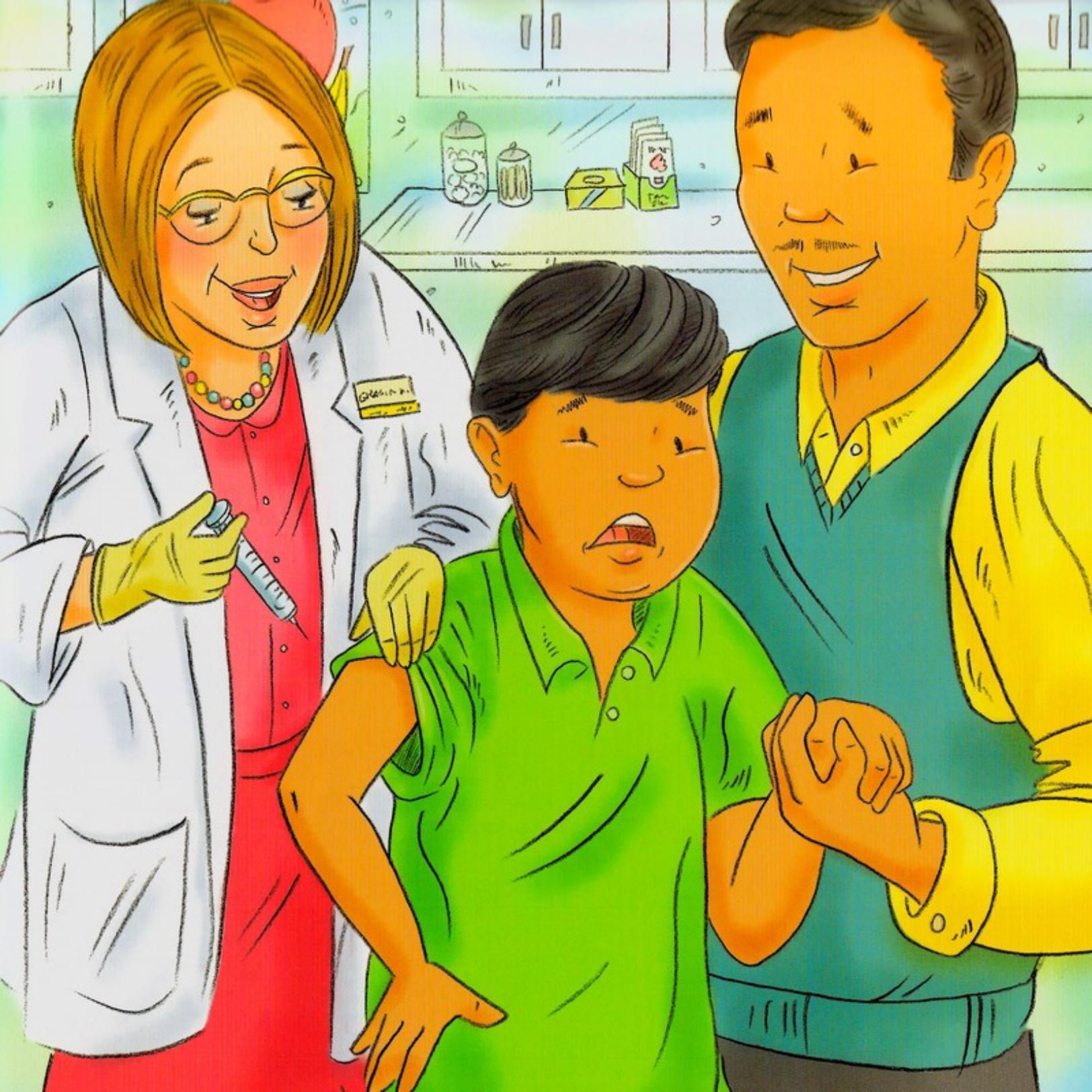


**There is one more
thing I worry about.**

Every time I go to the **doctor**, I am **worried** that she might **give me a shot**. She **doesn't always** give me a shot, but **I am worried** that she might.

Dad says shots only last 4 seconds, so I should just **take a deep breath** and count to 4, and then it will **be over**.

“Dear **GOD**, I am **worried** that I **might** have to **get a shot**. I **pray** that I **don't** have to get one, but **if I do**, **help me to count to 4.**”







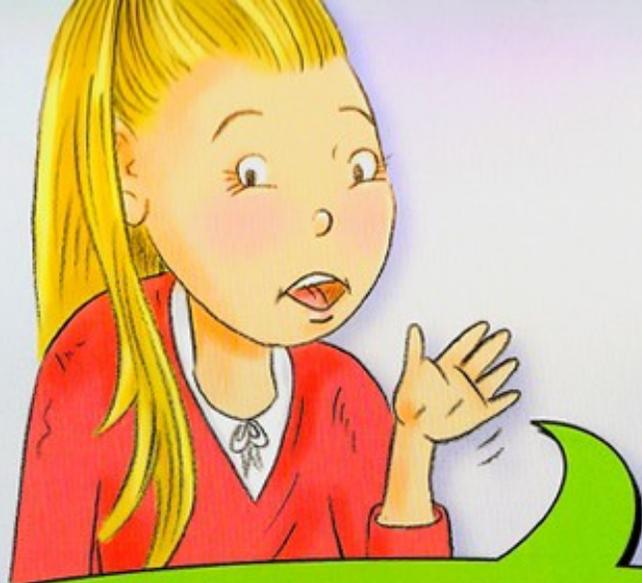
Sometimes I feel mad.

Sometimes **I feel mad** when my brother or sister or friend calls me a **nickname** that I **don't like**. My dad says they are **just teasing me** because they **love me**. But teasing **makes me feel** like they **don't care** about me.

When I feel mad, I **talk to God**. He **loves** me and **understands** how I feel. I **tell Him** about what made me mad, and He **helps me to feel good** again.

What makes YOU feel mad?



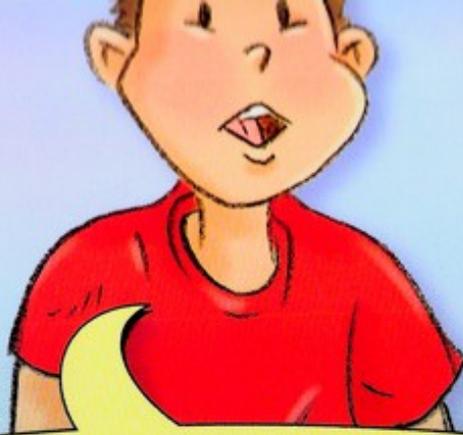


Another thing that makes me feel mad is when a friend comes over and **plays too rough** with my toys and **breaks one**.

I don't feel mad if she is being **careful** and has an accident. **I feel mad** if she **does it on purpose**.

If she says, **"I'm sorry,"** then I don't feel **mad anymore**. Well . . . maybe **just a little** mad.

"Dear **God, help me to forgive** my friend. I don't want to feel **mad anymore**, because it doesn't feel good. Anyway, having a **good friend** is much **better than** any toy."



Sometimes I feel hurt.
Sometimes I feel hurt in my feelings.

One time my big **brother didn't** want me to **play** with him and his friend. He said I was **too little to** do what they were doing. That **hurt my feelings.** It's not good to have **your feelings** hurt. Sometimes it feels like it is **never** going to **stop hurting** inside.

God cares about **me,** so I always **tell Him** when I feel **hurt.** He **helps me** to **forget** about it, and after a while my feelings **don't hurt** anymore.

What makes YOU feel hurt inside?





Sometimes I feel hurt in my body.

One time I **fell down** and **skinned** my **knee** and my **elbow**. It **hurt so much** that it made me **cry**. I **don't like** being **hurt** in my **body**. I think being hurt in my body is **worse than** being **hurt** in my **feelings**. Whenever I **hurt myself**, I tell **Mom** or **Dad**, and then I **tell God**. He **cares** when I am hurt, and **He wants** to **make** me **well**.

"Thank You, God, for **healing** me and **helping** me to **not hurt** anymore."







Sometimes I feel sad.
Sometimes I feel sad when I lose something.

One time my **hamster ran away** and that **made me sad**. I only had him for two years. But my **mom** said this was a **long time** to have a hamster, so I must have taken **very good care** of him. **I** still **cried** and cried.

I'm **glad God cares** about how **I feel**, because I **prayed** to **Him** and He **helped** me to **stop** feeling **sad** about losing my hamster. Now I feel **happy** again.

What makes YOU feel sad?





Sometimes I feel sad because of something **bad that happened.**

One time my **grandma got sick**, and now she is not **with us** anymore. That made me **very sad**. Grandma was **always** my good **friend**. My mom said that Grandma is **in heaven** now with Jesus. She said that we should **remember** all the **good times** we had with **her**.

Some people **never** had a grandma, and that makes **them sad**.

“God, **please** help me to **remember** all the **good times** I had with Grandma and **not feel sad** anymore.”



**Most of the time
I feel happy.**

Most of the **time I feel happy** about everything. I
thought of **twenty things** that **make me happy.**



1. Sunny days

2. Snowy days

3. Riding my bicycle

4. Playing with friends

5. Reading my books

6. Coloring and painting

7. Being with my family

8. Eating my favorite food

9. Stories about Jesus

10. Sleeping in my bed

11. Playing games

12. Petting animals

13. Running fast

14. Singing

15. Sunday school

16. Birthdays

17. Christmas

18. Laughing

19. Helping others

20. Talking to GOD



Every day I say, **“Thank You,** God, for my **happy life.** You make me the happiest of all.”

What makes YOU happy?

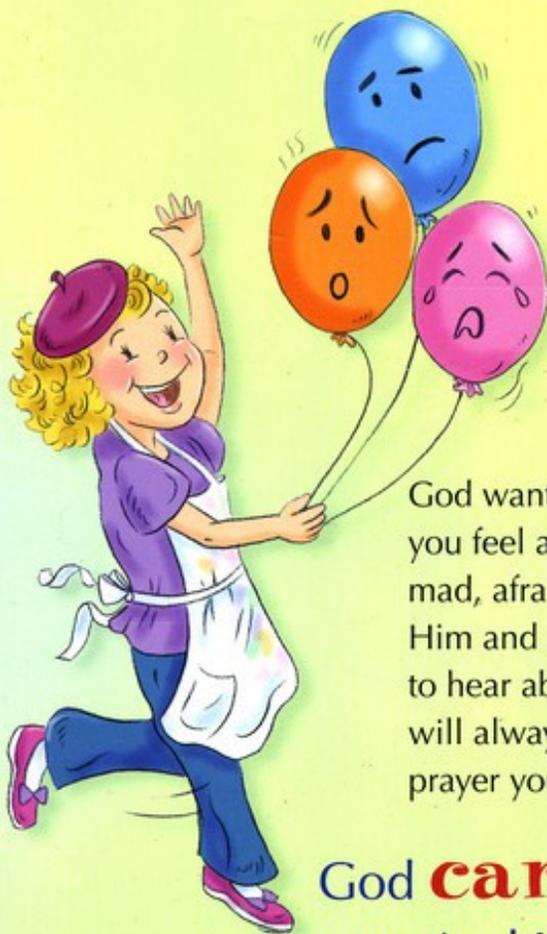




Write down 20 things
that make you happy.



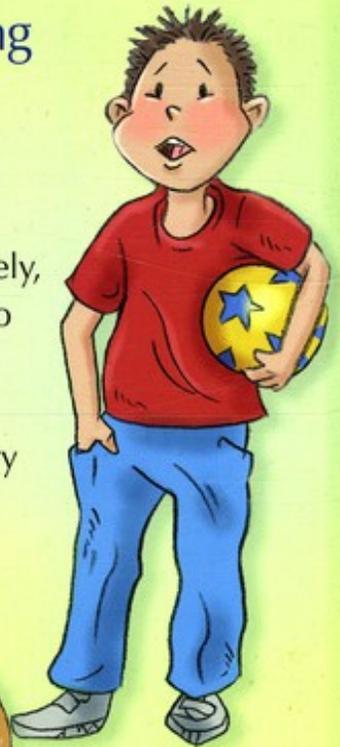
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| 10. _____ | 20. _____ |



“Dear God, **thank You** for being my **Friend** and always understanding **how I feel.**”

God wants you to know that you can tell Him how you feel about everything. Whether you're sad, lonely, mad, afraid, or lots of other things, you can come to Him and ask for help with those feelings. He loves to hear about what makes you happy too, and He will always be close enough to you to listen to every prayer you pray.

God **cares** about you. And He **is listening.**



Stormie Omartian is the bestselling author of The Power of a Praying® books (more than 13 million copies sold worldwide), which include *The Power of a Praying® Kid*, *What Happens When I Talk to God?* and *The Prayer That Makes God Smile*. Stormie and her husband, Michael, have been married more than 35 years and have two grown children. www.stormieomartian.com

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