

Kids

# MONSTERS

in  
US!



WEEK 1



# MONSTERS

in US!

This week we started a new series called **Monsters in Us**. It is all about how each of us has a monster inside that emerges when we lose our connection to others, ourselves and God. This can happen when we are hungry, angry, lonely or tired. When these monsters come out they cause us to lose control of our thoughts, feelings and our behavior. We begin to act like a monster when we are separated from God. Throughout this series we will be talking about the monsters inside us and how we can tame them with the help of God and His Word.

## MEMORIZE SCRIPTURE

Your  is a  to my 

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and a  to my  

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**PSALM  
119:105**

## DID YOU KNOW ?

The famous Loch Ness Monster photo taken in 1934 was actually a plastic head attached to a toy submarine. It was taken by a guy named Robert Kenneth Wilson. Guess he had a lot of time on his hands.



# READ, THINK, ASK, & DO

We are studying the story of Joseph. We discovered that Joseph and his family had monsters too.

**START BY  
READING...**

GENESIS

**37**



**NOW THINK...**

Now that you've read all about Joseph, his brothers, and his father, try to list as many **MONSTERS** as you can from each of them.

**JOSEPH**

**BROTHERS**

**FATHER**

**ASK FAMILY  
OR A FRIEND...**

"What monsters do you see inside me?"

"What Monster or BIG emotions do you think I need to learn how to tame?"

**HARD QUESTIONS TO ASK, BUT IMPORTANT**

**AND FINALLY, DO.**

Now think about which monsters are inside you. Why is it there? What can you do about it with God's help?

Write about it.  
There's a little space.



# LEARNING TO TAME YOUR MONSTER

A great way to tame your monster is by learning some coping skills. A coping skill is the way that you handle your anger, stress, anxiety, fear and other big emotional monsters.



A **GOOD** coping skill is one that helps you feel better in the moment without hurting yourself or anyone else. It is also one that doesn't get you into any trouble now or later.

**Listen to  
Worship Music**

**Read your Bible**

**Going for a walk**

**Doing something  
creative**

**Talk to a friend**

**Play a game**



A **POOR** coping skill is one that might feel good when you use it, but it ends up hurting you or other people. Using a poor coping skill for a long time can be harmful.

**Name-calling**

**Spreading rumors**

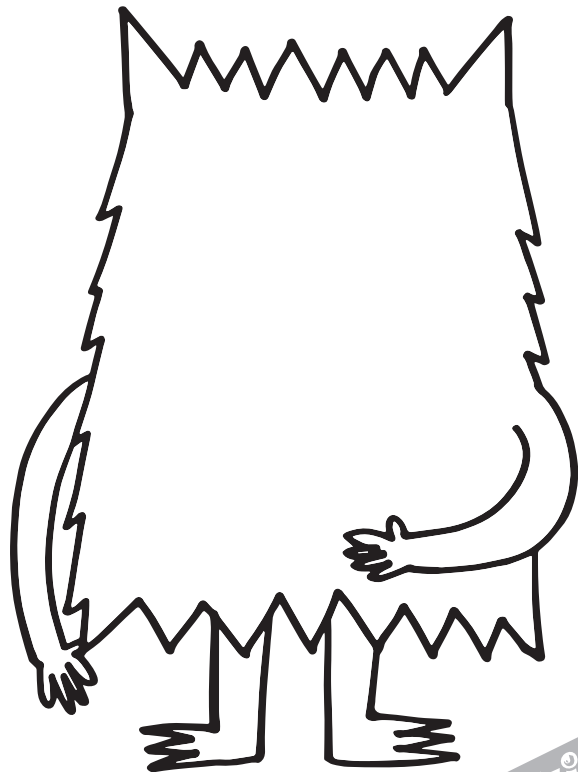
**Yelling & screaming**

**Shutting down**

**Blaming others**

**Negative talk**

# COLOR A PICTURE of YOUR MONSTER



**Kids**