

Kids

MONSTERS

in US!

WEEK 2

MONSTERS

in US!

Last week we learned that we all have monsters inside us? Some are BIG and some are small. 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 usually happens when we are Hungry, Angry, Lonely or Tired. When these monsters come out of the closet or out from under the bed and they can cause us to lose control of our thoughts, feelings and our behavior. 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 

and a  to my  

**PSALM
119:105**

DID YOU KNOW ?

In 1975 Bob Chandler took his own pickup truck and added 66-inch (5 and a half feet) wheels. Without realizing it, he had just inveted the MONSTER TRUCK. He called his truck, "BIGFOOT".



H.A.L.T!

When you feel your Monsters coming out, you need to remember to H.A.L.T!
Ask yourself, "Am I...

...HUNGRY?"

Can you make a quick meal or have a snack?

...ANGRY?"

Can you do something physical yet harmless to release your anger?

...LONELY?"

Can you call or text a friend or loved one?

...TIRED?"

Can you take a short break or power nap?

HOW DO I RESPOND?

Things happen to us all the time. And we respond to those things that happen to us. So think about it. When these things happen, what would be an appropriate or inappropriate response? Write them in the boxes below.

	APPROPRIATE	INAPPROPRIATE
I can't figure something out		
An adult gets upset with me		
I accidentally break something		
I lose a game		
I don't get what I want		
I feel left out		
I drop something and make a mess		
I make a mistake		

WHAT DID HE SAY?

What does God say about our emotional Monsters?- Write or draw what God is teaching you about your emotions.

1 CORINTHIANS 10:13

PROVERBS 16:32

GALATIANS 5:16-26

COLOSSIANS 3:12-17