

# G.R.A.C.E. PLACE FALL NEWSLETTER

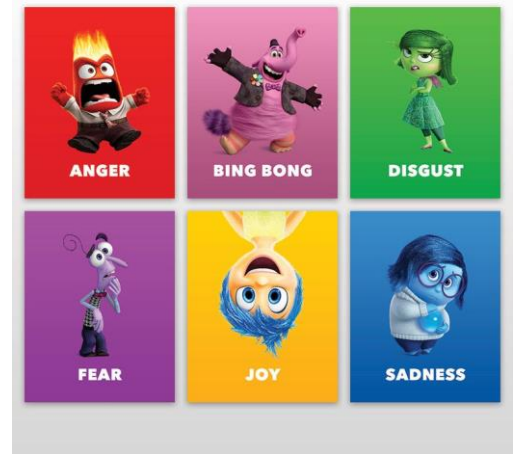
Grace Lutheran Church  
Sept. 13<sup>th</sup> – 19<sup>th</sup>, 2020  
Issue 1



Welcome to Grace Lutheran's Fall Newsletters for our Christian Education program!

As we continue to social distance and love & care for God's people, we wanted to offer an opportunity for faith formation at home.

This curriculum, we hope will spark conversations and will also form faith in those conversations. These newsletters we hope are filled with lessons to help families and youth understand and cope with a different way of life that this fall is bringing.

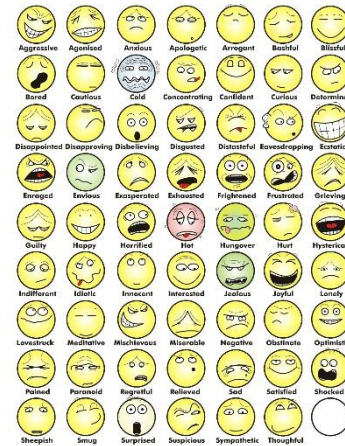


This month our theme is mental health. Families will dive into naming and claiming feelings and how their actions correlate with their feelings.

Sun., Sept. 13<sup>th</sup> 9:00-9:30am you can pick up some resources from Kelsey at the church parking lot. A few of these resources can be found at the end of this newsletter that you can print off at home. They are feeling posters. These posters, we invite you as a family to use each day to

name and claim your feelings. Find a time that works in your day as a family, maybe at breakfast and dinner, to find out how you are all doing and how your day was. Was school frustrating for your kids or are they exhausted? Are you exhausted or stressed?

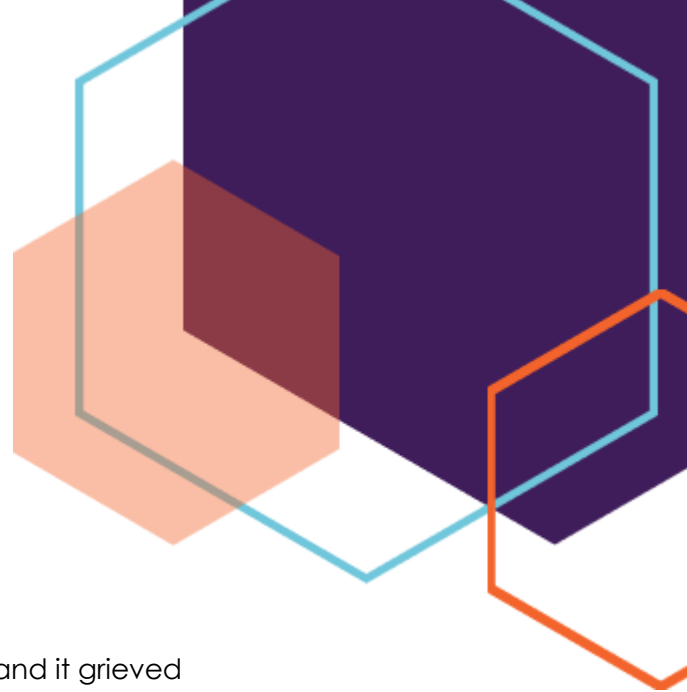
### How do you feel today?



## FAITH FORMATION

### God has feelings, too!

God made us in God's Image and part of that is feeling. God feels joy and sadness and even anger. Your emotions are a part of being the Image of God.



"Emotions are an inherent part of what it means to be a person; they express the values and evaluations of a person and influence motives and conduct." – Feelings and Faith by Brian S. Borgman pg 26

#### God's Joy

- Genesis Creation story: God saw that it was good.
- Luke 15: 3-7 Lost Sheep "Rejoice with me for I have found my sheep that was lost."

#### God's Sadness:

- Genesis 6:6 "... and it grieved God to his heart."
- Luke 19:41 "As [Jesus] came near and saw the city, he wept over it"

#### God's Love:

- John 3:16 "For God so loved the world he gave his only Son."
- Isaiah 54:10 "For the mountains may depart and the hills may be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed, says the Lord, who has compassion on you."

"This might be scary; our emotions can expose things about us that we may not like or want to deal with" – Feeling and Faith by Brian S. Borgman Pg. 46

*What other emotions of God can you find using your Bible?*

How are your feelings, actions, and thoughts changing as you name and claim them? How are you letting God in to shape your feelings, thoughts, and actions?

**Thoughts:** I want to be at school playing with my friends

**Feelings:** I feel sad and lonely

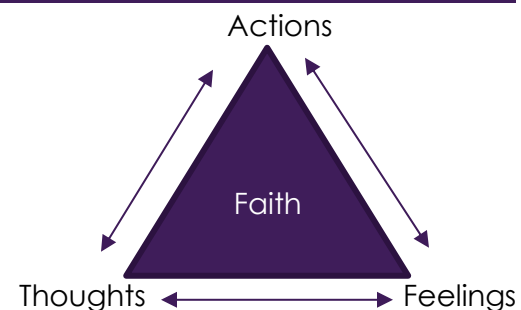
**Actions:** I am mean to my family because I am sad and lonely

### CLAIM AND CHANGE

**Thoughts:** How can I see a friend today and show God's love? (Video, neighborhood friend to play with)

**Feelings:** Sad but excited to see my friend later

**Actions:** Ask to video call or play with a friend



# How do you feel today?



**Aggressive**



**Agonised**



**Anxious**



**Apologetic**



**Arrogant**



**Bashful**



**Blissful**



**Bored**



**Cautious**



**Cold**



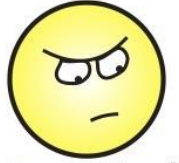
**Concentrating**



**Confident**



**Curious**



**Determined**



**Disappointed**



**Disapproving**



**Disbelieving**



**Disgusted**



**Distasteful**



**Eavesdropping**



**Ecstatic**



**Enraged**



**Envious**



**Exasperated**



**Exhausted**



**Frightened**



**Frustrated**



**Grieving**



**Guilty**



**Happy**



**Horrorified**



**Hot**



**Hungover**



**Hurt**



**Hysterical**



**Indifferent**



**Idiotic**



**Innocent**



**Interested**



**Jealous**



**Joyful**



**Lonely**



**Lovestruck**



**Meditative**



**Mischievous**



**Miserable**



**Negative**



**Obstinate**



**Optimistic**



**Pained**



**Paranoid**



**Regretful**



**Relieved**



**Sad**



**Satisfied**



**Shocked**



**Sheepish**



**Smug**



**Surprised**



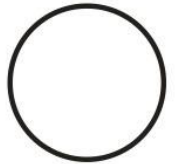
**Suspicious**



**Sympathetic**



**Thoughtful**



# Are You AWARE of How You Are Feeling Now?



AGGRESSIVE



AGONIZED



ANXIOUS



APOLOGETIC



ARROGANT



BASHFUL



BLISSFUL



BORED



CAUTIOUS



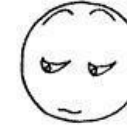
COLD



CONCENTRATING



CONFIDENT



CURIOUS



DEMURE



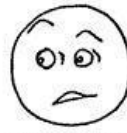
DETERMINED



DISAPPOINTED



DISAPPROVING



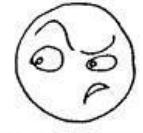
DISBELIEVING



DISGUSTED



DISTASTEFUL



EAVESDROPPING



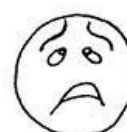
ECSTATIC



ENRAGED



ENVIIOUS



EXASPERATED



EXHAUSTED



FRIGHTENED



FRUSTRATED



GRIEVING



GUILTY



HAPPY



HORRIED



HOT



HUNGOVER



HURT



HYSTERICAL



IDIOTIC



INDIFFERENT



INNOCENT



INTERESTED



JEALOUS



LOADED



LONELY



LOVESTRUCK



MEDITATIVE



MISCHIEVOUS



MISERABLE



NEGATIVE



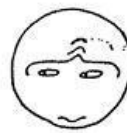
OBSTINATE



OPTIMISTIC



PAINED



PARANOID



PERPLEXED



PRUDISH



PUZZLED



REGRETFUL



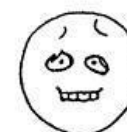
RELIEVED



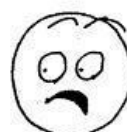
SAD



SATISFIED



SHEEPISH



SHOCKED



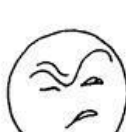
SMUG



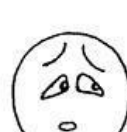
SURLY



SURPRISED



SUSPICIOUS



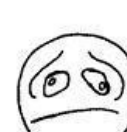
SYMPATHETIC



THOUGHTFUL



TURNED-ON



UNDECIDED



WITHDRAWN

# Smiley-Face Feelings Guide



Aggressive



Agonized



Anxious



Apolgetic



Arrogant



Bashful



Blissful



Bored



Cautious



Cold



Concentrating



Confident



Curious



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Thoughtful



Undecided



Withdrawn