



## MEMORY VERSES + BOTTOM LINES | September 2020

### BIG IDEA | **The Holy Spirit helps me deal with how I feel**

- Jesus is our ultimate example! He died on a cross for you and me because He loves us and wants to save us from sin and death. He rose back to life so that we can live in freedom and enjoy life with Him forever in heaven! Jesus wants us to live our lives filled with God's Spirit which helps us have healthy emotions and do what is best!

Week 1 | **When I Feel Down God Comforts Me**

Week 2 | **When I Feel Angry God Gives Me Self-Control**

Week 3 | **God Is Greater Than My Feelings**

Week 4 | **God's Holy Spirit Helps Me Do What's Best**

## MONTHLY MEMORY VERSES

"But even if we don't feel at ease, God is greater than our feelings,  
and he knows everything"

**1 John 3:20 CEV**

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"But the fruit of the Spirit is love, joy, peace, patience, kindness,  
goodness, faithfulness, gentleness and self-control. Against such things  
there is no law."

**Galatians 5:22-23 ESV**