My Sermon Notes

Name: .....

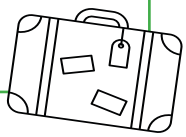
Date: .....

New Series!

Today we're talking about Emotionally Healthy Spirituality, that's a lot of big words in a row. Let's call it EHS! It means that the grown-ups are learning about being healthy on the inside. If we're all mixed up in our hearts or minds, with old memories or feelings that hurt us or ideas about ourselves that don't match up with what the bible tells us, we can't fully understand Jesus and his plan for our lives!

You've heard of the Fruit of the Spirit before right? Healthy trees grow healthy fruit. Big tall weeds can block sunlight or shallow roots can stop the tree from getting the water it needs. EHS helps adults create a good environment for our Fruit of the Spirit to grow! They will be using lots of big words. We'll be talking about fruit!

We take our feelings with us everywhere we go. What feelings are you carrying around with you?



What were unhealthy things the man did?

1. **Playing the _____ game**

2. **_____on to an embittered spirit**

3. **Resisting _____**

You probably know the story of the paralyzed man, but Pastor Andrew had a lot more to say about it than in Sunday school.

What's something you learned today?

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Draw it!

Think of a time when your outside and inside didn't match. You can write or draw about it here

Fruit of the Day!