

Feelings Jar

Craft by Melissa Helms, soldier at the South of Market Corps in the Golden State Division.

She has also created a QR Code to the jar for the detailed materials (Scripture sheets, lid label and front of jar label).

<https://tinyurl.com/feelingsjar>

Feelings Jar Resources
<https://tinyurl.com/feelingsjar>



God's Promises When...Feelings Jar
...and to put on the new self, created to be like God in true righteousness and holiness. Ephesians 4:24



We are created with the capacity for many feelings, but sometimes we forget to remind ourselves of His truth when emotions come on. Create a promise jar, full of rainbow-colored Bible verses appropriate for when you are “feeling the feelings.” Whatever emotion you experience, just pull out a scripture verse and be encouraged that the Lord is with you.

Materials:

- Jar

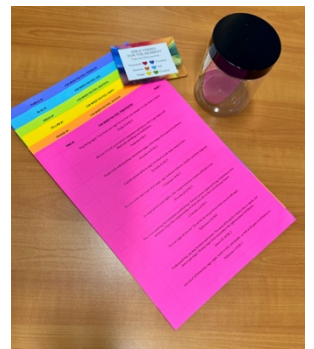
6 different colors of paper (Pink, Orange, Yellow, Green, Blue, Purple) – 2 sheets of

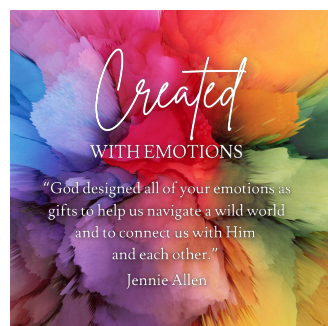
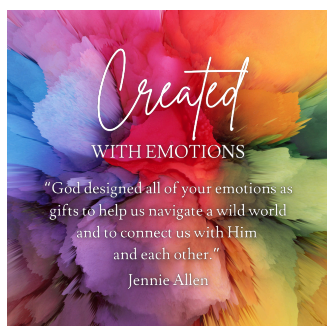
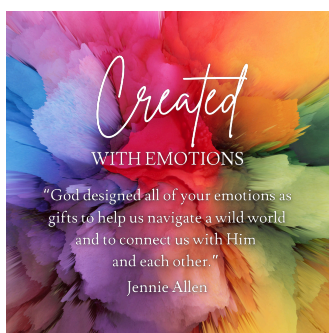
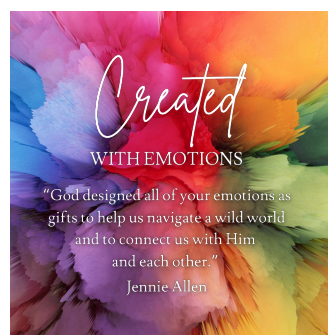
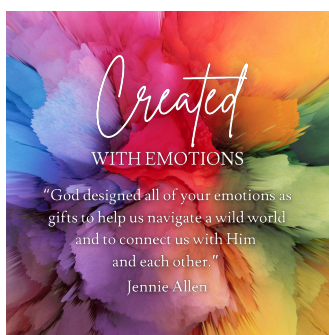
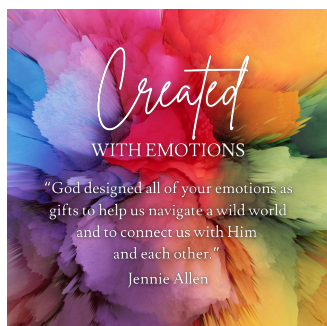
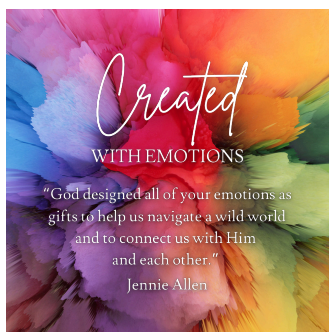
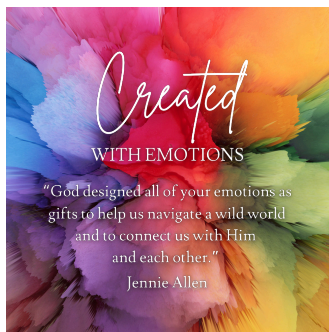
- each color is required per jar
- 3” x 4” label for front of the jar (can print on 6-up sheets like Avery 5164)
- 2” label for the jar lid (optional, can print on 12-up sheets)
- Paper cutter or scissors

Directions:

1. Print the Scripture Sheets on 6 different colors of paper.
2. Print the label for the lid and label for the front of the jar on label/sticker sheets .
3. Cut the strips of promises with a paper cutter or scissors.
4. Fold promise in half and put them into the jar.

Music idea: Promises by The Worship Initiative, Shane & Shane, Trenton Bell, Davy Flowers





BIBLE VERSES FOR THE MOMENT

Take one when you feel...

Frustrated   Troubled

Anxious   Sad

Happy   Grateful

BIBLE VERSES FOR THE MOMENT

Take one when you feel...

Frustrated   Troubled

Anxious   Sad

Happy   Grateful

BIBLE VERSES FOR THE MOMENT

Take one when you feel...

Frustrated   Troubled

Anxious   Sad

Happy   Grateful

BIBLE VERSES FOR THE MOMENT

Take one when you feel...

Frustrated   Troubled

Anxious   Sad

Happy   Grateful

BIBLE VERSES FOR THE MOMENT

Take one when you feel...

Frustrated   Troubled

Anxious   Sad

Happy   Grateful

BIBLE VERSES FOR THE MOMENT

Take one when you feel...

Frustrated   Troubled

Anxious   Sad

Happy   Grateful

**BIBLE VERSES
FOR THE MOMENT**
Take one when you feel...

Frustrated   Troubled

Anxious   Sad

Happy   Grateful

Created
WITH EMOTIONS

"God designed all of your emotions as gifts to help us navigate a wild world and to connect us with Him and each other."
Jennie Allen

