

# HAPPINESS

Open your Bible and read Genesis 39:6-23



How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

Joseph had every right to be angry and bitter. How can choosing joy help?

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We live in the age of instant gratification. Explain the relationship between instant gratification and happiness.

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How can our sexual behaviour impact our happiness?

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Draw/illustrate how you experience/understand this text:

# HAPPINESS

Open your Bible and read Psalm 37:1-11



How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

Can happiness be a 'habit' we can learn?  
Why/why not?

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Is happiness a feeling or could it be a decision about how you want to live? Or perhaps both? Explain.

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What if you are feeling depressed and not feeling happy, is that wrong? What does this text say about it?

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Draw/illustrate how you experience/understand this text:

# HAPPINESS

Open your Bible and read Philippians 4:1-9



How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

How can I practically rejoice in the Lord, and what does it mean?

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Mention 3 things that make you really, really happy, and explain why they make you happy?

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Can I rejoice in the Lord even when I'm sad? Why/why not?

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Draw/illustrate how you experience/understand this text:

# HAPPINESS

Open your Bible and read Luke 6:20-38



How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

What different kinds of happiness are described in this Bible text?

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What does Jesus recommend looking for if you want to find lasting happiness?

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How does God bless people?

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Draw/illustrate how you experience/understand this text:

# ANGER

Open your Bible and read 1 Samuel 25:2-38



How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

How does David's anger make you feel?

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What, if anything, is wrong with David angrily marching with his army to destroy Nabal?

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Have you ever been so angry that you wanted revenge? What did you do?

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Draw/illustrate how you experience/understand this text:

# ANGER

Open your Bible and read Galatians 5:13-26



How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

What does it mean by 'human nature'?

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What happens to our human nature when we become Christians? Is feeling anger then wrong? Explain.

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What does real love and real anger feel like? Are love and anger just feelings, or are they something more? Explain.

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Draw/illustrate how you experience/understand this text:

# ANGER

Open your Bible and read Ephesians 4:17-32



How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

Why is it so easy to get angry?

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What are the results of anger?

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How can you turn anger into something positive with the help of God?

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Draw/illustrate how you experience/understand this text:

# ANGER

Open your Bible and read Matthew 21:1-17



How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

What makes Jesus so angry?

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Can God get angry at you? Why/why not?

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How can I know that God still loves me, even if God can get angry? (Read Psalm 30:6)

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Draw/illustrate how you experience/understand this text:

# L O V E D

Open your Bible and read  
Songs of Solomon 2:1-6, 3:3-4, 8:6-7



Love in the Bible is mostly used to describe the unselfish relationship between God and humans. What kind of love is described in these texts, according to you?

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Mention at least 3 elements that seem to define the love this man and woman have for each other.

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Being in love can bring a lot of happiness and result in a longstanding relationship if it is reciprocated. Imagine being in love. What would you want to do or say to take your relationship from 'dating' to 'marriage'?

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How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?



Draw/illustrate how you experience/understand this text:

# L O V E D

Open your Bible and read John 15:9-17



Jesus tells us to remain in his love, but what does that mean and how can we stay in God's love?

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How can we give our life to someone in a practical way?

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When we talk about love we usually talk about how we feel. Can love be more than a feeling? If so, how?

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How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?



Draw/illustrate how you experience/understand this text:

# L O V E D

Open your Bible and read Acts 9:36-42



How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

Is love normally selfish or generous? Why?

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Dorcas was liked because she acted out her love for people. What can other people do to make you feel loved?

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What can you do this week to make someone else feel loved and included?

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Draw/illustrate how you experience/understand this text:

# L O V E D

Open your Bible and read Genesis 38:6-27



How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

What is the difference between love and lust?

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Can love be forced? Why/why not?

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How can you show your love and affection for another person in an appropriate manner?

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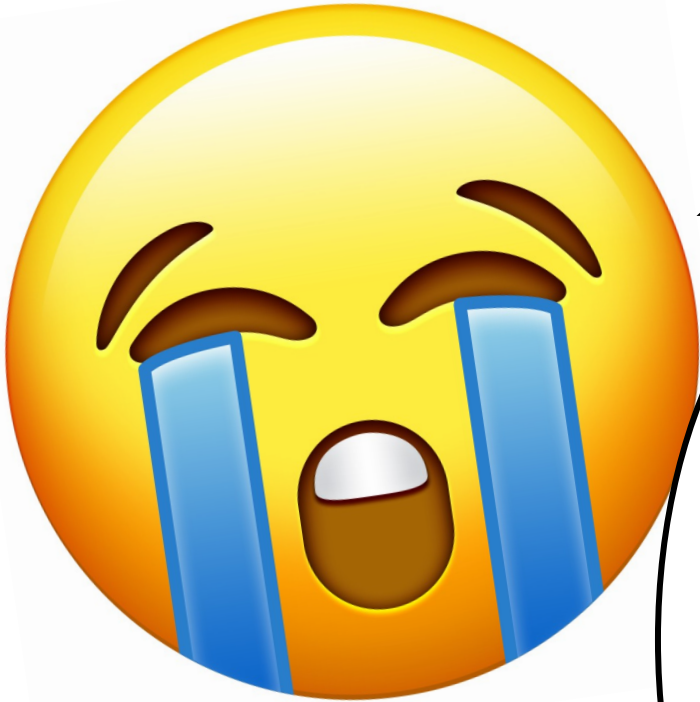
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Draw/illustrate how you experience/understand this text:

# Sad(ness)

Open your Bible and read 1 Kings 19:1-14



How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

Everyone experience sadness. How do we know when sadness is more than a temporary feeling?

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There is no easy answer for sadness. What can you learn from Elijah's experience?

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What does the Bible say about suicidal thoughts/feelings?

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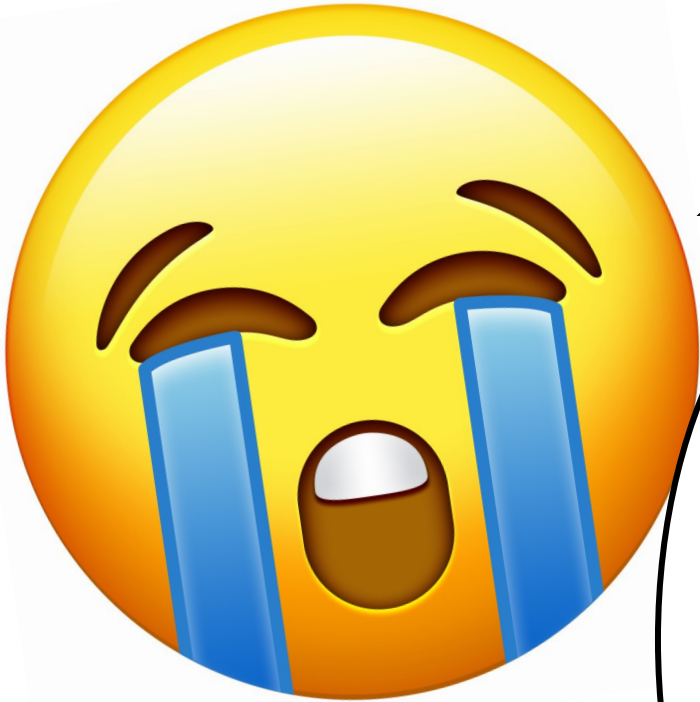
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Draw/illustrate how you experience/understand this text:

# Sad(ness)

Open your Bible and read Psalm 143:1-12



Experiencing depression and sadness is becoming more and more common. David experienced such feelings too. Which of these verses do you resonate with, and why?

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How did David ask God for help when he felt down?

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It seems like David felt God turning away from him when he felt depressed. Do you think God does that? Why/why not?

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How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

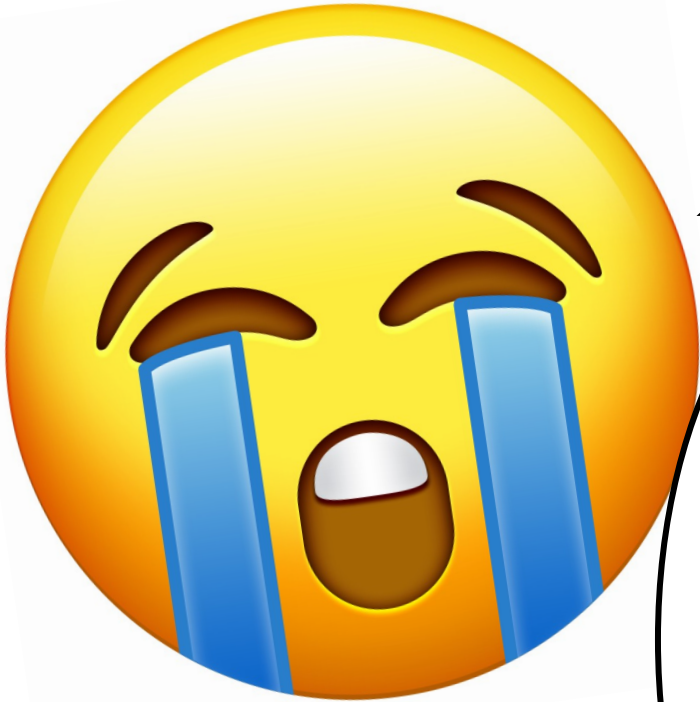
Positively & negatively:  
What challenged you when reading this?



Draw/illustrate how you experience/understand this text:

# Sad(ness)

Open your Bible and read John 11:17-44



How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

Why did Jesus cry if he knew he was going to wake Lazarus from the dead?

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What other feelings can rise as a result of sorrow? (Both in the case of Martha/Maria and in your life.)

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How do you relate to or comfort other people who are experiencing sorrow or sadness?

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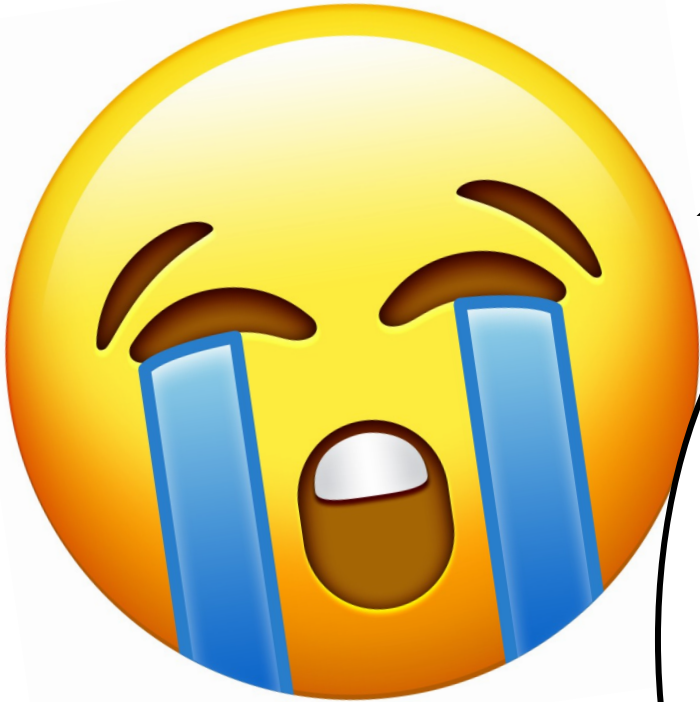
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Draw/illustrate how you experience/understand this text:

# Sad(ness)

Open your Bible and read Genesis 40:5-23



How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

How can you see on someone's face that they are sad?

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All the three characters in this story felt sad, for different reasons. What were their reasons?

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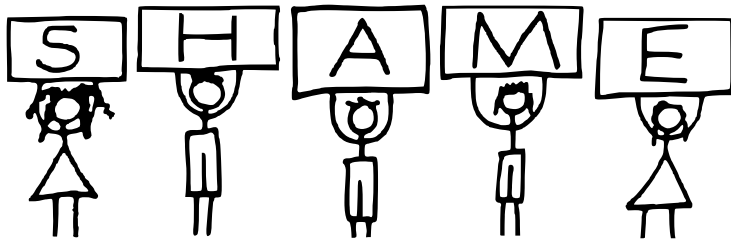
How do you find comfort when feeling sad?

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Draw/illustrate how you experience/understand this text:



**Open your Bible and read John 8:1-11**



Imagine being the woman. How does it feel to be thrown to the ground in front of Jesus accused of the wrong you know you did?

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Imagine being the woman. How does it feel to have everybody speaking about your flaws publicly, so you can be punished?

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Imagine being the woman. How does it feel to hear Jesus say: «Neither will I condemn you»?

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How can this text help me better relate to other people and myself?



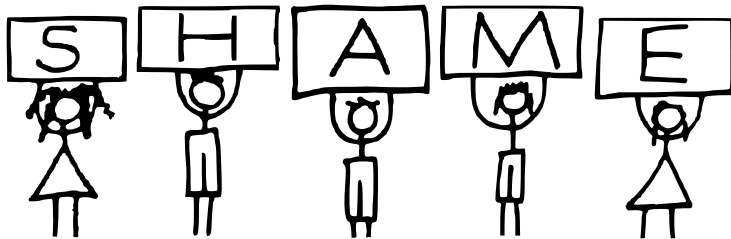
We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?



Draw/illustrate how you experience/understand this text:

A large, empty rectangular box with rounded corners, intended for a drawing or illustration related to the text.



**Open your Bible and read  
Matthew 26:31-35; 69-75**



Have you ever denied or just been quiet instead of standing up for your faith? How did it feel?

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Peter and Jesus were really good friends. Why do you think Peter denied Jesus? Has something similar happened to you and one of your friends? If so, how did it feel?

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How do you manage feelings of shame and guilt in your own life?

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How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

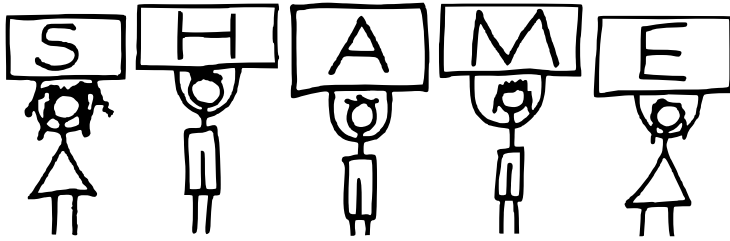
Positively & negatively:

What challenged you when reading this?



Draw/illustrate how you experience/understand this text:

A large, empty rounded rectangle with a black border, intended for drawing or illustration.



**Open your Bible and read 2 Samuel 12:1-15**



How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

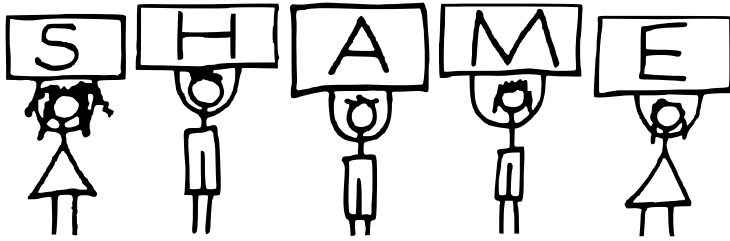
Feelings are important. But is feeling shame and guilt positive or negative? Why/Why not?



Draw/illustrate how you experience/understand this text:

In what kind of situation do you experience shame?

Is the feeling of shame/guilt from God or as a result of my actions? Explain.



**Open your Bible and read Psalm 51:1-21**



How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

How does God deal with your shame, according to this Bible text?

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What do you think David was feeling and when he wrote this Psalm?

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What can you do to encourage and help other people who might struggle with shame, in a practical way?

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Draw/illustrate how you experience/understand this text:

A large, empty rounded rectangle with a black border, intended for drawing or illustration.

# Thank you

Open your Bible and read 1 Samuel 1:1-28



How do you treat individuals who have less than you and how would you want to be treated if you had less than everybody else?

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How will you go about it if you, like Hannah, have to let go of the very gift you longed to receive?

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What encouragement can you give to someone who has asked God for a special blessing but has given up hope?

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How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?



Draw/illustrate how you experience/understand this text:

# Thank you

Open your Bible and read Matthew 26:6-13



How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?



In what way did the woman show her gratitude toward Jesus?

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Why did the disciples get angry?

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How do you show your gratitude to God?

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Draw/illustrate how you experience/understand this text:

# thank you

Open your Bible and read Luke 17:11-19



How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

Why is it so difficult to say «Thank you» sometimes?

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In what situations do you find it hard to be grateful?

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Do you owe someone your gratitude? Why or for what?

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Draw/illustrate how you experience/understand this text:

# thank you

Open your Bible and read Acts 27:13-36



How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

How can I be thankful even when it seems like there's nothing to be thankful for, and how does that affect my attitude?



Draw/illustrate how you experience/understand this text:

Mention 3 things that makes you feel super blessed today.

How can you be a blessing to someone else?

# WORTH-Y/LESS

Open your Bible and read Mark 10:13-16



How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

Have you ever been excluded from something. How did it feel?

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If you were the children Jesus called to, how would you react when he called? Would you walk or run toward him?

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Describe what you think it felt like to be in Jesus' arms, sitting on his lap and being blessed by him.

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Draw/illustrate how you experience/understand this text:

# WORTH-Y/LESS

Open your Bible and read Luke 15:11-32



How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

Do you think the young son felt included or that he belonged in his family before he asked for his inheritance? Why/why not?

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What made it hard for him to ask his father for help in a difficult situation? Wasn't he a part of his father's family?

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What do you think Jesus wants us to understand about belonging to God, through this story?

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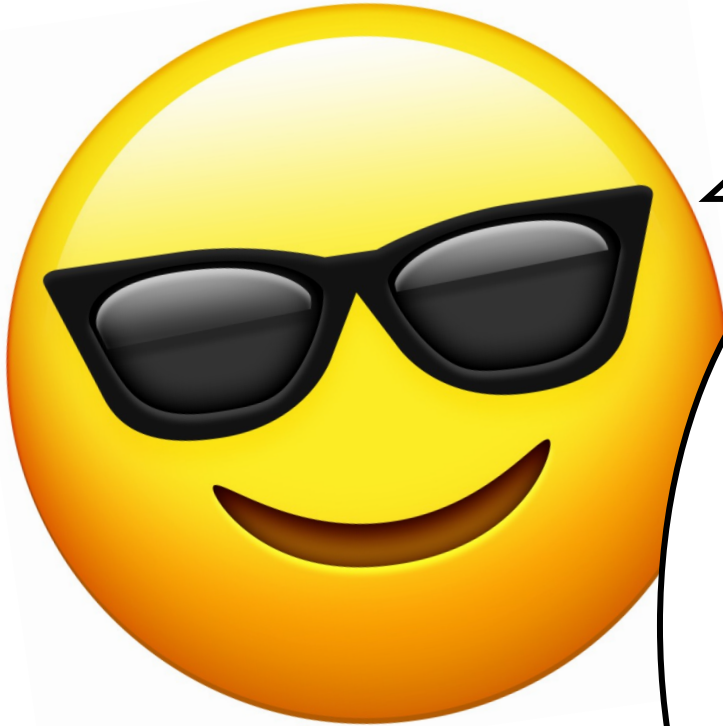
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Draw/illustrate how you experience/understand this text:

# WORTH-Y/LESS

Open your Bible and read Luke 19:1-10



How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

Why didn't Zacchaeus just go to the front of the crowd to see Jesus? Why did he have to hide?

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How did Jesus show Zacchaeus's acceptance? What implications can you draw from this?

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Have you ever felt like you're not good enough? How did you deal with that feeling?

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Draw/illustrate how you experience/understand this text:

# WORTH-Y/LESS

Open your Bible and read 2 Thessalonians 1:3-12



How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

What difference does it make to know that God thinks you are worthy to do something great for Him?

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Who defines your worth, and why?

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Does God have any requirements for you to be good enough? Explain.

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Draw/illustrate how you experience/understand this text:

# LONELY

Open your Bible and read Luke 7:1-23



How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

How would you define loneliness?

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Based on what you just read, what can loneliness do to our faith?

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What encouragement can you share with someone who feels lonely?

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Draw/illustrate how you experience/understand this text:

# LONELY

Open your Bible and read Mark 14:26-42



Jesus experienced lots of different feelings during his last night of 'freedom.' What feelings do you think he had?

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At what point did he experience loneliness, if at all?

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Do you think there are times when we need to feel lonely, to «fight» by ourselves? Explain.

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How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?



Draw/illustrate how you experience/understand this text:

# LONELY

Open your Bible and read Ecclesiastes 4:7-16



How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

What is good about loneliness? Explain.

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Is there a difference between loneliness and being alone? Why/why not?

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What are reasons for loneliness? And is it possible to be lonely in a group/fellowship?

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Draw/illustrate how you experience/understand this text:

# LONELY

Open your Bible and read Genesis 37:12-24



How do you think it felt to be Joseph when his brothers threw him the the well?

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Is rejection and loneliness the same or rooted in the same experience/situation? Why/why not?

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When did you last feel lonely in a setting where you belong?

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How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?



Draw/illustrate how you experience/understand this text:

# exhausted

Open your Bible and read Luke 10:38-42



How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

Can you explain the difference between the two sisters? Who felt more pressured and tired, and how do you know?



Draw/illustrate how you experience/understand this text:

Is it correct to say that one feeling is wrong and the other is right?

What can this Bible text teach us about feeling tired and exhausted about everything? And what does God say?

# exhausted

Open your Bible and read John 21:1-19



How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

Why was Peter disappointed in himself?

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How have you been disappointed in yourself?

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What is Jesus response to people who feel they have failed?

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Draw/illustrate how you experience/understand this text:

# exhausted

Open your Bible and read Isaiah 40:21-31



How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

What makes you feel tired in your everyday life?

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What is your main source of rest, and why?

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Describe how your relationship with God can help you feel more energized.

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Draw/illustrate how you experience/understand this text:

# exhausted

Open your Bible and read

Deuteronomy 3:23-29 & Hebrews 11:23-29



How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

What do you think was Mose's greatest accomplishment?

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Which of your qualities do you think God can use to achieve the goals He has for you?

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How can you deal with the disappointment of not reaching the goal(s) you have set for yourself?

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Draw/illustrate how you experience/understand this text:

# CONFUSED?

Open your Bible and read Matthew 6:25-34



How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

What do you worry about in life?

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Practically, how can we give all our burdens to God?

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Why is it better NOT to worry about tomorrow?

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Draw/illustrate how you experience/understand this text:

# CONFUSED?

Open your Bible and read Genesis 11:1-9



How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

Is confusion God-made? Why/why not?

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What could be the benefits of confusion?

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Are differences a threat or a strength in today's society? Explain.

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Draw/illustrate how you experience/understand this text:

# CONFUSED?

Open your Bible and read Proverbs 3:1-12



How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

What do you think this text say about worrying and being confused?

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Does God only have one plan in mind for your life? Why/why not?

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King Solomon, the wisest man who ever lived, wrote this. What message do you think he would have for you today?

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Draw/illustrate how you experience/understand this text:

# CONFUSED?

Open your Bible and read Jona 3:1-10



How can this text help me better relate to other people and myself?

We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

Does God ever change his mind? If so, why?

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Do you ever think God does things that we might find confusing? Explain.

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How can confusion be helpful, not harmful? Do you know any Bible texts to support your opinion?

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Draw/illustrate how you experience/understand this text:

# SURPRISE!

Open your Bible and read Exodus 3:1-12



How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

What in your life have you been surprised by?

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How does God reveal himself in today's world?

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If someone is curious to know more about God, what would you tell them?

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Draw/illustrate how you experience/understand this text:

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# SURPRISE!

Open your Bible and read Luke 5:1-11



What did Jesus do or say to catch the disciples' attention?

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Jesus intentionally involves the disciple's in order to catch their attention and pique their curiosity. Why is our engagement important?

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Are you curious about what God can do through you and with you? Explain.

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How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?



Draw/illustrate how you experience/understand this text:

A large, empty rectangular box with rounded corners, intended for drawing or illustrating the text.

# SURPRISE!

Open your Bible and read Revelation 6:12-17



How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

Why will Jesus second coming be a surprise for some people?

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Why did the people in this Bible text react the way they did?

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How does Jesus second coming effect your decisions?

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Draw/illustrate how you experience/understand this text:

A large, empty rounded rectangle with a black border, intended for a drawing or illustration.

# SURPRISE!

Open your Bible and read Daniel 3:7-27



Who do you think was most surprised, Nebukadnesar, Sjadrak, Mesjak or Abed-Nego, and why?

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What positive and negative effects can acting on your curiosity have? And how can you choose to act wisely knowing this?

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How do you react to surprises? And what have the surprising experiences you've had in life taught you about God?

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How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?



Draw/illustrate how you experience/understand this text:

A large empty rounded rectangle for drawing.

# FEAR

Open your Bible and read Genesis 3:1-13



Before sin there was no fear. Many people say fear is a basic need for survival, why? Do you think it is true?

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What did Adam and Eve do, the first time they experienced fear?

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How does fear feel? Is it a good or a bad feeling?

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How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?



Draw/illustrate how you experience/understand this text:

# FEAR

Open your Bible and read Psalm 27:1-14



Fear is a natural response to both humans and animals. When was the last time you experienced fear and why were you so afraid?

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Why do you think the Bible sometimes tells us to fear God?

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How do you think faith/trust in God can help you deal with fear in your everyday life?

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How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?



Draw/illustrate how you experience/understand this text:

# FEAR

Open your Bible and read Romans 1:1-17



How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

Are you afraid of telling your friends about your faith? Why/why not?



Draw/illustrate how you experience/understand this text:

What would you change in church to make it more comfortable to bring your friends there?

What does it mean to «live by faith,» and what does it look like practically?

# FEAR

Open your Bible and read 1 Chronicles 28:2-21



How can this text help me better relate to other people and myself?



We are created in the image of God. God IS love. How is this reflected in this Bible text?

Positively & negatively:  
What challenged you when reading this?

What does this Bible text say about the fear of failing, and how can it be overcome?

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Mention 3 things you're really afraid of, and why.

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What is an antidote to fear?

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Draw/illustrate how you experience/understand this text: