

"I Don't Feel Good, Mama"

(4-7 year olds)

One day, after school, Timothy came home and laid on the couch. "What's the matter?" his mama asked. "I don't feel good, and I don't know why. I'm not sick or hurt. School has different rules now and everyone keeps talking about why we can't do some things because of some sickness going around." Timothy's mom knew he and the other kids were having a hard time adjusting to a "new normal" and explained that sometimes hard things have to be done, and it's okay not to feel good. "We feel confused inside. We don't understand. We also feel angry that we can't feel comfortable or have fun the way we want. But, this is how God teaches us patience and trust, Timothy," she explained. Timothy remembered what his sunday school teacher had taught that week... "Even when life is hard, we trust God because He loves us and is always with us, right?" His mama smiled. They hugged and decided that they would get through the hard times together, because they had each other, and God always took good care of them.

Deut. 31:6

Be strong and of a good courage, fear not... for the LORD thy God...
He will not fail thee... nor forsake thee.

Print out the I Don't Feel Good, Mama activity sheet for more fun!