

# MY FEELINGS AREN'T THE BOSS OF ME!

God made my feelings, and I can tell Him about every one.  
When my feelings feel BIG, I can...

## PAUSE



What am I feeling?

Stop and name the feeling.

## PRAY



Tell God what's in my heart.

I can talk to Him about anything.

## TRUST



God is with me.

I don't have to know what happens next to trust the One who does.

BIG  
Feelings  
BRIGHT  
Faith  
Brighter  
Tomorrows

"Trust in him at all times, you people; pour out your hearts to him..."  
Psalm 62:8 (NIV)

CHOOSE  
TRUST  
TODAY



My feelings are real, but they aren't the boss of me.

I can **PAUSE** • **PRAY** • **TRUST!**

Little Lights Bible Company

Growing Little Hearts to Love and Trust God