



LESSON 1, DEVOTION 1

WHILE JESUS WAS HERE ON EARTH, HE OFFERED PRAYERS AND PLEADINGS, WITH A LOUD CRY AND TEARS, TO THE ONE WHO COULD RESCUE HIM FROM DEATH. AND GOD HEARD HIS PRAYERS BECAUSE OF HIS DEEP REVERENCE FOR GOD. – HEBREWS 5:7

Have you ever cried yourself to sleep? If not, have you ever been so angry you wanted to punch something, or screamed into a pillow in your room? Think for a moment, “When things are going wrong, what do you do?” Do you scream, hit someone, or take it out on a friend or sibling? You know, Jesus Himself expressed a lot of emotion when HE experienced a tough time.

Look again at Matthew 26: 36-46. Stop and think for a moment about all that was going on with Jesus at this moment. He was about to be arrested, beat up, spit at, bullied, teased, whipped, and nailed to a cross. After all of that, He was going to die a painful death being treated like a criminal when He had done nothing wrong. If you knew all of this was about to happen, how would you feel? Stop for a moment, close your eyes and think about how you would feel. It’s fair that Jesus needed a few moments to talk to God the Father about everything.

Something to think about . . .

- Do you tell God on a regular basis how you are feeling about life? Why or why not? Have you ever thought about how He wants to hear from us, and all that we are thinking and feeling?
- Jesus showed us that it’s alright to tell God anything we are thinking or feeling. God also showed us that He helped Jesus deal through His feelings. Do you believe God can help you through the tough times better when you are honest with Him? Why or why not?

LESSON 1, DEVOTION 2

Remember how we wrote letters to God this week about how we are feeling? God wants everything. We have talked a lot about telling God when we feel bad things; we can be honest about when things are going great too. He loves to hear everything from us, whatever is going on with you. Take a few moments and write a note to God in the space below about **WHATEVER** you are feeling today, good, bad, ugly or eh.

LESSON 1, DEVOTION 3

Are you starting to believe that God cares about your feelings? Are you starting to be more honest with God about your feelings? Why or why not? Take some time today and really contemplate why being with honest with God is either easy or hard for you. Is it that you don’t really trust Him? If this is true how can you get to know Him better so you do trust Him? Today meditate on why God would love you so much He want to hear everything.