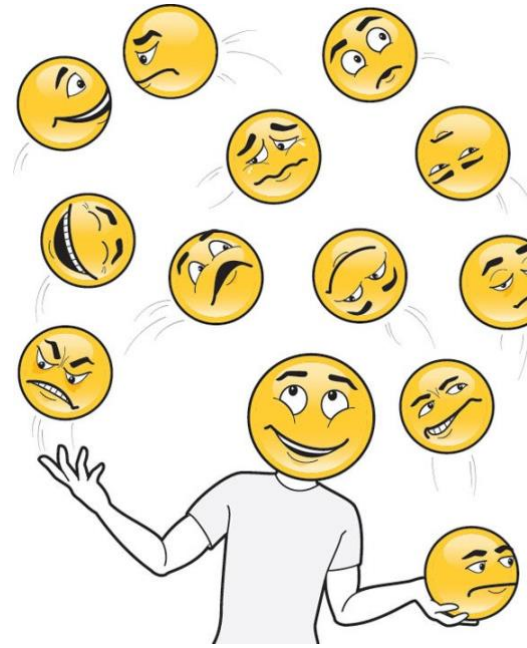




Ezra 9.1-5

Feelings!



Your 'feelings' ..

God has made us with 'feelings'.

We can feel happy .. or sad. We can feel scared .. or safe. We can feel grateful .. or grumpy.

There are all sorts of ways you can *feel*.

'Emojis' are small pictures used to show a particular feeling: can you match the different **feelings** below with the correct '**emoji**'? Draw a line from the feeling to the 'emoji'

ANGRY

HAPPY

EXCITED

How are YOU feeling today?

BORED

SAD

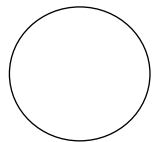
TIRED

SCARED

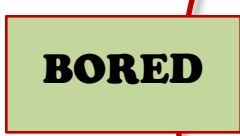
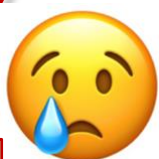
WORRIED

SURPRISED

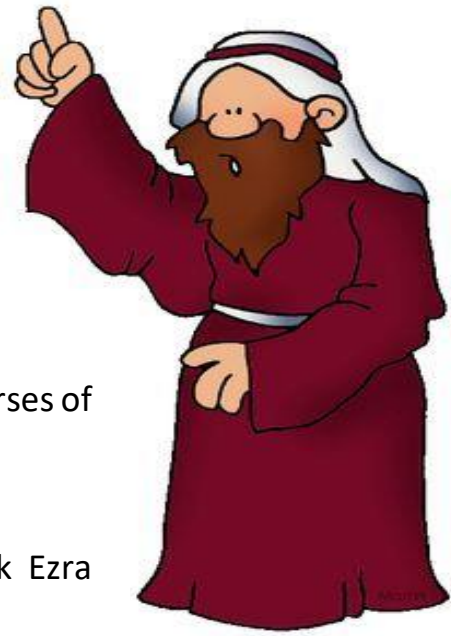
Draw an emoji below to show how you are feeling today!



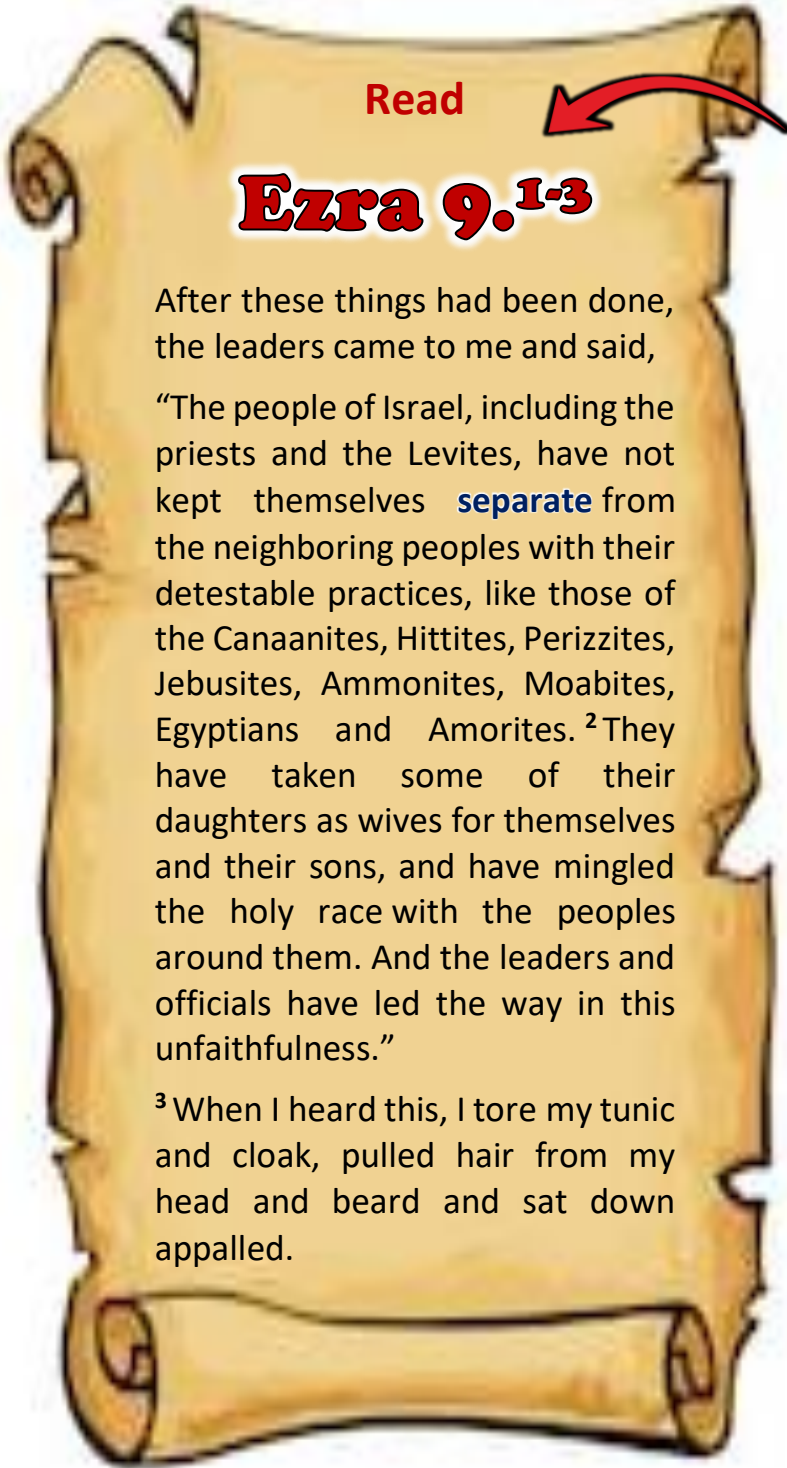
WOO HOO!



How are you feeling, Ezra?



In today's Bible passage you can read about how Ezra felt!



Read the first 3 verses of chapter 9

How do you think Ezra was feeling?

Draw a circle round the 'emojis' which show how you think he'd be feeling, and write in the correct *feeling* under it



H _ _ _ _



W _ _ _ _ _



S _ _ _ _ _



S _ _



B _ _ _ _ _

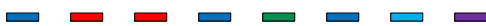


T _ _ _ _



A _ _ _ _

When he heard the news, Ezra says he was



use the letters below to fill in the missing word above



S _ _ _ _ _ _



E _ _ _ _ _

Ezra said he did three things because of how he felt ...

Have another look at verse 3 and write down what the three things were.

These were ways in which a person showed how **sad** they felt

He said that –

1) “**I** _ **o** _ _ my _ _ _ **i** _ and _ **l** _ _ _”

2) “_ _ **l** _ _ _ _ _ **i** _ from my _ _ **a** _ and _ _ _ _ **r** _”

3) “and **s** _ _ _ _ **o** _ _ _”



What sort of things make *you* feel

SAD



ANGRY



SORRY



Look at verses 1 and 2 again.

Can you see what it was that made Ezra feel the way he did?

God's people were meant to be

S _ P _ R _ T _

They should have been different from others, by living by God's Word and showing how good and great God is: but they'd become just like everyone else.



It sounds as if Ezra felt ...



Sometimes it's wrong to feel angry

like –

when you throw a tantrum if you don't get your own way



.. but sometimes

it's right to feel angry

God is angry when we ignore His good way of living and don't do what's right.

That spoils things for everyone.

Ezra was feeling God's anger.

The people had been ignoring God – and that's never good for anyone!

Disappointed

**Will
you never
learn?**

So what should you do with your feelings?

Have a look at the last two verses in today's passage and see what Ezra did

Read

Ezra 9.4-5

⁴Then everyone who trembled at the words of the God of Israel gathered around me because of this unfaithfulness of the exiles. And I sat there appalled until the evening sacrifice.

⁵Then at the evening sacrifice I rose from my self-abasement, with my tunic and cloak torn, and fell on my knees with my hands spread out to the Lord my God ⁶and **prayed**.

Trust in the LORD
at all times O people.

Pour out
your hearts
to Him,

for God is our refuge

Psalm 62.8

P

PRAISE

Give God glory for who He is. Praise Him! Start your prayers with praise!

"Praise the LORD! Praise the LORD. O my soul! While I live I will praise the LORD!"
Psalm 146:1-2

Ezra prayed.

R

REPENT

Ask for forgiveness and for the strength to repent from your ways.

"Blot out my transgressions. Wash me thoroughly from my iniquity. And cleanse me from my sin."
Psalm 51:1-2

That's what he did with his feelings.

He 'poured out' what was in his heart and told the Lord all about it.

A

ASK

What has the Lord put on your heart? Ask Him, and let the peace of God guard your heart & mind.

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;"

It's 'safe' to do so always (that's what's meant when the psalmist says "God is our refuge").

Y

YIELD

Give your prayers to God to answer in His way and in His time. Yield to His will, and then yield to and listen for His voice.

Wait on the LORD; Be of good courage, And He shall strengthen your heart."
Psalm 51:1-2

So, whatever you're feeling ...

tell the Lord all about it: how you're feeling, why you're feeling like that – and be ready to listen to what He may be saying to you as well! 'Yield' to His will!

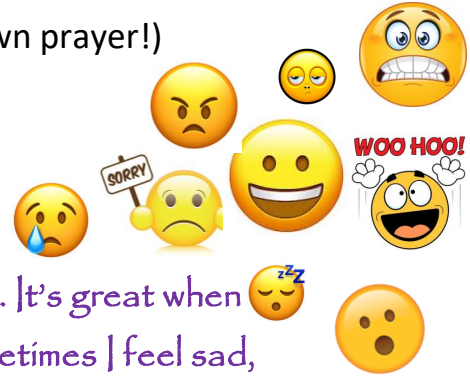


A prayer

Think about what you've been learning today.

Now try praying this prayer (or making up your own prayer!)

Thank You, Jesus, for what I'm learning in the Bible.



Thank You that You've made us with FEELINGS. It's great when there are things which make me feel happy 😊 - but sometimes I feel sad, and sometimes angry, and sometimes worried.

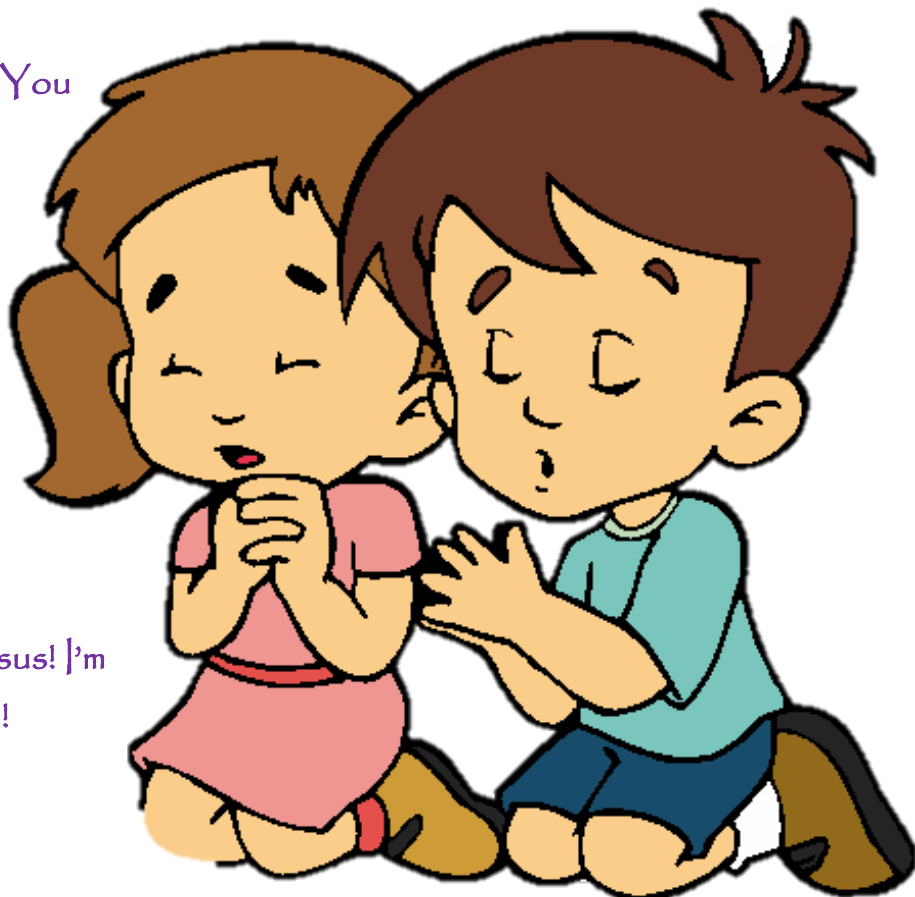
Sometimes I don't really know WHAT I feel - I just feel really mixed up and confused and it's hard to explain to anyone else what I feel.

Thank You for showing me today through what Ezra did with his feelings that I can always speak to You about how I'm feeling.

I think it's very special that You care enough about me to listen to what I have to say!

It's special, too, that You always understand what I'm trying to say even when I find it difficult to put it all into words!

You are the best, Lord Jesus! I'm glad that You're my Friend!



Today's verse for you to try and remember!

**"I .. fell on my knees
with my hands spread out to the LORD
my God and prayed"**

Ezra 9.5, 6



A WORDSEARCH

The Book of Ezra

G F K S I Z L E B A B B U R E Z H Q A C W X M S
 Q I F V O R V Y E O Y K H M X R K T Y S D Z V M
 F A I T H A N D A C T I O N B J U N T V Y Z K O
 R L H E X E H K D E A I P P D B R R F I S O V D
 T C B C X A F S I L V E R Z O M Z S F A K H P G
 Z F W G Z M M O D G N I K N R E H T U O S X I N
 Z Z P F Q A X P P O N T B E N J A M I N S X L I
 X D E O Y O O Q G M A A C F N P V I L U F K O K
 V C F P Q I F O I B I G H V S S O O C K T H R N
 L T O V I U D N L K N Q F O W X L O M V D A Z R
 N H R Z Z S E O Q M O B K J E J C Z D N C Q G E
 J N S J W B V I P Y L G M I J O L L D S J Q L H
 X C L O U D A T A J Y E H T N E U V Z M V R N T
 W T R T Y C O I F U B X S E K G O H J D L O G R
 E D C T H N L S Q Z A B P P W S C Z K U I U T O
 S E V E B T W O S E B I T A E T Q Y C A D C P N
 K K I O E J B P N B L A E F B R J X R P G A X B
 S Y Q G M U P P E H O B X L A C S X H U V J H J
 E H L P C U W O J Q W U B S P Z A I J A S J S H
 Z A I J T U R U J F B Q L X G M Z N A U E I Q V
 R F N A I S R E P O D E M G Z O E H H N X E R J
 A S A O I J E R U S A L E M J I K T W Z A V H Y
 H Q R U C L W L M N O I T A C I D E D E R C Z R
 T Z W N L P O Y R N E B U C H A D N E Z Z A R Z

Southern Kingdom

Northern Kingdom

Benjamin

Judah

Faith and Action

God's Word

Opposition

Rededication

Jerusalem

Jews

Medopersian

Babylonian

Persian

King Cyrus

Silver

Gold

Zerubbabel

Ezra

Nebuchadnezzar

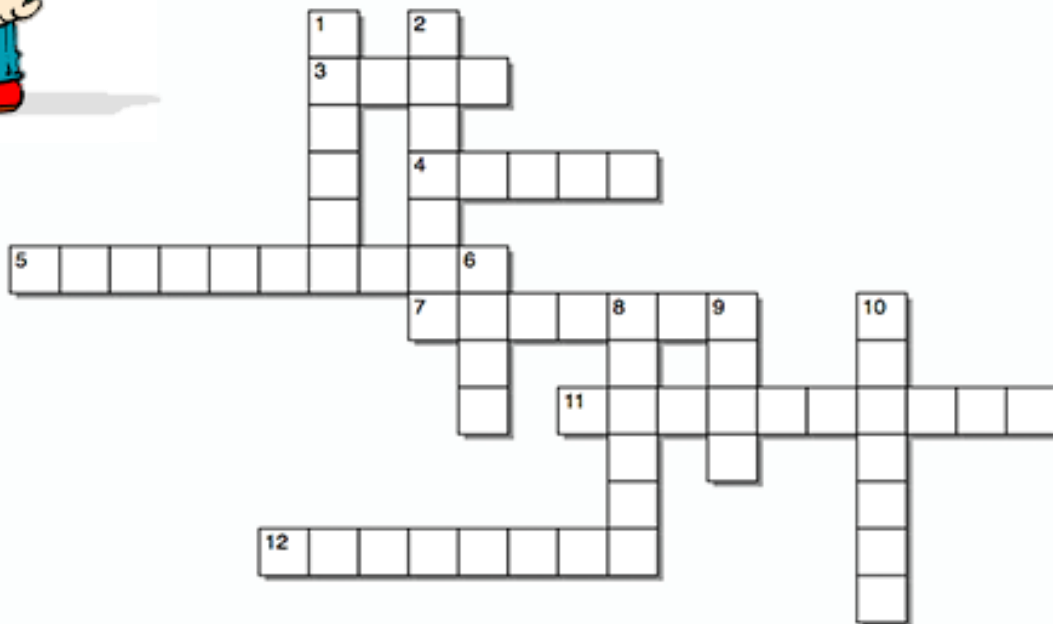
Temple

.. a crossword for you!



Jesus taught His followers how to pray.

THE LORD'S PRAYER



MATTHEW 6:9-13

ACROSS

- 3) Keep us safe from the _____ one. (verse 13)
- 4) For yours is the Kingdom, the power, and the ____ forever. (verse 13)
- 5) Bring us not into _____, (verse 13)
- 7) In which book of the bible can we find Yeshua's prayer?
- 11) Give us today our _____ . (verse 11)
- 12) As we also have _____ our debtors. (verse 12)

DOWN

- 1) Pray to your Father who is in _____ . (verse 6)
- 2) May your _____ come.. (verse 10)
- 6) May your _____ be kept holy. (verse 9)
- 8) Our Father in _____ . (verse 9)
- 9) Your ____ be done on earth as in heaven. (verse 10)
- 10) _____ us what we have done wrong.. (verse 12)

For you to COLOUR IN

Here's the picture from page 6 of the worksheet for you to colour in



