



**CLICK HERE TO WATCH THIS WEEK'S LESSON**

## NOTE FOR PARENTS

---

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things" (Philippians 4:8).

This month at our church, we are talking about our mental health as part of LA Strong. We are asking questions like, "are you ok?". Parents, today "are you ok?". A way to pay attention to if I am doing ok, is to ask myself, "what emotions am I experiencing in this moment?" That's what we are teaching the kids as well, to think about the things they think about, which includes thinking about their emotions. Want to learn more about mental health for parents? We've got two resources specifically for you:

- [Click here](#) to watch a 10 minute conversation with Jasmynn Abernathy, licensed MAFT on parent mental health. She gives a tip, leads us in a practice for mindful awareness and closes out in prayer. If you are feeling like you need a moment of rest right now, this is for you!
- Jasmynn will also be joining us this Monday, October 19<sup>th</sup> at 7:30pm on Zoom for a conversation on mental health for parents. [Click here to RSVP!](#)

We love you parents and are praying for you!

Lots of love,

Maddy

## OASIS KIDS CHURCH AT HOME

---

### 1. Watch the video together! [Click here!](#)

- Parent tip: Sing and do the worship song motions along with your child! Don't be afraid to look silly. They are learning how to engage in worshipping God by watching you.

### 2. Discuss the Talk it Over Questions Below

### 3. Pray together at the end!

- Parent tip: You can either pray your own words with your child and let them pray their own words too, or we've included a prayer for you below to say. You can have them read it themselves. Then encourage them to pray and talk to God using their own words. There's no one right way to pray! Encourage them to talk to God by themselves as well, or to journal their prayers to him. There's no one right way to pray! Use this time to talk to God together with your child.

## TALK IT OVER

---

**Teaching Objective:** CONTROLLING YOUR EMOTIONS

**Where is it in the Bible?** Philippians 4:8

### 1. What stood out to you the most from today's message?

*ALLOW TIME FOR YOUR CHILD TO RESPOND*

**READ PHILIPPIANS 4:8**

### 2. What does this verse teach us about responding instead of reacting to situations?

**Answer:** It teaches us to focus on whatever good there may be, instead of jumping to the negative.

### 3. Which emotion is hardest for you to control?

*ALLOW TIME FOR YOUR CHILD TO RESPOND*

### 4. How can you take control when your difficult-to-control emotions are surfacing?

*ALLOW TIME FOR YOUR CHILD TO RESPOND*

**Example Answer:** Ask God to exchange your difficult-to-control emotion for an emotion from Him, talk to a trusted adult, take a deeeeeeeeep breath, count to 10, get some exercise, sing songs to God, play peaceful music, etc.

Remember, with Jesus you CAN control your emotions. Let's pray!

## PRAYER

---

God, thank You so much for sending Your Son, Jesus! Because of Jesus, I can live in this world being in control of my difficult-to-control emotions. Just as Philippians 4:8 tells us to think about true, noble, and pure things, I ask that You would exchange my negative emotions for an emotion that is from You.

Thank You!

I love You!

In Jesus' name I pray, Amen!