

When I Talk to God, I Talk about Feelings

by Susanna Martinez

Happy Sabbath, boys and girls. It's my opportunity once again to bring you the story. I have a new book here and it's titled, When I Talk to God, I Talk About Feelings. I know we've all been home during the summer, right? And we get a lot of feelings, especially if we're home with all our brothers and sisters. And sometimes we have a lot of feelings. Now, let's see what this book tells us we can do. When I Talk to God, I talk about feelings.

When I talk to God every day, there are so many things I want to say. Each day has its own special meaning. When I talk to God, I talk about feelings.

My friend and I go for a walk. We find a stream and skip a rock. We sing a new song. We make a new friend. We laugh all day and play pretend.

When I talk to God, I talk about being happy.

Sometimes I'm sad, not sure what to do. There are days I feel teary, unhappy and blue. I fell off a log. I'm embarrassed and hurt. My coat and my paws are all covered in dirt.

When I talk to God, I talk about being sad.

Sometimes it's hard to say what I need. The words don't always come easy to me. And when no one seems to understand, God is always there to hold my hand.

When I talk to God, I talk about being frustrated.

When I climb in my bed and can't sleep a wink, all my brain does is think, think, think. I worry about what will come the next day. What will I do? Will I know the answer? Will I know what to say? When I talk to God, I talk about being nervous.

I love it when we're climbing trees and I can feel the gentle breeze. But when I look down and I'm up too high, my hands get shaky and I start to cry.

When I talk to God, I talk about being scared.

Flapping my wings, I'm ready to fly. Soon I'll be soaring way up in the sky. I know it's okay to leave the nest. I believe in myself and I'll do my best.

When I talk to God, I talk about being brave.

There are so many feelings I have each day. God is always with me to guide my way. I send my prayers to the sky above and share my heart with the ones I love.

Then I talk to God, I talk about feelings.

I hope you remember this, boys and girls. We could always talk to God about our feelings.

Hey, boys and girls, let's go ahead and our heads. Dear Heavenly Father, we thank you, dear Lord, for another summer. Thank you for the beautiful weather you give us. Help us, dear Lord, to remember that we can always talk to you about our feelings, and you always know what to do for us. Protect us, keep us safe, for we pray in Jesus' name, amen.

Bye boys and girls, see you next time.