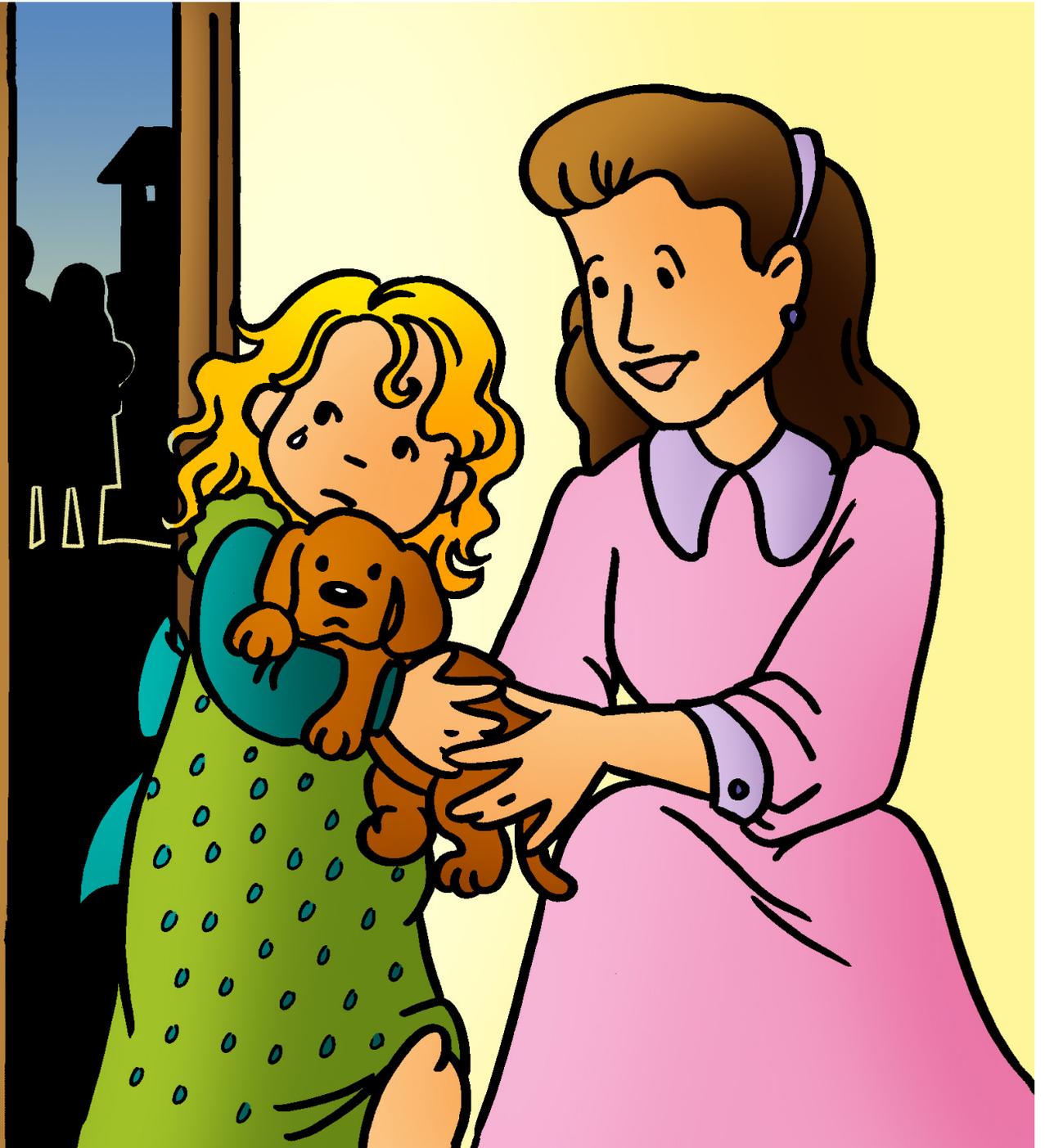


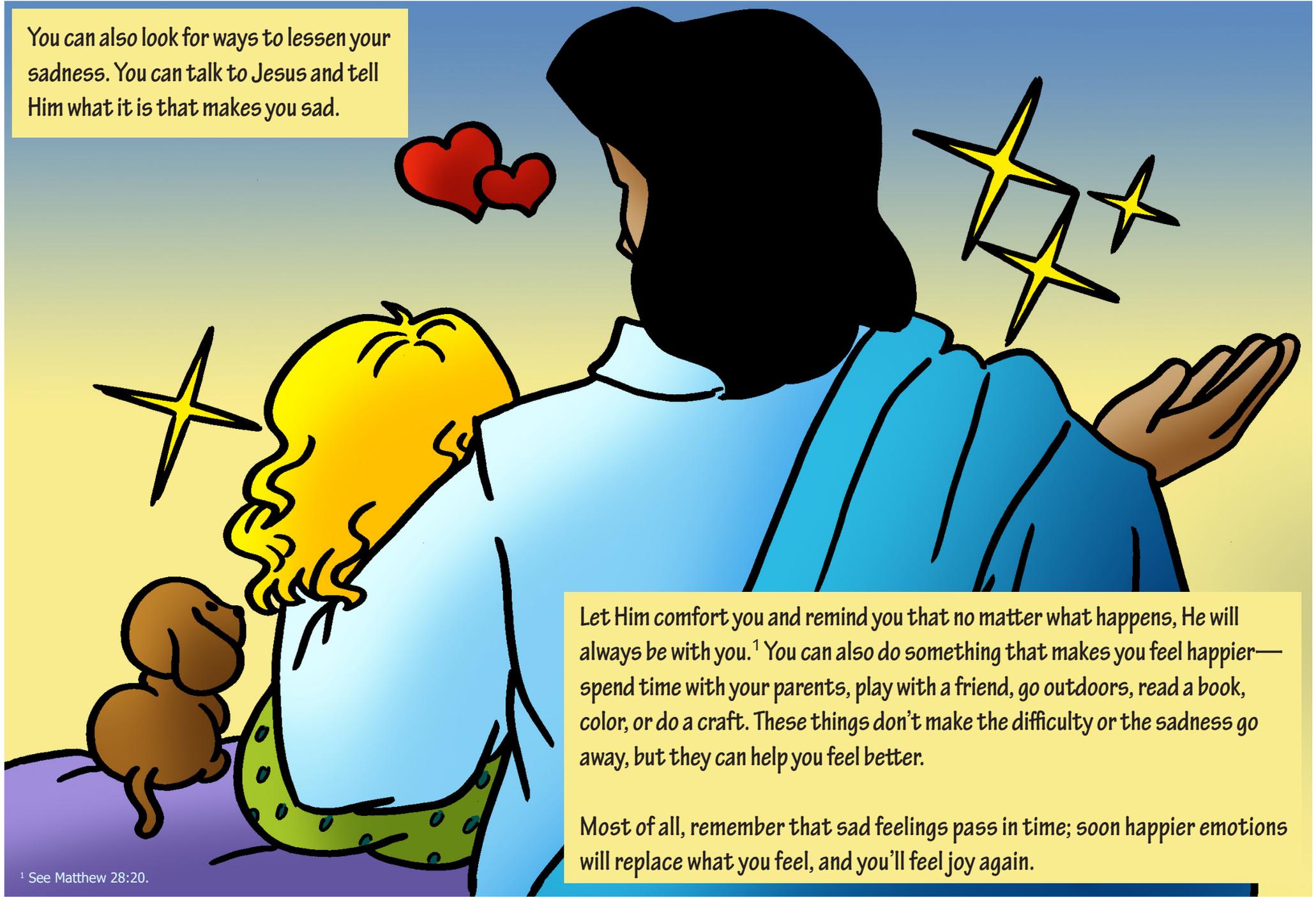
# WHEN YOU FEEL SAD

Do you feel sad because a friend or loved one moved away? Did a pet die? Did something change that is difficult of you? Everyone feels sad at times. It's okay to be sad and even to cry when you feel this way.

Sometimes the sadness is there just for a little bit, and other times you may feel it for a longer time. Talk with your parents about how you feel. This won't change what is happening, but it can help you to understand it better and know that your family is there to help you and that they love you.



You can also look for ways to lessen your sadness. You can talk to Jesus and tell Him what it is that makes you sad.



Let Him comfort you and remind you that no matter what happens, He will always be with you.<sup>1</sup> You can also do something that makes you feel happier—spend time with your parents, play with a friend, go outdoors, read a book, color, or do a craft. These things don't make the difficulty or the sadness go away, but they can help you feel better.

Most of all, remember that sad feelings pass in time; soon happier emotions will replace what you feel, and you'll feel joy again.

<sup>1</sup> See Matthew 28:20.